

This project focuses on what happens to young people with Attention Deficit Hyperactivity Disorder (ADHD) when they are too old to stay with children's services. We know little about how many areas have specialist services for adults with ADHD and how many young people need to move on to them .



ADHD Research

This research benefitted from support from National Institute for Health Research (NIHR) funding. The views and opinions expressed are those of the authors and not necessarily those of the NIHR.

What is the evidence?

Each year between 270 and 599 per 100,000 people aged 17-19 will need to continue ADHD medication. In our study, we found that only 1 in 5 young people needing to continue their treatment went on to be seen in adult services.

- ⇒ Many patients thought ADHD medication was necessary only for school.
- ⇒ GPs are often left to fill gaps in care yet have concerns about prescribing ADHD medication without specialist backup.
- ⇒ Where adult ADHD services exist, what they offer is often limited.
- ⇒ Many services are focussed around medication so stopping medication often means losing health service support.
- ⇒ Transition from child to adult services was supported by good handover of patient information; preparation for the move to adult services and for adult life with ADHD; and parent involvement.

 E-mail for research info at catchus@exeter.ac.uk

What can you do?

Find details and an adult ADHD services map at:

www.ukaan.org/adult-adhd-service-map

www.exeter.ac.uk/medicine/catchus

