

Changes to ADHD/Aroreretini care – what adults need to know

What's changing from 1 February 2026?

Vocationally registered specialist GPs and some nurse practitioners will now be able to assess, diagnose and prescribe specialist (stimulant) medications for adults with ADHD/Aroreretini. This may make ADHD care more accessible and closer to home.

A psychiatrist review is no longer needed for every person starting on these medications.

This change applies to adult ADHD only – not child ADHD/Aroreretini.

Will every practice offer ADHD services?

No, not every practice will offer ADHD services. There has been no extra funding provided for GPs to train and offer ADHD services. Practices may choose to:

- > Offer full ADHD assessment and treatment
- > Offer services soon
- > Not offer ADHD services at all.

Your practice will confirm what applies locally.

What does an ADHD assessment involve?

You can expect:

- > Longer appointments than usual (often 90–120 minutes or 1.5 – 2 hours over several visits)
- > Talking about your history, symptoms and daily impacts
- > Sometimes involving someone who knows you well
- > Discussing treatment options together.

Costs:

Because assessments take longer than standard GP visits, the cost will be higher. These visits are also not funded in the same way your normal GP visits are, so you will need to cover the full cost of the appointment.

What should I do next?

If you think ADHD assessment or treatment might help you:

- > Speak to your GP, nurse practitioner or practice reception team
- > Ask whether the practice offers ADHD/Aroreretini services
- > If not, they can help you find options

You can also search for local services on [Healthpoint](#) by entering “ADHD” and filtering by region.

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

Why this change is happening

These updates aim to improve access to ADHD/Aroreretini care by allowing trained specialist GPs and nurse practitioners to provide services closer to home. ADHD presents differently for everyone – these changes give people more options for timely support.

