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| Reference: | FOI.19567.26 |
| Subject: | Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) assessments |
| Date of Request: | 11 February 2026 |

Requested:

I am requesting the following information regarding the commissioning and delivery of ADHD and autism assessments via the NHS Right to Choose pathway in your Integrated Care Board (ICB) area.

Please provide the most recent available data (as of [insert current date, e.g., February 2026], or the latest reported figures if more recent data is unavailable).

1. Current waiting lists / demand for assessments:
 - a. The total number of people currently waiting for an adult (18+) ADHD assessment via NHS-commissioned services (including both local NHS pathways and Right to Choose providers).
 - b. The total number of people currently waiting for an adult (18+) autism assessment via NHS-commissioned services (including both local NHS pathways and Right to Choose providers).
 - c. If available separately: the number of people waiting specifically via Right to Choose referrals (or an estimate/indication of the proportion).
 - d. The same information as above, but for children and young people (under 18), if your ICB commissions or holds data for neurodevelopmental assessments in that age group via Right to Choose.
 - e. Median and longest reported waiting times (in weeks or months) for adult ADHD and adult autism assessments in your area (via any NHS-funded route, including Right to Choose).

2. Indicative Activity Plans (IAPs) or activity limits:
 - a. Details of any current Indicative Activity Plans (IAPs), activity caps, funding limits, or restrictions applied to Right to Choose providers for adult ADHD and/or autism assessments in the current financial year (or most recent period).
 - b. The total number of assessments (or indicative activity volume) allocated or agreed for Right to Choose providers for adult ADHD and adult autism in the current financial year.
 - c. Any planned changes to IAPs, caps, or commissioning for the next financial year.

3. Commissioning of new providers:
 - a. The name(s), job title(s), and direct email address(es) (or team inbox if individual contact is not available) of the person(s) or team responsible for commissioning / procuring new or additional providers for ADHD and/or autism assessment services under the Right to Choose framework.
 - b. Any current open procurement/framework opportunities, expressions of interest, or processes for approving new Right to Choose providers for adult ADHD and/or autism assessments.
 - c. If no such process is currently open, the anticipated timeline for the next review or commissioning round for additional providers.

Response:

Integrated Care Boards (ICBs) are a feature of the NHS in England, as is the Right to Choose pathway. Hywel Dda University Health Board (UHB) is a part of NHS Wales and is an integrated Local Health Board responsible for the planning and provision of primary, community and in hospital services, based on the needs of the local community across three (3) counties.

The UHB records data for adults and Children and Young People (CYP) on two (2) different systems, which is recorded and held in a different manner. Therefore, the UHB provides the information held in each system below.

1a. The UHB has five thousand, three hundred and twenty-two (5,322) adults aged eighteen (18) and over waiting for an ADHD assessment, as at 31 January 2026.

1b. The UHB has two thousand, three hundred and thirteen (2,313) adults aged eighteen (18) and over waiting for an ASD assessment, as at 31 January 2026.

1c. Not applicable, as Right to Choose is a pathway under NHS England.

1d. The UHB has one thousand and forty (1,040) CYP aged under eighteen (18) waiting for an ADHD assessment, as at 12 February 2026 and three thousand, six hundred and five (3,065) waiting for an ASD assessment, as at 31 January 2026.

1e. The UHB provides within the table below, the median and longest wait times. for an adult ADHD and ASD assessment, as at 31 January 2026.

| Condition | Median wait | Longest wait |
|------------------|--------------------|---------------------|
| ADHD | 101 weeks | 505 weeks |
| ASD | 103 weeks | 380 weeks |

2. & 3. Not applicable, as Right to Choose is a pathway under NHS England.