



ADHD and Autism Right to Choose for Under 18s

What is Right to Choose?

Every patient in England has the right to choose an alternative NHS commissioned provider of health services:

- at the point of referral; or
- where the waiting list for the referred service is longer than 18 weeks.

However, **a patient cannot use Right to Choose to obtain a second opinion.**

Right to Choose applies to autism and ADHD assessments for children under 18s.

Details of the national policy, including some exclusions, are set out in [NHS Choice Framework - what choices are available to you in your NHS care - GOV.UK](#)

How to Access Right to Choose?

Only your child's GP can make a Right to Choose referral.

You cannot refer direct, neither can a school or any other service. Any direct referral made will not be funded by the NHS.

Accredited Providers

The Integrated Care Board (ICB) has accredited some providers for ADHD and for Autism. Your child's GP has a list of these you can choose from.

Accredited providers are all required to:

- Conform to the ICB's agreed specification
- Be compliant with NICE guidelines
- Provide information to the ICB on who has been assessed
- Comply with the ICB's invoicing arrangements
- Take part in quality assurance audits

The following organisations recognise that accredited providers as providing assessments to the required standard. Accreditation is your guarantee of quality for your child.

- Herefordshire and Worcestershire Health and Care NHS Trust
- Herefordshire Council
- Worcestershire County Council

Please note some websites (like ADHD UK) have their own lists. However, nearly all of these are not accredited by the ICB. So, please ask your child's GP.

Under 18s ADHD Accredited Right to Choose Providers:

The following providers are accredited by the ICB (as of January 2026) to undertake assessments for ADHD for children age 6 to 17. Please confirm with your GP if this list is still current.

(In alphabetical order):

- Healios
- The Family Psychologist
- The Owl Centre

Accredited providers must assess the child in person (face-to-face). This means they physically see the child. All providers are expected to make reasonable adjustments to ensure this can happen in the most appropriate and supportive way. **The ICB does not endorse any virtual assessment.**

Accredited providers are not allowed to start medication. This is because it's a significant and sometimes high-risk treatment for a child. As such, it should be overseen and managed by a multi-disciplinary team. If medication could be the right treatment for your child, the provider will refer them directly to Herefordshire and Worcestershire Health and Care NHS Trust.

Please note that your child's GP will not take over prescribing of medication. This is on the advice of the Local Medical Committee. The NHS funds medication prescribed by Herefordshire and Worcestershire Health and Care NHS Trust. If prescribed elsewhere, you will need to privately pay.

Under 18s Autism Accredited Right to Choose Providers:

The following providers are accredited by the ICB (as of January 2026) to undertake assessments for Autism for children age 5 to 17. Please confirm with your GP if this list is still current.

(In alphabetical order):

- Healios
- The Family Psychologist
- The Owl Centre

Accredited providers must assess the child in person (face-to-face). This means they physically see the child. All providers are expected to make reasonable adjustments to ensure this can happen in the most appropriate and supportive way. **The ICB does not endorse any virtual assessment.**

Can I choose a provider who is not accredited?

You can, as it's your choice. You can choose any provider that has a 'qualifying contract' with another ICB. However, not choosing one that's accredited has two main risks (explained below). It is important you understand this before making your choice. If you have any questions, please ask your GP.

The assessment: The NHS or other partners may not accept the assessment as good enough quality. It needs to show evidence that your child has autism and or ADHD. However, this relies on a good quality assessment. If this does not happen, getting your child the right support will take longer. They may also need to go through the assessment process again.

ADHD Medication: ADHD assessments sometimes suggest medication as a suitable treatment choice. When this happens, accredited providers will refer children directly to Herefordshire and Worcestershire Health and Care NHS Trust (HWHCT). This is because they cannot start children on medication, but HWHCT can. You can read more about why this is in the next section. HWHCT only accept assessments that suggest medication from accredited providers. Using a provider that is not will mean your child can't access this treatment.

In summary, it is better to choose an accredited provider for your child. This helps ensure a quality assessment and access to the right treatment, if needed.

Information and Support for Families

The two links below are to NHS websites. Use them to learn more about Autism and ADHD. They may help you decide on seeking a diagnosis for your child.

- Children ADHD Information: [ADHD Info NHS](#)
- Children Autism Information: [Autism Info NHS](#)

The link below is to an online booklet. It's for parent carers who are waiting for their child to be assessed for Autism or ADHD. Those with a current diagnosis however, may also find it useful. The booklet brings local information, advice and support into one handy space.

[Information for families with children on the Autism or ADHD Pathway in Herefordshire or Worcestershire](#)

The ICB is currently out to tender for a new Children and Young People's Neurodivergence Support Service. It should be in place from Summer 2026. In the meantime, the local council's websites have information on a range of support available for Autism and ADHD:

Herefordshire: [Neurodivergence – Herefordshire Council](#)

Worcestershire: [Neurodivergence Zone | Worcestershire County Council](#)

The ICB has a contract with Autism West Midlands to provide support to autistic adults age 16 and over:

[Herefordshire and Worcestershire Community Services | Autism West Midlands](#)