

Easy read summary of the ADHD taskforce report

What is this document about?



This is a document about ADHD (attention deficit hyperactivity disorder) services in England



It was written by a group of experts asked by NHS England to look at what's not working and how to make the ADHD services better.

Main problems found

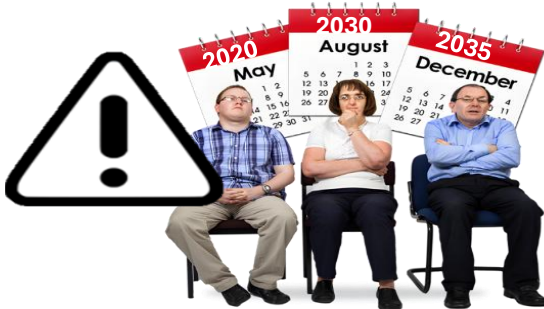


Long Waiting Times

Some people wait more than 2 years for an ADHD assessment.



In some areas, waiting times have grown to 10 to 15 years.



Long waiting times carry high risks for people with ADHD. These could be:



Mental health getting worse and sometimes suicide



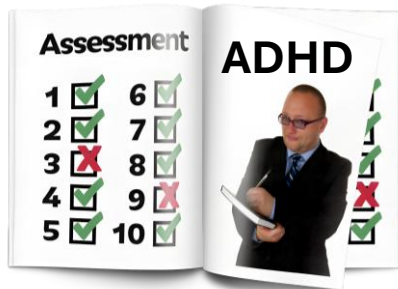
Getting trouble with the law



Drug or alcohol problems



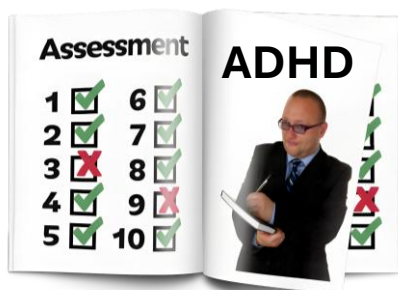
When ADHD isn't treated, it costs the UK about £17 billion per year



Not Enough People are Getting Diagnosed



Research shows about 5 out of 100 children and just over 2 out of 100 adults have ADHD.



But less people are getting an ADHD diagnosis and getting help.



Women and girls are much less likely to have a diagnosis.



Not enough people getting treatment



Only just over 2 out of 10 children and just over 1 out of 10 of adults with ADHD get medication



This is too low - research shows 7 - 9 people out of 10 says that medication helps them with their ADHD



There isn't enough access to different kinds of support

What the report says needs to be done



Start support early



Help families with young children through parenting programmes



Support children in schools before they have an ADHD diagnosis



Don't make children wait for a diagnosis to get help

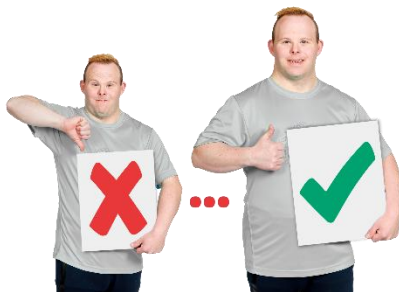


Make schools more supportive

Train teachers to understand and support children and young people with ADHD



Increase mental health support teams in schools



Change how services work



Let GPs and nurses do more ADHD care



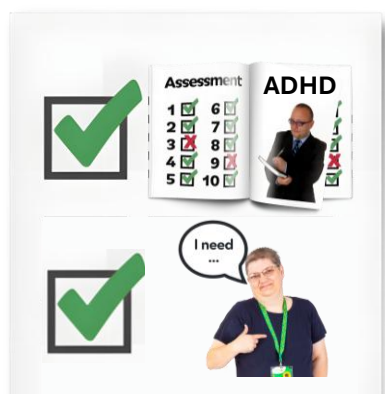
Use technology to speed up assessments



Create services for young people (ages 11-24)



Improve quality and fairness



Set guidelines for what good ADHD assessment and treatment looks like



Make sure all services follow these guidelines



Better support for people while waiting for ADHD assessment



Give information about how long people will wait



Offer help and support to people on waiting lists



Connect people with peer support groups



Medication

ADHD medication works well for people with ADHD but is not used enough in England



