

# ADHD pathway for adults

## Support for carers



It may feel overwhelming when the person you care for first gets a diagnosis of ADHD. It's good to know that you are not alone and there are lots of places where you can access help and support including your local council, local support groups and national charities. This leaflet has been created to help make locating that support a little easier.

## **What is ADHD?**

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition that affects people's behaviour. It is characterised by hyperactivity, inattention and impulsivity.



## **Local authority support**

### **Carer's assessments, support and benefits advice**

If you care for someone, you can have a free assessment from your local council to see what might make your life easier. It may recommend things like someone to take over caring so you can take a break, advice about benefits, or putting you in touch with local support groups. A carer can receive a carer's assessment, irrespective of whether the person they care for has a social worker, receives any care or support, or is even known to social care.

### **Local authority contacts**

#### **Barnsley**

Tel: 01226 773300

[www.barnsley.gov.uk/services/adult-social-care/information-for-carers/](http://www.barnsley.gov.uk/services/adult-social-care/information-for-carers/)

#### **Calderdale**

Tel: 01422 393000

[www.calderdale.gov.uk/v2/residents/health-and-social-care/carers-0](http://www.calderdale.gov.uk/v2/residents/health-and-social-care/carers-0)

#### **Kirklees**

Tel: 01484 414933

[www.kirklees.gov.uk/beta/carers/carers-eligibility-and-support.aspx](http://www.kirklees.gov.uk/beta/carers/carers-eligibility-and-support.aspx)

#### **Wakefield**

Tel: 0345 8 503 503

[www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/carers-assessment](http://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/carers-assessment)

#### **Carers' passport**

South West Yorkshire Partnership NHS Foundation Trust has developed a carer's passport for carers to keep useful information about themselves and the person they care for in a handy document. You can find out more and download a copy from the Trust's website.

<https://www.southwestyorkshire.nhs.uk/service-users-and-carers/carers-passport/>

## **National carer support services**

### **Carers UK**

[www.carersuk.org](http://www.carersuk.org)

Helpline: 0808 808 7777

### **Carers Trust**

[www.carers.org](http://www.carers.org)

Tel: 0300 772 9600

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

## **Local carer support services**

### **Barnsley - Making Space**

Tel: 01226 288772

[www.makingspace.co.uk/barnsley-carers-service](http://www.makingspace.co.uk/barnsley-carers-service)

### **Calderdale - Making Space**

Tel: 01422 369101

[www.makingspace.co.uk/carers-wellbeing-service-calderdale](http://www.makingspace.co.uk/carers-wellbeing-service-calderdale)

### **Carers Wakefield and District**

Tel: 01924 305544

[www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)

### **Kirklees - Carers Count**

Tel: 0300 0120231

[www.carerscount.org.uk](http://www.carerscount.org.uk)

## **National ADHD support services**

### **The National Attention Deficit Disorder Information and Support Service (ADDISS)**

[www.addiss.co.uk](http://www.addiss.co.uk)

### **Adult Attention Deficit Disorder UK (AADD-UK)**

[www.aadduk.org](http://www.aadduk.org)

## **Local ADHD support services**

### **West Yorkshire ADHD Support Group**

Tel: 0113 8563459

Email: [support@wyadhd.org.uk](mailto:support@wyadhd.org.uk)

[www.wyadhd.co.uk](http://www.wyadhd.co.uk)

West Yorkshire ADHD support group offer regular monthly meet ups in Bradford, Calderdale, Dewsbury, Huddersfield, Leeds and Wakefield, along with a Facebook support chat group.