

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.

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

We will be offering ADHD/Aroreretini services at this practice soon.

Assessments will be provided by:

Cost

Ask at reception or talk to your GP or nurse practitioner for more information about the assessment and cost, or to book an appointment.

Visit 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.

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.



The Royal New Zealand
College of General Practitioners
Te Whare Tohu Rata o Aotearoa

