

Neurodevelopmental Referral Pathway for Adults

Neurodevelopmental Specialist Service – NeSS

Nottingham City, Nottinghamshire County and Bassetlaw

STEP 1 - FOR CONCERNS ABOUT POSSIBLE AUTISM AND/OR ADHD

If you think you may be autistic or have ADHD, talk to your GP, primary care team, or mental health team about any lifelong symptoms and how these impact on your daily life (such as difficulties managing your home, relationships, work or education).

If a formal assessment is needed, your GP or healthcare professional can refer you to the [Neurodevelopmental Specialist Service \(NeSS\)](#).



STEP 2 - FOR CONCERNS ABOUT POSSIBLE INTELLECTUAL DISABILITY OR MENTAL HEALTH PROBLEMS

If you have intellectual disability (also known as learning disability) – you will need to be referred to the [Intellectual Disability Service](#).

If you are currently struggling with your mental health, it may be appropriate to refer you to your [Local Mental Health Team \(LMHT\)](#). Your GP can make this referral for you.

STEP 3 - AUTISM AND/OR ADHD DIAGNOSTIC ASSESSMENT



Once your GP or healthcare professional has made a referral, this will be screened by the clinical team at the [Neurodevelopmental Specialist Service \(NeSS\)](#). If it is accepted, you will be put on a waiting list.

While you are waiting for your assessment, you can find support from the services below. For example, mental health, social care, education and employment specific support – further information and advice can be found here:

- [Nottinghamshire County Social Care](#)
- [Nottingham City Social Care](#)
- [autisticnottingham.org](#)
- [Making Sense - Adult Attention Deficit Hyperactivity Disorder \(ADHD\)](#)
- [Making-sense-resources Autism & ADHD](#)
- [ADHD Support Group - www.asklion.co.uk](#)

Further support and information can also be found at [Neurodevelopmental Specialist Service \(NeSS\)](#).

STEP 4 - IF AN AUTISM AND/OR ADHD ASSESSMENT IS NOT APPROPRIATE FOR YOU



If your GP or healthcare professional does not feel a neurodevelopmental assessment is appropriate, they will talk to you about other support that is available.

If after referral to NeSS, you have not been accepted onto the waiting list for a neurodevelopmental assessment, you can talk to your GP or healthcare professional about other support that is available.