



Oakdale

ADHD Medication Service

Self-funded Option

For more information on what may make someone unsuitable for medication, please read our FAQ [here](#).

Step 1: Referral

Self-refer using our [online form](#).

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If you would prefer a paper version of the referral form, please email adhdmedication.admin@oakdalecentre.org or call 01422 652 652 (choose option 1 and then option 1 again)

Report Review

A copy of your ADHD diagnostic report is only needed if your assessment was not carried out by Oakdale.

**Our clinicians will review the report.
Then we will contact you to let you know whether we can progress.**

- The diagnostic report can be attached to the online referral form or sent to us by email or post.
- Oakdale cannot accept responsibility for any original documents provided so please check you are sending us a copy version.
- It is expected that any non-medication recommendations from the diagnostic report are being followed. These are sometimes called environmental recommendations.

Step 2 : Agreement, Identity Check and First Payment

We will contact you with our terms and conditions, let you know how we can confirm your / your child's identity and arrange the first payment.

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- Our terms and conditions agreement explains and governs the contractual relationship between you as a client and Oakdale as the service provider.
- It is important for us to verify your/ your child's identity because of legal requirements around controlled medicines.
- You can find out more about the cost of self-funded ADHD medication on our website under "[What will it cost?](#)"

Step 3 : Waiting List

We will always be transparent about how long we would expect you to wait and keep you informed if anything changes.

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Whilst you are waiting we will also send you information about consent and decision making, and also any relevant information about the medications that you may be offered so that you are informed about possible options.

Step 4 : Information Gathering

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We will send you some questionnaires about how your/ your child's ADHD presents and relevant medical background.

This information is required before appointments can be offered.

Step 5 : Physical Health Check and Proof of Identity

Visit our Healthcare Assistant in the clinic for your physical health checks and to provide in-person proof of identity.

- You will be contacted with available dates and times to attend our clinic in Halifax for a simple physical health check.
- This check must take place before your first appointment can be offered and you will need to bring proof of your identity for our healthcare assistant to verify on the day. Please note that for children's appointments, proof of identity is required for both the child and adult bringing them to the appointment.
- You / your child may also require an ECG. If this is the case, there is an additional fee of £75 which covers the cost of the ECG and interpretation.

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Step 6 : First Appointment

A face to face or online appointment to review whether your / your child's physical and mental health would allow safe prescribing of ADHD medications.

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- If medication is appropriate, we will share your / your child's personalised prescription pathway planning with you and provide information about medications recommended.
- You will be able to consent for medication at this stage but you do not have to decide on the day.
- You may be referred for more specialist advice. We would always discuss this with you.
- If medication would not be recommended, the reasons for this would be communicated and alternative recommendations would be made at this time.

Step 7 : Second Payment

If ADHD medication is offered and you would like to proceed, the next payment would be required within 4 weeks of your physical health check appointment.

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Please note we cannot book the initial titration appointment and dispense the first prescription, until this payment is made.

Step 8: Titration Phase

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The purpose of titration is to establish and stabilise you / your child on medication. This is usually a period of between 2-6 months.

- During the initial titration appointment we will discuss your / your child's personalised prescription pathway and provide the first prescription.
- Everyone reacts differently to ADHD medications so this is why it is so important to monitor and review for a period of time.
- Our team are here to support and guide you. Throughout titration we monitor your / your child's progress whilst taking the medication so that the usefulness of the medication and its side-effects are reviewed and adjusted until the right personalised plan is agreed between you and your prescriber.
- Because everyone reacts differently, the length of the titration phase and number of appointments can vary from person to person.
- You will need to check your / your child's blood pressure regularly during the titration phase. You will be given advice how to do this and advised on blood pressure machines during your appointments.

Step 9 : Monitoring

Once you / your child are taking the correct dose and symptoms have stabilised, there will be a period of monitoring.

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- Oakdale will work with you to continue to monitor the effectiveness of your / your child's medication and dosage.
- During this time, Oakdale will continue to provide prescriptions, usually whilst looking to enter into a Shared Care agreement with your / your child's GP. Shared Care is a formal agreement where the GP provides repeat prescriptions and Oakdale remains the specialist to provide advice to the GP and carry out scheduled reviews.

Step 10: Ongoing Prescribing / Shared Care and ongoing payments.

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Ongoing care, prescriptions and payments will depend on whether you are continuing to self-fund all aspects of medication through Oakdale or whether your GP agreed to a Shared Care arrangement.

You can find out more detail about the different options on this link: ["What will it cost?"](#)