

Turning 18 on a neurodevelopmental waiting list

Are you turning 18 whilst on an autism or ADHD waiting list? Here are some things you may need to know.

Some providers will have both children and adult waiting lists, and others will be a children's only service.

Where a service holds an adult waiting list, they will move you on to this. How and when that happens will depend on the individual provider.

Some will contact you to get your consent to do this. Others will automatically move you on.

Where a service holds only children's waiting lists, they will see you before you turn 19 years old.

Please note that this information is only accurate for the local providers listed within Open Minds (CAMHS) Right To Choose letters.

Will there be a difference in assessment between children and adult services?

There might be, and we can talk through that via the Right To Choose Navigator, or through contacting the providers of assessments themselves.



How can I find out what each provider will do?

An easy way to find out is to contact the Right To Choose Navigator at Open Minds (CAMHS).

You can email ndchoice@northpoint.org.uk or call 01422 300 001.

It's fine to leave a voice message if nobody is available, and we will call you back later.

You could also contact the provider(s) you're interested in using and talk to them about how they would deal with your referral once you turn 18. Your letter will have details for each one.

If you're confused and unsure what to do

For help with your decision, you can:

- call us on 01422 300 001
- email ndchoice@northpoint.org.uk

There are local organisations who may be able to help, these are on our support document [here](#).