It should be offered when needed (but not as the only support option)



Make it easier for GPs to give ADHD medication

Important messages



ADHD support shouldn't only come from the health service it should also come from:



Schools



Employers



The justice system



Don't wait for a diagnosis to offer support - if someone is struggling, help them based on their needs



Treat ADHD like other long-term conditions (like diabetes) - with care coming from GPs, not just specialists



Supporting people early saves money and improves lives



All ADHD services need to meet quality guidelines and be properly regulated

15 things the report says need to happen



Create more early years support with early years hubs



School programmes should be used to support children and young people with ADHD



Government departments should start and test how youth services work for children and young people with ADHD.



Services should quickly build training in how to spot if someone has ADHD and how to support them.



The Department for health and social care should pay for the training courses across health and primary care



Government departments need to think about how training is delivered on ADHD



The Department for Health and Social Care should support GP practices to take on some parts of ADHD care



NHS England and the Department for Health and Social Care should answer:



What is an ADHD healthcare professional



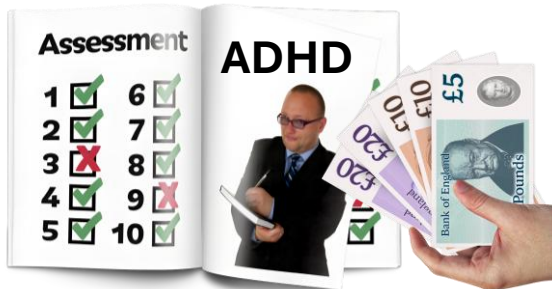
What qualifications are needed for different areas of ADHD care



Make sure ADHD services are well managed and that the quality is good.



Make sure people with ADHD don't wait any longer for an assessment than they would for other health conditions.



People who buy and offer ADHD services need to give the:



Data on how long people are waiting for an ADHD assessment



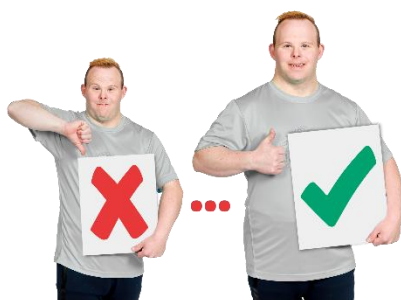
How many people are being diagnosed with ADHD



What medication is given



Teams that collect data need to think about how best to support people on ADHD waiting lists.



Integrated care boards, ADHD services should improve wait times straight away.



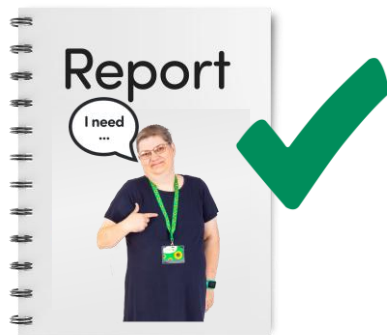
ADHD services need to work together with people with lived experience and offer all ranges of support for people with ADHD.



ADHD services and clinicians need to work with the ADHD community, to find good ways of working



This will help increase the amount of people with ADHD that can be seen and supported



NHS England and the government departments need to carry out what the report says needs to happen and work together to:



Build an ADHD task and finish group



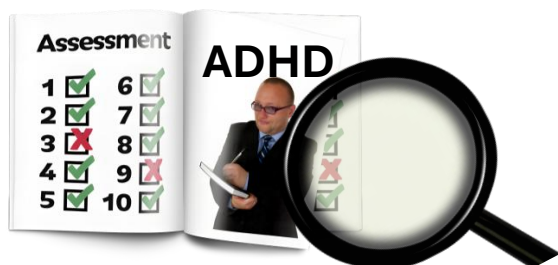
Lower the inequalities people with ADHD face when accessing support



Ministry of Justice needs to build its own taskforce to help people with ADHD in the prison system



There needs to be more research and support to help people with ADHD in prisons.



NHS England and Department for Health and Social Care must find a way to manage and review services



This is so that the guidelines of the ADHD Taskforce Report are carried out.

