

ADHD transition

What to expect when moving from the child and adolescent ADHD service to the Adult ADHD service.



Transition

So, you're getting older and becoming more independent moving through adolescence and towards adulthood. This time of transition can be exciting, but it can equally be worrying and anxiety provoking,

Knowing what to expect when transitioning from child to adult ADHD services can be helpful so we have put together some information for you.

Although adolescence goes to the age of 25, locally ADHD teams are split into child and young people from aged 6 – 18 and adult ADHD team aged 18 and up.

Historically ADHD was thought to only be seen in children but there is clear evidence that ADHD exists in adults too.

ADHD in adulthood can present differently to children and adolescents and sometimes it remains the same or similar below are some examples of how ADHD can impact your life as an adult:

- Running late
- Being forgetful,
- Trouble with organising work.
- Not finishing work on time.
- Difficulty in holding down a job.
- Difficulty with relationships which might be personal relationships or family relationships.

ADHD can also be a gift; some traits of ADHD can be good for certain jobs/carers.

Frequently asked questions

“What happens when I turn 18?”

Transition from the child and adolescent ADHD team takes place around your 18th Birthday. However, we will start to talk about transition during the medication reviews from around the age of 16. Once you have turned 18, we will see you for your final appointment in the child and adolescent ADHD team and make a referral to the adult ADHD team but this will be discussed with you first.

“Will I have to take medication for the rest of my life?”

Everyone with ADHD is different, some people need to continue to take medication while others do not. It will depend on your individual circumstances and lifestyle. This can be discussed further at your ADHD medication review with your nurse.

“What if I decide to take a break from medication?”

Depending on the type of medication you are taking it is important to chat about this first with a specialist nurse or doctor first. They can then work out the safest way to stop medication and what to do if you wish to re-start medication after having a break.

“Where is the adult ADHD team?”

The adult ADHD team is based in Norwich at 80 St Stephens and is part of the Mental Health Trust. The team is made up of Specialist Nurses.

“Where can I get help in between appointments?”

If you have any concerns or queries about your ADHD medication after you are discharged from child and adolescent ADHD team or in between appointments, you will need to contact your GP who can liaise with the adult ADHD team for advice.

If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 0800 088 4449 and we will do our best to help.



Feedback

You can receive help with queries about NCH&C services, or provide feedback about them, by contacting **Patient Advice and Liaison Service:**

Telephone: 0800 088 4449

Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)

You can also tell us how likely you are to recommend our service to friends and family if they needed similar care or treatment. Hearing your views helps our staff understand what they are doing well, and where improvements can be made.

Ask a member of staff for a Friends and Family form or visit:
www.nchc.nhs.uk/patientfeedback

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