



## **A Parent's Guide to Referral Procedures for ASD and ADHD**

As ASD and ADHD are often co morbid conditions (they are frequently seen together), a Paediatrician can investigate both conditions simultaneously.

### **Referral for Investigation into a diagnosis of Autism Spectrum Disorder (ASD)**

The initial referral procedure begins at the GP. Parents need to request a referral to a Paediatrician. The GP will send a GARS form to school to complete and may request additional information in the form of a questionnaire. Parents will also be asked to complete a GARS form. When both sets of forms have been received by the doctor, they will decide if a referral needs to be made (currently 3-4 years waiting list).

**Sometimes, the GP will request the school employs an Educational Psychologist (EP) before they will refer to a Paediatrician. However, unless a Paediatrician has reviewed the GARS forms and believes ASD is a possibility, we will not routinely ask an EP to be part of the referral process. The school will only engage the use of an EP IF we feel we need support from the service to help your child.**

**IF the school decide we would like the support of an EP, your child will be added to the priority list to be seen as soon as possible.**

If a diagnosis of ASD is made, the Autism Outreach Team may support your child at school. They offer support with strategies to implement in the classroom. They can also support parents at home. Strategies to support your child in the classroom will be discussed with your child's teacher.

### **Referral for Investigation into a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)**

As this is a medical condition, the referral process is through the NHS. Parents need to contact their GP and request a referral to a Paediatrician. Initially, the GP will request both school and parents complete a Conners Form and they may request additional information from the school in the form of a questionnaire. Once both school and parents have returned the information, if it is deemed necessary, the child will be placed on the waiting list (currently 3-4 years) to see a Paediatrician. It is the Paediatrician who will make the decision about this diagnosis. An Educational Psychologist is not part of the formal diagnosis process.

ADHD Solutions is a charity who will support families even before a diagnosis is made. If a diagnosis of ADHD is made, medication may be advised by your doctor. Strategies to support your child in the classroom will be discussed with your child's teacher.

Your child's individual needs will be assessed by their teacher alongside the SENCo and they may be included in intervention groups to support them further. Having a diagnosis of either condition, does not mean your child will routinely receive 1:1 support or individual funding.