

## **ELFT Adult ADHD Service – GP Factsheet on Stratification and Mild Impairment Decisions**

### **1. Purpose of this Factsheet**

This factsheet explains the ELFT Adult ADHD backlog-stratification process, the clinical criteria used, and why some patients have been identified as having mild functional impairment and therefore do not meet the threshold for specialist ADHD assessment. It is intended to support GPs in understanding referral decisions, advising and supporting patients appropriately.

### **2. Why ELFT Conducted a Backlog Review**

NICE guideline NG87 (2018; reviewed May 2025) states that an ADHD assessment should be offered to people who present with ADHD symptoms and demonstrate moderate to severe functional impairment (Section 1.2.10). This sets a clear, evidence-based threshold for entry to specialist assessment.

In October 2025, NHS England issued system advice on ADHD service delivery and prioritisation, including waiting-list review and demand-management measures to ensure that people who meet clinical criteria are prioritised appropriately.

In line with this national direction and NICE criteria, ELFT have undertaken a structured review of the ADHD waiting list using a digital self-assessment and functional-impairment tool. Applying standardised clinical criteria, to ensure equitable prioritisation based on level of need.

### **3. What the Stratification Tool Measures**

The tool includes: (a) a self-assessment questionnaire capturing symptoms and daily impact, and (b) an online scoring tool that categorises impairment into low (mild), moderate, or severe.

The self – assessment tool incorporates the validated clinical tools ASRS and WEISS.

The tool does not replace clinical judgment as we recognise functional impairment may fluctuate.

### **4. What ‘Mild Functional Impairment’ Means**

Patients may report ADHD-type symptoms but only limited impact on daily functioning, relationships, work or education. Mild impairment does not meet the threshold for specialist ADHD assessment.

## 5. Outcome of Mild Functional Impairment Screening

Patients identified as having mild functional impairment through the stratification tool will be discharged from the ELFT Adult ADHD waiting list. Following discharge, these individuals should be supported through self-management resources, NHS Talking Therapies, and other community-based or primary care interventions, as appropriate.

As part of the backlog-stratification framework and to ensure specialist capacity is prioritised for individuals with moderate to severe impairment, patients screened as mild impairment should not be referred back to the Adult ADHD service for a period of 24 months, unless there is clear evidence of a significant deterioration in functional impairment. This time period allows for meaningful review of symptom progression and ensures that new referrals reflect a material change in clinical need.

A new referral may be considered after 24 months if there has been a notable increase in impairment, affecting the patient's ability to work, study, manage daily tasks, or maintain relationships or mental health, and where other explanations for symptoms have been explored and managed in primary care.

The 24-month interval is intended as guidance only and should be applied with clinical discretion where functional impairment has clearly changed.

## 6. What This Means for GP Practices

GPs may be contacted by discharged patients. Please: (a) reassure patients about the clinical process, (b) explore alternative causes of symptoms, (c) signpost to and other community-based or primary-care interventions for mental health and wellbeing support (d) re refer only if in your clinical opinion there is a significant deterioration in the patients' ADHD symptoms and functional impairment.

## **Resource guide**

People in **crisis** with mental health problems can now access services through NHS 111, giving them another way to get urgent help. **Just call 111 and press 2.**

### **Mental health support**

<b>Click below to access NHS Talking Therapies for Anxiety and Depression</b>
<a href="https://www.elft.nhs.uk/bedfordshire-talking-therapies">https://www.elft.nhs.uk/bedfordshire-talking-therapies</a>
<a href="https://cityandhackneytalkingtherapies.homerton.nhs.uk/">https://cityandhackneytalkingtherapies.homerton.nhs.uk/</a>
<a href="https://www.elft.nhs.uk/newham-talking-therapies">https://www.elft.nhs.uk/newham-talking-therapies</a>
<a href="https://www.elft.nhs.uk/tower-hamlets-talking-therapies">https://www.elft.nhs.uk/tower-hamlets-talking-therapies</a>

### **Websites**

**AADD-UK** - AADD-UK is a site for and by adults with ADHD. Aimed at raising awareness of ADHD in adulthood.

**ADDA** - ADDA is a source for information and resources exclusively for and about adult ADHD. ADDA brings together scientific perspectives and the human experience.

**Adders** - This site aims to promote awareness of ADHD and provide information and practical advice to sufferers and families in the UK and around the world. The site contains a lot of information, downloadable resources and a comprehensive list of local support groups.

**ADDISS** - The National Attention Deficit Disorder Information and Support Service. This site offers information about ADHD, resources and special sections for parents, children, teenagers and professionals.

**ADHD Foundation** - The ADHD Foundation provides services to ADHD sufferers and families in that area. Their website has a lot of information on ADHD.

**Very Well Mind** - Very Well Mind provides health and wellness information by health professionals. Whether you are looking for ways to better manage stress, understand a condition like ADHD, or learn more about guidance available.

### **Apps (check in your regular app store)**

**Brain Focus Productivity Timer** - An app that allows you to set the duration for your work sessions and breaks, letting the app guide you through improving your processes and avoiding distractions

**Catch It** - This is an app to help you learn how to manage feelings like anxiety and depression

**Flora** - An app that may help if you are experiencing difficulty avoiding games and social media. You can set a time goal during which a virtual tree will begin to grow.

**RescueTime** - An app that is all about making sure that you don't waste too much time on your phone or computer.

**Sleep Cycle** - An app that tracks sleep with a smart alarm clock, and offers detailed reports on sleep cycles.

**Sleepio** - This app includes a sleep improvement programme.

**Todoist** - A free app that helps you create lists and add tasks and keep track of those that you still need to complete.

## **ADHD and Education**

[Teaching and managing students with ADHD](#) - A booklet for students that have been diagnosed with ADHD

[Disclosing your ADHD](#) - A booklet on how ADHD can impact education and learning, the strengths that ADHD can bring to education and learning, and your rights in terms of additional support.

[Student Minds](#) - UK Student mental health charity.

## **ADHD and Relationships**

### **Websites -**

[ADHD Aware](#) - Online Support Group and guidance on how ADHD can affect relationships and marriage.

[The Mini ADHD Coach](#) - Guidance on how to handle relationships when you have ADHD.

[Melissa Orlov's website](#) - Up-to-date resources under "videos and podcasts" specifically around ADHD and marriage.

[Guidance on Relationships Social Skills](#) - Guidance on living with ADHD, focusing on relationships and social skills.

[Guidance on Marriage and Partnerships](#) - Guidance on living with ADHD, focusing on marriage and partnerships.

### **Books -**

'The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps', Melissa Orlov

'Succeeding with Adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life', Abigail Levrini

**Podcast** - [Talk ADHD Podcast](#) - The ADHD Couple podcast

**Video** - [Tips for Understanding a Partners with ADHD](#)

## **ADHD and Women**

## **Books -**

'ADHD Toolkit for Women Workbook and guide to overcome ADHD challenges', Sarah David and Linda Hill

'Women with Attention Deficit Hyperactivity Disorder' by Sari Solden

**Podcast** - [Women and ADHD](#) a podcast hosted by Dr. Blandine French

**Video** - [Dr Steph Sarkis talks about the differences in ADHD in Women](#)

## **ADHD and Work**

[ADHD UK Welfare Pack](#) - A welfare pack to help people with ADHD in the workplace.

[Access to Work Information Booklet](#) - A work booklet to support people with ADHD and other disabilities access work.

[Guidance on how to manage an employee with ADHD](#) - Practical tips and a free support plan to support a coworker with ADHD.

[ADHD Coaching](#) - A tool to address the core symptoms of ADHD through individualised or group assistance and support.