NHS
Providing NHS services

Before your GP visit

Under the NHS Right to Choose, you can ask your GP to refer your child to Paloma Health for an ADHD or autism assessment. This page is for that appointment. Tick things off as you go.

1 What to say

- [ ] "I'd like to request a referral for an ADHD/ autism assessment."
- [ ] "I'd like to use my Right to Choose and be referred to Paloma Health."
- [ ] Specific examples from home and from school.
- [ ] How long it has been going on, and what it makes harder.
- [ ] Ask for a copy of the referral once it has been sent.

2 What to expect

- [ ] A short appointment, often ten minutes. Lead with the referral request.
- [ ] Your GP cannot diagnose ADHD or autism. Their part is the referral.
- [ ] They may ask what school has observed and whether anyone else has raised it.
- [ ] If the practice is unsure about Right to Choose, leave this page with them.
- [ ] We contact you once the referral reaches us, and confirm the next step in writing.

3 What to bring

- [ ] Your child's NHS number and date of birth.
- [ ] Your notes, with rough dates or ages.
- [ ] Anything from school: reports, a note from the SENCO, a support plan.
- [ ] Letters about any earlier referral, assessment or waiting list.
- [ ] Current medicines and any other diagnoses.

WHO CAN USE RIGHT TO CHOOSE

Right to Choose applies to children and young people registered with a GP in England. If you are already on the waiting list with another provider, and would like to switch to Paloma Health, you can simply ask your GP to switch your referral. That's your right.

WHAT THE REFERRAL MUST INCLUDE

- Your child's name, date of birth and NHS number
- The reason for referral and what has been observed
- That you have chosen Paloma Health under Right to Choose

NOTES AND QUESTIONS FOR YOUR GP