

20 October 2026

Freedom of Information request 397-2627

Request

1. Does the board currently provide NHS assessment for adults with suspected ADHD, and for adults with suspected autism? Which service or team carries out each, and are GP referrals currently accepted?
2. The current average waiting time from referral to first assessment for adults with suspected ADHD, and the number of adults currently awaiting assessment — as held at service level, if recorded anywhere other than in individual case files.
3. The number of referrals received for adult ADHD or autism assessment in the most recent 12 months, if referrals are logged centrally even where clinical records are on paper.
4. The equivalent of items 1 to 3 for children and young people.

Response

1. NHS Borders currently provides assessment services for adults with suspected ADHD and Autism.
 - Adult ADHD assessments are provided through the Adult Mental Health Service. GP referrals are accepted in line with the current referral criteria.
 - Adult Autism assessments are provided through the Adult Autism Assessment Service. GP referrals are accepted in line with the current referral criteria.
2. NHS Borders is unable to report the average waiting time from referral to first assessment for the number of adults currently awaiting ADHD or Autism assessment. Referrals are received and recorded through general Adult Mental Health assessment pathways rather than separate ADHD or Autism services.

The data may be held in individual patient's medical records, but to extract this data would require a manual trawl of all patient records and the cost of carrying out this work would exceed the limit set in the Fees Regulations of the Freedom of Information (Scotland) Act 2002. Therefore, under Section 12(1) Excessive Cost of Compliance, Freedom of Information (Scotland) Act 2002, we are not required to collect, collate and provide this information. Please note NHS Borders does not have a digital medical records system, therefore patients' medical records are in paper-form.

3. NHS Borders is unable to provide the number of referrals received for adult ADHD and Autism assessment during the most recent 12-month period. Referrals are received through general Adult Mental Health assessment pathways rather than separate ADHD or Autism services, and this information is not recorded in a way that allows it to be reported separately.

The data may be held in individual patient's medical records, but to extract this data would require a manual trawl of all patient records and the cost of carrying out this work would exceed the limit set in the Fees Regulations of the Freedom of Information (Scotland) Act 2002. Therefore, under Section 12(1) Excessive Cost of Compliance, Freedom of Information (Scotland) Act 2002, we are not required to collect, collate and provide this information. Please note NHS Borders does not have a digital medical records system, therefore patients' medical records are in paper-form.

4. NHS Borders provides assessment services for children and young people with suspected ADHD and Autism through Child and Adolescent Mental Health Services (CAMHS) and associated

neurodevelopmental pathways. GP referrals are accepted in accordance with current referral arrangements and service criteria.

NHS Borders is unable to report the average waiting time from referral to first assessment, the number currently awaiting assessment, or the number of referrals received during the most recent 12 months. This information is not recorded through separate ADHD or autism pathways and could only be identified through a manual review of individual patient records and clinical notes.

The Board calculates that the work required to provide the information would exceed the amount prescribed for responding to requests made under the Freedom of Information (Scotland) Act 2002. Under Section 12(1) Excessive cost of compliance, of the Act, we are not obliged to provide you with the information. Please note NHS Borders does not have a digital medical records system, therefore patients' medical records are in paper-form.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Education Centre, Borders General Hospital, Melrose, TD6 9BD or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **397-2627** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.