

# GP ADHD Shared Care Program:

A Child & Adolescent Mental Health Services (CAMHS) initiative in partnership with GP Partners Australia (GPPA)

## PATIENT CHECKLIST

This checklist is to help you keep track of appointments and referrals you will require over time. Your GP is always there to help too.

### Visit 1: Your Paediatrician recommends GP ADHD Shared Care and you decide you would like to explore

- Make a follow-up appointment with your regular GP
- Your Paediatrician will give you the ADHD Shared Care Information, GP Letter and Consent Form – take this to your next GP appointment.
- Go to website <https://www.gppaustralia.org.au/gp-adhd-shared-care/> to find more information.

### Visit 2: You see your GP to talk about the program and see if it is suitable for your GP to provide your ADHD Shared Care

- Discuss the program with your regular GP.
- If your GP determines **it is suitable** for them to provide your ADHD shared care:
  - Complete and return the Consent Form to GP ADHD Shared Care Manager
  - Book your first ADHD Shared Care visit as advised by your GP
  - Expect contact from the GP ADHD Shared Care Manager to confirm your regular GP as Shared Care GP and to answer any questions about the program.
- If your GP determines **it is NOT suitable** for them to provide your ADHD shared care:
  - Complete and return the Consent Form to GP ADHD Shared Care Manager, making sure you fill out the section requesting an alternative ADHD Shared Care GP
  - Expect contact from the GP ADHD Shared Care Manager to assist you with finding an alternative ADHD Shared Care GP
  - Once you have been linked with an ADHD Shared Care GP, book your first ADHD Shared Care visit
  - Expect contact from the GP ADHD Shared Care Manager to confirm the name and details of your chosen ADHD Shared Care GP, and to answer any questions about the program.



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### Visit 3: You see your ADHD Shared Care GP for your first visit

- Be aware health care and ADHD shared care is important and needs to be thorough.
- The ADHD Shared Care health care requirements may take more than one GP visit to complete.**
- Booking a long appointment with the GP is recommended.
- Book quarterly health checks or as advised by your Shared Care GP. This is additional to any other health care with your regular GP.
- Book and attend GP advised appointments to plan medication scripts (may be different to 6 months e.g. patient or GP leave adjustments – see details in Patient and GP Information)

### First Psychiatrist Visit: You see the CAMHS Psychiatrist for your transition Psychiatry visit

- Make sure to attend your regular visits with your ADHD Shared Care GP
- Plan with your GP referral needs for your next psychiatrist review as advised by the Transition Psychiatrist.

#### For more information

Women's and Children's Hospital  
72 King William Rd, North Adelaide SA 5006  
Telephone (08) 8161 7000



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