



Understanding NHS Right to Choose

A practical guide for adults, parents, carers and healthcare professionals accessing NHS ADHD and autism assessments

Learn how the NHS Right to Choose pathway works, what to expect from a high-quality assessment, and how Oxford CBT supports patients throughout the process

Everyone deserves timely access to answers

Seeking an ADHD or autism assessment can feel overwhelming.

For adults, it may mean finally understanding lifelong challenges. For parents and carers, it can help explain why everyday life feels more difficult than expected.

Long waiting times can add uncertainty at exactly the point when clarity is needed most.

For many eligible NHS patients in England, **Right to Choose** offers another option.

Rather than joining a local NHS waiting list, patients may be able to choose an approved NHS provider to carry out their assessment following referral from their GP.

Oxford CBT is proud to provide ADHD and autism assessments through the NHS Right to Choose pathway for eligible patients registered with GP practices across England.

What is Right to Choose?

Right to Choose is an NHS patient choice that allows many eligible patients in England to choose which approved provider delivers certain NHS services, including ADHD and autism assessments, following a GP referral.

If your GP agrees that a referral is clinically appropriate, you may be able to choose Oxford CBT as your assessment provider.



Who is it for?

Patients registered with an eligible GP in England where the Right to Choose pathway applies.

Good To Know

Choosing Oxford CBT through Right to Choose does not affect your entitlement to NHS care. Your GP remains responsible for your overall healthcare throughout the assessment process.

What should a high-quality assessment include?

A good assessment is about much more than deciding whether someone meets diagnostic criteria.

It should help you understand how ADHD or autism may affect everyday life, recognise individual strengths and challenges, and provide practical recommendations that support positive outcomes at home, education, work and beyond.

A comprehensive assessment should include:

- ✓ A detailed developmental and clinical history
- ✓ Evidence-based assessment tools where appropriate
- ✓ Information from parents, carers, schools or other professionals when relevant
- ✓ Consideration of co-occurring conditions and differential diagnoses
- ✓ Time to ask questions and discuss concerns
- ✓ A clear explanation of the assessment outcome
- ✓ A comprehensive written report
- ✓ Practical recommendations tailored to the individual

Our approach

Oxford CBT has a multidisciplinary neurodevelopmental team with specialist expertise in ADHD and autism.

Every assessment follows current NHS and NICE guidance and is designed to deliver clear, evidence-based conclusions alongside practical recommendations that support the next stage of care.

Our focus is not simply reaching a diagnosis, but helping people better understand themselves—or the person they support—and providing meaningful guidance for the future.

Our Neurodevelopment Team:

Clinical Psychologists

Consultant Psychiatrists

Paediatricians

Specialist Clinicians

Accessing Right to Choose

A simple four-step process

- 1 Speak to your GP**
Discuss your concerns with your GP. If they agree that a referral is appropriate, ask whether you are eligible to choose Oxford CBT through the NHS Right to Choose pathway.
- 2 GP referral**
Your GP practice submits your referral to Oxford CBT
- 3 We review your referral**
Once your referral has been received and reviewed, our team will contact you to explain the next steps and arrange your assessment where appropriate.
- 4 Assessment, feedback and report**
You'll attend your assessment with our multidisciplinary team, then receive a dedicated feedback appointment, a comprehensive written report and practical recommendations — with ongoing support discussed where appropriate.

Support beyond assessment

For many people, assessment is the beginning rather than the end of their journey. Where appropriate, Oxford CBT can provide ongoing support through:

- Psychological therapy
- ADHD coaching
- Autism support
- Medication referral pathways
- Parent guidance
- Follow-up support

Our aim is to help people move forward with confidence, understanding and continuity of care without feeling they have to start again.

Get in touch

Whether you're an adult seeking an assessment, a parent or carer supporting someone else, or a healthcare professional looking for further information, our team is happy to help.

 01865 920077

 rtc@oxfordcbt.co.uk

Scan the QR code to learn more about NHS Right to Choose assessments at Oxford CBT



A high-quality assessment provides more than a diagnosis. It provides understanding, practical guidance and confidence in the next steps.

That's the standard we believe every person deserves.