**North Yorkshire and York adult autism and ADHD assessment referrals**

Since March 2023, North Yorkshire and York Health and Care Partnerships have been piloting an approach to assessment which connects people with the most severe needs to assessment first, while ensuring that everyone referred has access to support tailored for their individual needs prior to an assessment. This will give people access to information more quickly to empower them to make choices and influence changes in their life, for example to open up conversations with employers.

With use of the online North Yorkshire and York Platform for Adult Autism and ADHD Referral (previously referred to as the Do IT Profiler), accessed through GP referral, we are now able to follow a triage approach to identify people with the most acute healthcare needs and prioritise these individuals for assessment. Previously, all referrals were assessed in chronological date order and there was no system for identifying those people who needed help more urgently.

Since the start of the pilot we have identified a number of adjustments based on user and clinical feedback including expanding the triage criteria and the opportunity for all users to remain on a needs-led waiting list for access to assessment.

Data from the platform shows the number of people experiencing mental health issues and data from the sensory profile can be used to map support activity such as executive functioning, independent living skills, time management/organisation, dealing with anxiety and low mood and understanding local pathways to services. The aim is to develop programmes/workshops for people needing such support.

Approval has been given to extend the pilot for a further nine months to 31 March 2024 to enable us to further improve our approach to assessment with the benefit of feedback from users and an independent review by Healthwatch York, an independent voice for patients.

**July 2023**