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Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_278_26

You asked:

I am writing to make a request under the Freedom of Information Act 2000 for the following information regarding ADHD assessments within Cwm Taf Morgannwg University Health Board.

Adult ADHD Assessments

1. How many adults do you have waiting for an ADHD diagnosis at the moment?

As at the 14th May 2026 there are 4234 adults waiting for an assessment in CTM UHB Mental Health Service.

2. How many adults were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

490 adults were assessed for ADHD by CTM UHB Mental Health Services between 1st April 2025 and 31st March 2026.

3. If an adult was referred to you now when would you expect them to be seen?

The longest wait for an assessment is currently 225 weeks. However, there are currently separate waiting lists of varying sizes across Cwm Taff Morgannwg and differences in the number of assessments completed per week/month which means that using the longest wait time is not a good predictor of when someone will be seen due to the variation across the region.

The Adult Directorate are reviewing the option to move to a single waiting list for adult ADHD assessments across Cwm Taf Morgannwg which will make it easier to give a clear picture of waiting times in future.

4. Please describe your current Adult ADHD Assessment pathway.

New ADHD referrals:

All new referrals from GPs will receive an initial assessment within a target timeframe of 28 days by the local Primary Mental Health Support Service. Where ADHD is suspected and a specialist ADHD assessment is required, the individual will be added to the ADHD waiting list for an assessment. If an ADHD diagnosis is confirmed, the health care professional will discuss any possible treatment options with the person. This may include initiating medication treatment. CTM UHB has a shared care agreement in place with Primary Care for ADHD prescribing.

Private ADHD diagnoses:

Referrals from GPs, where a private ADHD diagnosis has been received, will be added to an ADHD waiting list for specialist review. If a diagnosis is confirmed by the specialist ADHD service, the health care professional will discuss any possible treatment options with the person. This may include initiating medication treatment or taking over prescribing responsibility. CTM UHB also has a shared care agreement in place with Primary Care for ADHD prescribing.

Child ADHD Assessments

5. How many children do you have waiting for an ADHD diagnosis at the moment?

There are currently 1087 children waiting on the waiting list for an ADHD assessment. There is a further 912 children waiting for an assessment for comorbidity assessment of ASD/ADHD. There are children who have received an initial assessment that are awaiting an outcome therefore would not be included the above figures.

6. How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

The number of ADHD assessments undertaken during the period of 1st April 2025- 31st March 2026 was 423 and a further 381 assessments undertaken for comorbid assessment of ADHD/ASD resulting in a total of 804 assessments.

7. If a child was referred to you now when would you expect them to be seen?

The current waiting time for a new assessment is 104 weeks therefore an appointment would be expected in May 2028.

8. Please describe your current Child ADHD Assessment pathway.

The current CTM UHB ADHD assessment pathway for children is as follows: referrals are triaged and, if accepted, placed on the waiting list with a clinical code of ADHD or ADHD with comorbid ASD. An initial assessment is completed by an Advanced Neurodevelopmental Practitioner. The child's school is contacted to request completion of ADHD rating scales and CADRA forms to inform assessment outcomes. A follow-up appointment with a Medic or Prescriber is then arranged to determine the outcome of the assessment.