



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_210_26

You asked:

Freedom of Information Request (System-Wide Data)

Please also provide the following system-wide data:

1. Waiting Times: The current average waiting time (in weeks) for an initial adult assessment for (a) Autism and (b) ADHD in the Bridgend and Rhondda Cynon Taf areas.

- a) Autism: As of 31/03/2026 the average waiting time from referral to assessment is 144 weeks.
- b) ADHD: As at 28/04/2026 the waiting list for ADHD assessments across Cwm Taf Morgannwg is 6,630 people. The average number of assessments undertaken in 2025/2026 is 26 a month, ranging from a high of 45 to a low of 5 assessments each month. The longest wait for an assessment is currently 225 weeks.

Over recent years CTM UHB has faced a growing and a significant demand for ADHD diagnosis and treatment services, a situation that is mirrored across the whole of Wales and the UK. In response to this demand, CTM Mental Health Service is undertaking a review of services to provide a more timely response.

2. Transition Performance: The percentage of referrals for children aged 17 that have been seen within the mandated 26-week national target over the last 24 months.

Over the last 24 months, 33% of referrals for 17-year-olds have received an appointment within 26-weeks, measured from the date of referral.

This percentage is impacted by instances where patients do not attend scheduled appointments or are unable to attend. In such cases, the referral clock may be reset or adjusted, which subsequently affects overall compliance with the 26-week target.

3. Administrative Failure Rates: The number of recorded "concerns" in the last 36 months regarding unrecorded or "lost" referrals between CMHT and IAS.

There are no recorded "concerns" in the last 36 months regarding unrecorded or "lost" referrals between CMHT and IAS.

4. Support Policy: A copy of the Health Board's current commissioned "Support While Waiting" offer for neurodivergent adults, as required under Section 1.2(vi) of the Autism Code of Practice.

There are no services commissioned by the Health Board for supporting patients whilst waiting an assessment. However, all patients on the autism referral pathway are able to contact IAS for advice whilst waiting for an assessment. In addition, IAS is piloting a waiting well initiative for the year 1st April 2026 – 31st March 2027. This will see all referrals accepted on to the waiting list being offered an opportunity to book on to standalone workshops alongside a “waiting well” pack being sent to patients. This pack includes a step-by-step guide regarding the diagnostic process in plain language format. This will be accessible from the moment of acceptance onto the assessment waiting list.