

Adult ADHD Services

Why is change needed?

January 2024

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Overview

ADHD (Attention Deficit Hyperactivity Disorder) is a complex condition that affect the way a person's brain works. ADHD can really impact on a person's daily life.

Currently across Greater Manchester, we are reviewing the way these services are delivered.

We are reviewing ADHD services because lots more people are now being referred than they were originally designed for. This means that waiting times are getting longer.

We think that there are better ways we can deliver these services so that they can quickly support the people who need them most.

Background

Since the pandemic, the number of people who have been referred for ADHD assessment, diagnosis and treatment has increased a lot.

Adult ADHD referrals are approximately 5 times higher than they were.

Currently, we estimate that there are approximately 60,000 adults with ADHD.

There could be many reasons for these increases in referrals. There has been lots of media attention recently about ADHD, with high-profile celebrities sharing their experiences. This increased awareness of ADHD is really positive, but services currently can't keep up with the referrals, so we need to consider how we best meet the needs of the people who are being referred.

The situation is similar across the country and many places are reviewing their services.

Find out more information about the adult's services below and why they need to change.

Adults

Why is change needed?

There is currently no single waiting list in Greater Manchester for adults waiting for ADHD services, so it difficult to say exactly how many people are currently waiting for an assessment. However, our best estimate is that there are over 15,000 people waiting right now, with the figure growing every day.

About 8,000 of these people were referred in the last 12 months, which shows just how quickly the referrals are increasing.

This is despite spending over £3million in recent years to fund additional assessments to reduce the waiting list.

If this level of demand for adult ADHD services continues, it would cost about £8million extra a year. It would also cost us about £15million extra to tackle the current waiting list using private providers.

If we continue with the service as it currently is, some people could be waiting over 7 years for diagnosis and treatment, which is not acceptable to them or to us.

We know that because of this, more people are seeking help from private ADHD services, which is expensive for them, and potentially isn't getting them the right help or support in the long run.

The current situation is being made worse by current shortages of the medication used to treat ADHD, which is partly due to many more people being prescribed medication – some people who really need it, and some people who may benefit more from non-drug-based help and support.

So, the service needs to change in order to be able to better support the people who need it.