



Shared Care explained in 5 minutes

How your ADHD medication
may move to the NHS

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Summary

- Shared care means your GP may take over prescribing your medication from us
- GPs have no legal obligation to accept shared care from a private provider
- Your treatment must be stable first - this takes at least 6-12 weeks minimum
- Shared care is not guaranteed - many GPs and some ICBs are currently declining
- We provide everything your GP needs and continue prescribing if they say no

What is shared care?

After your ADHD assessment and treatment with a specialist, your GP may be able to take over prescribing your medication.

- Your specialist helps you get diagnosed and find the right treatment
- Your GP may then handle repeat prescriptions and routine check-ups
- If your GP agrees, your prescriptions are issued through the NHS instead of privately

Important

GPs have no legal obligation to accept prescribing based on a private specialist's recommendation. Shared care is a possibility, not a guaranteed outcome of your treatment.

What about costs?

NHS prescription charges in England are frozen at £9.90 per item until at least April 2027

- Prescription Prepayment Certificate (PPC): £114.50/year or £32.05 for 3 months
- Prescriptions are free in Wales, Scotland and Northern Ireland
- Around 89% of prescriptions in England are already dispensed free of charge

Check your eligibility before assuming a cost saving

Free prescriptions in England apply to: children under 16, students under 19 in full-time education, over-60s, pregnant women, and those with certain medical conditions (e.g. diabetes, cancer). Visit [nhs.uk](https://www.nhs.uk) to check your status.

Savings vary significantly depending on your medication, dose, and whether you qualify for free prescriptions.

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Our 4 step process

Assessment

01

You have an ADHD assessment with a specialist.

Finding the right treatment

02

Your clinician works with you to find the right medication and dose.

6 - 12 weeks minimum to ensure treatment is suitable and stable before we can transfer prescribing to your GP.

We contact your GP

03

We send your GP a clear summary of your diagnosis and treatment plan.

Your GP decides

04

Your GP reviews everything and decides whether they are able to take over prescribing.

This is voluntary, they are not legally required to accept.

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What to say to your GP

“I’ve completed my ADHD assessment and treatment with a specialist. They’ve sent you a plan - would you be able to review it and let me know if you’re able to take over prescribing?”

Keep it collaborative - ask rather than demand. Give them time to review and follow up if needed.

Important to know:

Shared care from a private provider is not guaranteed and is increasingly difficult to obtain.

- GPs have no legal obligation to prescribe based on a private specialist’s recommendation
- ADHD prescribing is not part of a GP’s core NHS contract - it is entirely voluntary
- Many Local Medical Committees (LMCs) have advised GPs to stop accepting new ADHD shared care agreements
- Some ICBs have local policies that restrict or decline private shared care requests entirely
- Even with excellent documentation, your GP or their ICB may still say no

What if your GP says no?

- **Continue your treatment privately with us**
You will never be left without medication, we keep prescribing throughout.
- **Ask your GP to explain their decision in writing**
This helps identify whether it’s a practice policy or an ICB-wide restriction.
- **Speak to another clinician at the same practice**
Individual GPs can take different views within the same surgery.
- **Consider switching GP practice**
Note: if refusal is an ICB-wide policy, changing practice may not help - ask us first.

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How Lighthouse Pathways supports you

- **Clear, detailed reports for your GP**
Our documentation is designed to give GPs the confidence to act where they are able.
- **A simple treatment plan they can follow**
No jargon - just clear, actionable clinical guidance.
- **Ongoing support if your GP has questions**
Our clinicians are available for direct GP-to-specialist conversations.
- **We continue prescribing if shared care isn't possible**
Your care and medication access will not be interrupted, whatever your GP decides.

For your GP

Your GP may want more detailed clinical information before deciding on shared care. We have created a separate clinical document for GP practices, which outlines:

- Our clinical standards and governance
- How we diagnose and manage ADHD safely
- What we provide to support NHS prescribing
- Monitoring and ongoing responsibilities



Click to download our Shared Care & GP Working Policy

Our official policy for healthcare professionals, outlining CQC standards and NICE compliance.

Or visit: lighthousepathways.co.uk/downloads/shared-care-gp-policy.pdf

Disclaimer: This guide is for informational purposes only and does not constitute medical or legal advice. Shared care arrangements vary significantly by GP practice, Local Medical Committee (LMC) guidance, and Integrated Care Board (ICB) policy. Whether your GP accepts shared care depends on local rules that change frequently and are outside our control. Prescription charges and exemption criteria are subject to change - always verify current rates and your eligibility at nhs.uk.



Ready to take the next steps?

Book your ADHD assessment or get in touch with our team