

# ADHD

# FLIP THE SCRIPT

## SUMMARY STATEMENT - OUR DEMAND FOR CHANGE

We call on the the government and the NHS to review and change their approach to adults with ADHD in 3 key areas:

### 1. Diagnose

- reduce assessment waiting times to a maximum 6 months (currently around 2-5 years)
- pre-diagnosis support provided for those referred.

### 2. Inform

- provide detailed information to diagnosed patients in detail about ADHD
- inform the wider population about ADHD in adults, to raise awareness allow the undiagnosed to seek diagnosis and prevent the stigmatising discriminatory opinions that exist currently in society
- employers to ensure neurodiversity is understood and accepted in the workplace and to understand the incredible talents that ADHD employees can bring to a workplace.

### 3. Support

- encourage and provide proven therapies or lifestyle changes to empower effective self-management of ADHD (coaching, exercise, diet, CBD, Omega 3, balance training, yoga, meditation, workshops, patient groups)

As defined in the Equality Act, ADHD is a disability. Despite the legislation, adults in need of diagnosis, information and support to manage their neurological differences continue to find barriers, shockingly long waiting times and hardly any effective medical provision through the NHS.

The wait for a diagnostic assessment, from the date of GP referral, is around 2 years. The BBC has reported individuals waiting 5-7 years for their diagnosis. NICE guidelines recommend the assessment should be within 180 days.

Statistically, adults with ADHD, if untreated or undiagnosed, are at a much higher risk of divorce, financial chaos, unemployment, debt, alcoholism, criminal convictions, car accidents, addictions and suicide. Each of these tragic life events affects others in society - families, loved ones and often will need the involvement of Government funded schemes to repair the damage they cause.

If NHS provision remains inadequate and discriminatory against the rapidly growing number of adults with ADHD in the UK, the financial and human cost to society will be immense.

**ACTION WILL COST LESS THAN INACTION**

## **ADHD: Flip The Script - useful links**

[Petition the Government \(please sign up and share on all social media channels\)](#)

[An Evidenced Argument for Change \(more detailed and fully referenced argument behind the campaign\)](#)

[Campaign Home Page](#)

[Register Support](#)

[Media Clips](#)