

Patient Information Leaflet

The Isle of Wight Adult Assessment and Diagnosis
Service for ADHD

Produced By: The Isle of Wight Adult Assessment
and Diagnosis Service for ADHD

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What is Attention Deficit Hyperactivity Disorder (ADHD)?

ADHD is a term covering a range of symptoms that fall into distinct categories, including:

- Difficulty sustaining attention,
- Hyperactivity and Impulsivity.

The symptoms have to occur in different environments, cause an impairment and been present since childhood.

People with ADHD can experience a wide range of related difficulties which can respond to appropriate help and support.

What ADHD is **not**:

- It is not a learning disability although on the Isle of Wight the diagnostic assessment service is provided by the consultant psychiatrist based within the learning disability service, with a special interest in adults with ADHD

What are the benefits of having a diagnosis?

A diagnosis of ADHD can help a person and their family to understand their own symptoms and support needs.

A diagnosis can help people to access the support that is right for them and tailored to their needs.

A diagnosis can help other support organisations to tailor the support they provide so that it is most helpful.

What services do we offer?

- We offer an assessment and diagnostic service for Adults (18+) on the Isle of Wight.
- We discuss and if appropriate will initiate medication, monitor and review this.
- Treatment aims will be discussed and identified prior to signposting to relevant services who can deliver the treatments required.
- Your overall care will be retained by the referring service.
- If drug treatment is initiated reviews will be undertaken using a combination of face to face and telephone follow up.

What is the assessment process?

- Initially you will be asked to complete questionnaires.
- We will also need to ask for some information from others, usually a parent or sibling as we need to identify how you were as a child.
- You will then receive an appointment along with the parent/sibling that completed the questionnaire above.
- A full report will be made available to you and your referrer following any assessment.

- If a diagnosis is given, treatment options will be discussed with you and other important people in your life, in relation to any core difficulties. We will also signpost you to appropriate services to meet any identified needs.

Who works for the Service?

Our assessment and diagnosis service is offered by our consultant psychiatrist.

Following assessment and diagnosis individuals will be referred onto appropriate services to meet the identified need.

Who can make referrals to the service?

Referrals to the service can be made by:

- General Practitioner
- Improving access to psychological therapy
- Community Mental Health Services

How to contact us

The Isle of Wight Adult Assessment and Diagnosis Service for ADHD
The Arthur Webster Clinic
35 Landguard Manor Road
Shanklin
PO37 7HZ

Telephone: 01983 866179

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **AADS/ADHD/1**