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Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk)

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如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至[info@cwps.nhs.uk](mailto:info@cwps.nhs.uk)

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) पर ईमेल करें

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# The ADHD Service

Information for people who use  
our service, family members and  
health care professionals

Helping people to be  
**the best they can be**

## What is ADHD?

ADHD symptoms include hyperactivity, poor concentration, impulsivity, inattentiveness and restlessness.

**Inattention** – This is difficulty staying focused. You may find it hard to keep deadlines. Your memory may be poor – you may forget appointments, dead lines or to pay bills. You may be disorganised, or easily distracted.

**Hyperactivity** - this means you may have difficulty staying still. You may feel restless ,you can often be impatient with people or in certain situations. You could be overly talkative.

**Impulsivity** – This means you could speak or act without thinking of the consequences.

Also Individuals may have problems prioritising, problems focusing or staying on tasks, issues with multi tasking. Further symptoms might be mood swings, problems dealing with stress and becoming frustrated at things.

ADHD symptoms however are NOT suicidal thoughts or intentions or violence towards self – if you have these symptoms you should seek support from either your GP or A&E.

ADHD symptoms are NOT violence towards others or property.

## What does the Adult ADHD service provide?

The ADHD service was set up in 2005. It is a small service that covers the Wirral, Central Liverpool, Cheshire (except Halton Borough and Warrington Borough). The CWP Adult ADHD service is an exclusive service for the diagnostic, treatment and stabilisation of ADHD (and its core symptoms) only – it is not an emergency service.

The ADHD service is not a service that provides treatment and support for other known complex mental health issues.

## Who are the Adult ADHD team?

- Consultant
- Manager and ADHD Clinical Specialist Nurse
- ADHD Clinical Specialist Nurses
- Clinical Support Workers

The consultant and clinical specialist nurse roles – To assess, diagnose, treat and stabilise ADHD symptoms as part of the clinical pathway.

The support workers role – To advise and support patients when undergoing a QB test (see first appointment information), as well as using verbal assessment tools and collecting data with the patients as part of the clinical pathway.

## What to expect after a referral

A referral can only be accepted from a qualified healthcare professional. From there it will be sent to our service and evaluated by our team. Once the referral has been received, you will be informed that you will be put on a waiting list. Once you receive an appointment letter, this means you have been accepted into the service. Please be aware that the waiting list for our service in some areas can exceed more than 2 to 4 years.

If you experience any mental health concerns please go to your GP.

## What happens at your first appointment?

You will be notified about your first appointment by letter and/or telephone call. Your first appointment with our service will typically involve an assessment. This assessment is a quite a lengthy process and it has to be split over two appointments slots.

The first part of your assessment will involve a QB Test (which is 20 minute computer based task which purely measures ADHD behaviours) and information gathering by one of our clinical support workers.

The second part of your assessment will be with one of our clinical specialist ADHD nurses and will involve a 1-2-1 discussion about your day to day life and your developmental history with this condition.

For this appointment it would be helpful to bring any information or details relating to school reports, information on previous medication/s, behaviours, information on development milestones and experiences. Both of your first assessment appointments with our service are likely to be in excess of 1 hour.

Both assessment appointments must be attended for you to gain future access to our service as they are both an essential part of your diagnostic/treatment pathway.

Failure to attend either of these first assessment appointments will mean that you will have to be discharged from our service.

## What happens at future appointments?

You will be expected to attend ALL further follow up appointments, which will be used to ensure your treatment plan is working and being effective.

Through this process, it is likely there could be small changes or modifications to your treatment to ensure that you are getting the best results from your care plan.

You will typically have four, 30 minute follow up appointments with our service, after your initial first full assessment.

## What happens after discharge from our service?

After four follow up appointments it is expected that you would be stable on your treatment or medication.

Once a degree of stability has been observed you will be discharged from our service. After discharge your own GP will pick up and carry on your treatment as normal.

## Hints and tips in terms of how to help yourself.....

- Try and get a good night's sleep by turning off electronic devices (iphone and ipad) an hour before sleep.
- Eat a healthy and balanced diet. With lots of fresh fruit and vegetables.
- Get regular exercise.
- Worried, stressed or anxious? Talk to someone about it; don't bottle it up problems or worries.
- Got too much to do? Break down tasks or work in small chunks or steps, take your time.
- If it helps create a routine in your daily life. If structure works for you – use it.
- Focus on the positives in your life, not the negatives.
- Try and find or do a hobby. This will encourage you to learn maybe a new skill and can help make new friends.

## Useful website links

ADHD Foundation  
[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

ADHD Action  
[www.adhdaction.org](http://www.adhdaction.org)

ADDISS  
[www.addiss.co.uk](http://www.addiss.co.uk)

Living with ADHD  
[www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk)

## Giving feedback

Getting feedback on our service from people who use our service and their families is really important to us. Your feedback helps us to keep making our service 'the best it can be'.

Please tell us what you think either by completing a feedback form, which we will give to you, or by responding to the Friends and Family text or voice message which is sent to your mobile phone.

## Patient Advice and Liaison Service (PALS)

Our PALS officer can offer:

- Information and advice about any of our services
- Support and advice to help sort out any problems you may have with our services
- Information about how to make a complaint

You can contact PALS:

Telephone: **0800 195 4462**

E-mail: [cwp.pals@nhs.net](mailto:cwp.pals@nhs.net)

For a PALS information leaflet please speak to a member of staff.