

## What if my GP does not wish to be involved?

There are a number of GPs who will be able to provide support who are registered with the ADHD GP Shared Program, GPEX (previously GP Partners Australia).

If you need a referral to another GP, the ADHD Shared Care Manager will contact you to help with this.

Complete and send your consent form to GPEX to access this service. Contact details are on the form.

## First ADHD Shared care visit:

At your initial ADHD Shared Care GP appointments, you will discuss and plan your long term care and visits.

Your GP will write to the ADHD GP Shared Care Psychiatrist in preparation for your first Transition psychiatry visit.

Your GP will apply also for an authority to be your authorised medication prescriber. This may take several ADHD Shared GP visits to complete.

## Helpful Tips:

Booking long appointments with your ADHD Shared Care GP is recommended.

Your ADHD care is in addition to any other health care for which you would normally see your GP.

Carefully plan and book appointments for repeat scripts, allowing adjustments for certain situations such as if you are going on holidays.

## For more information:

Please visit <https://gpex.com.au/for-health-professionals/gp-shared-care/gp-adhd-shared-care/> for more information



GP ADHD SHARED CARE

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# GP ADHD Shared Care Program

## Patient Information

A Child & Adolescent Mental Health Services (CAMHS) initiative in partnership with GPEX Shared Care

October 2024



Government of South Australia

Women's and Children's Health Network

# GP ADHD Shared Care Program

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

## Introduction

The aim of the GP ADHD Shared Care Program is to provide the majority of your ADHD care with a Shared Care GP and assist in the transition of your specialist care from your paediatrician to a psychiatrist when you turn 18.

## Why is this necessary?

The medication used to treat ADHD requires special authority for ongoing management. The special authority requires that a treating specialist is regularly involved in your care, and reviews your medication. This is a legal requirement in South Australia.

The Shared care program enables your GP to be able to manage your medication in consultation with the treating specialist.

The treating specialist changes with your age: A Paediatrician or Child Psychiatrist supervises treatment until 18. An Adult Psychiatrist supervises treatment from 18 years of age onwards.

As you transition from Paediatrician management to adult services, support from a relevant specialist Psychiatrist is required long term.

## Eligibility for GP Shared Care

This service has been offered to you as the paediatrician considers your situation to be stable with optimal medication dosing being achieved.

## What are the benefits of the program?

Access to ADHD health care from your GP closer to home.

Regular reviews with both your GP and specialist, to ensure your ADHD care is best for your health and well-being.

Reduce the need for unnecessary hospital clinic visits.

Help provide the necessary Psychiatrist visit when you transition from paediatric care.

Streamline the provision of scripts for your regular medication.

## What are the costs?

There are no special costs for the ADHD Shared care program. The out-of-pocket costs will be the same as your healthcare provider's usual fees.

## Role of your GP

1. Monitor your overall health and well-being and contact your specialist paediatrician or psychiatrist to discuss any significant changes in your health.
2. Symptomatically treat any minor adverse events and support and

manage any major side-effects so that you stay well.

3. Inform the consultant psychiatrist of any emerging side effects so they can ensure your medication dosage is just right for you long-term.

## What happens next?

Your specialist Paediatrician will write to your GP that they have recommended you for the ADHD Shared Care program. They will provide you with the GP ADHD Patient Information, GP Letter & Consent Form.

Please take this to an appointment with your regular GP. This is so you talk to your GP and find out if your GP can provide your ADHD Shared Care in the first instance.

The specialist Paediatrician will also refer you to the specialist CAMHS Transition Psychiatrist.

Once you are registered with a regular ADHD Shared Care GP, you will be offered your first transition care psychiatry visit.

Your regular GP may take on your ADHD Shared Care or recommend that you see another ADHD Shared Care GP.

There is a section on the consent form which you can fill out to specify if you will be seeing your regular GP for care or if you need a referral to another GP.

Once you have chosen who will be your ADHD Shared Care GP, book your first ADHD Shared Care appointment.