

# Adult ADHD Transition Pathway



1

As you approach 18 we will start to talk about moving on to the adult ADHD service. We see young people until around their 18th birthday and at this point we would hand you over to the adult ADHD service



2

You will be offered a transition passport from the age of 16, this will be an individualised plan to help make a smoother transition to the adult ADHD service.




3

We will also give you an information pack about the adult ADHD service including what to expect at your first appointment.

4

At your medication reviews you will be given the opportunity to ask any questions you might have about ADHD as an adult.



5

Your final appointment will last around an hour, and you will have opportunity to ask questions and be given information about the adult ADHD service. We will also give information about other services that you can access.

