

# Changes to ADHD/Aroreretini prescribing

It's now easier for some adults to get ADHD/Aroreretini care through their GP or nurse practitioner.

## What's changing?

From 1 February 2026 vocationally registered GPs and nurse practitioners can assess, diagnose and prescribe ADHD/Aroreretini medication for adults (18 years and older). Those GPs and nurse practitioners who offer these services will have done extra training and have a specific interest and expertise in this area.

This change **does not apply** to child ADHD/Aroreretini diagnosis and prescribing.

ADHD/Aroreretini services offered will be different across practices and communities. No extra funding has been provided for GPs to train and then provide these services.

## We are not currently offering ADHD/Aroreretini services at this practice.

If you would like to know what ADHD/Aroreretini services are available in your community, ask at reception or talk to your GP or nurse practitioner for a list of services.

Visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) and search 'ADHD' for a list of services in your area.

Not all GPs offering ADHD services will be listed on healthpoint yet but we expect this to change in the next few months.

## An ADHD/Aroreretini assessment will involve

An ADHD/Aroreretini assessment usually means:

- Longer appointments than usual
- Often more than one appointment
- A higher cost than a standard GP visit
- Talking about your history, symptoms and the impact on your daily life
- Hearing from other people who know you well (if helpful)
- Discussing treatment options together

## What should I do next?

ADHD affects people in different ways. If you think this change might help you, talk to your GP, nurse practitioner or our reception team during your next visit.



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