



Adelaide Adult ADHD

# NEWSLETTER

Adelaide Adult ADHD is a community and a voice for adults with ADHD.

APRIL 2024

INFORMATION AND SERVICES  
NEW ON THE WEBSITE  
COMMUNITY

REGULAR UPDATES

WHERE YOUR COMMUNITY IS  
FEATURED NEWS STORY  
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



## A PUSH TO INCREASE THE ROLE OF GENERAL PRACTITIONERS IN THE DIAGNOSIS AND MANAGEMENT OF ADHD IN ADULTS

The Royal Australian College of General Practitioners says GPs could play a larger role in ADHD diagnosis and treatment to improve affordability and access to care for patients, particularly adult patients who do not have access to diagnosis via a paediatrician.

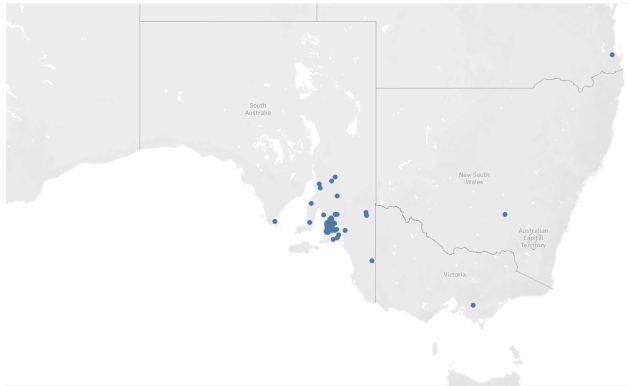
In a submission to the **Senate inquiry into assessment and support services for people with ADHD** the college noted that most public sector mental health services do not provide ADHD services, resulting in an over-reliance on private sector care and services. Long wait times and high costs are typical, with one college member reporting that it would cost their patient over \$700 for a telehealth ADHD diagnosis from a specialist, although costs of around \$3,000 have been reported in the media.

Each Australian state operates under different rules for diagnosis and prescription of stimulant medication. For children up to 18 years of age, GPs in Qld and NSW can diagnose ADHD and initiate stimulant medication prescriptions but other states and territories require specialist diagnosis and prescribing. GPs cannot diagnose or initiate stimulant medication for ADHD in adults in any state or territory.

The college president said that "access to AHD diagnosis is inadequate and unaffordable for too many patients. People with ADHD need lifelong and individualised support...more than two thirds of people with ADHD have at least one other condition such as ASD, depression, anxiety and sleep disorders. Commonwealth governments should coordinate funding for models of care which support shared care models and clear health pathways for patients."

The full report of the Senate inquiry, including its 15 recommendations, can be read [\*\*\*here\*\*\*](#).

## WHERE YOUR ADULT ADHD COMMUNITY IS



**Help us, and help others, understand you and your community.**

Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

 Learn more about your community

 Be part of the picture *(completely anonymously)*

## NEW ON THE ADELAIDE ADULT ADHD WEBSITE

RESEARCH, REPORTS AND MEDIA ABOUT ADULT ADHD

The Adelaide Adult ADHD website has updated its libraries of research, reports and media articles relating to adult ADHD. You can now search for items by key word, by date, and by document type.

Don't forget you can send in any interesting articles for inclusion in the library by emailing [adelaide@adadadhd.net](mailto:adelaide@adadadhd.net)

 Our website

## FEATURED NEWS

EMOTION DYSREGULATION IN ADULTS WITH ADHD

A Spanish research group has explored the repercussions of ADHD on the social, academic and professional lives of adults with ADHD.

Adults with ADHD show a more frequent use of non-adaptive emotional regulation strategies compared with people without ADHD symptoms. Non-adaptive strategies are behaviours that are not helpful, or are even actively unhelpful, in any given situation.

 Full story here

## YOUR LIFE, YOUR VOICE

*Tell us about your lived experiences of adult ADHD*

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

 Stories