

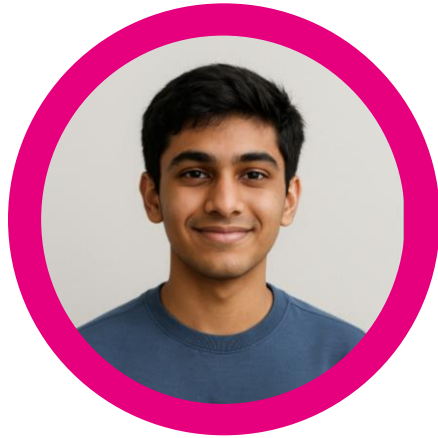
Expanding access and support for adults with ADHD through innovation

Tracey Jackman
Head of Innovation Programme Delivery



Why does it matter? – Sam

17 | Derbyshire | British Pakistani | Student



A **creative, tech-savvy** teenager with **ADHD**, navigating the move from **CAMHS to adult services**. Motivated and curious, but stressed by unclear processes and the pressure to translate and manage information for his family.

At a Glance

- **Home:** Lives with parents, often translates medical info
- **School:** Strong in tech, music, and creative subjects
- **Health:** Diagnosed ADHD at 11, on medication
- **Transitions:** Anxious about move to adult services

Strengths

- Creative and great with tech
- Strong focus when engaged (coding/music)
- Curious, thoughtful, good problem-solver
- Caring and wants to stay on track

Challenges

- Confusing CAMHS → adult services transition
- Stigma in community; keeps diagnosis private
- Forgets meds, loses things, morning overwhelm
- Re-explaining his story to new professional
- Busy, complicated apps increase stress

In Development

Why does it matter? – Alex

46 | Derby | Mum of two | Full time marketing professional



A **warm, creative** and **capable** working mum balancing a **busy job**, **teenage children** and her own **undiagnosed ADHD**.

Sam is resilient and resourceful, but often overwhelmed by the invisible mental load she carries.

At a Glance

- **Family:** Two teenagers, one with ADHD, one under autism assessment
- **Home Life:** Partner away for work, Alex manages most responsibilities
- **Health:** ADHD traits, perimenopause, on HRT
- **Work:** Creative, energetic, strong communicator, struggles with organisation

Strengths

- Creative thinker
- Empathetic and people focused
- Strong communicator
- Determined and resilient

Challenges

- Overwhelm from balancing work and home
- Symptoms hidden by masking
- Perimenopause intensifies forgetfulness and stress
- Complex and unclear ADHD pathways
- Digital processes that feel confusing or fragmented

Overview



Workstream 1: Digital Tools

Aim: Transforming ADHD Care through digital solutions

- Finding, testing and implementing digital innovations
- Digital for Neurodiversity Hubs
- Innovation Exchange
- Undertaking systematic review of current digital tools
- Web-based Resource Development

Workstream 2: Future State Pathway

Aim: Test and implement a new pathway for adult ADHD

- Introduction of 5 key pathway components
- Implementation and testing of the model

Useful Publications

Report of the independent ADHD Taskforce: Part 1

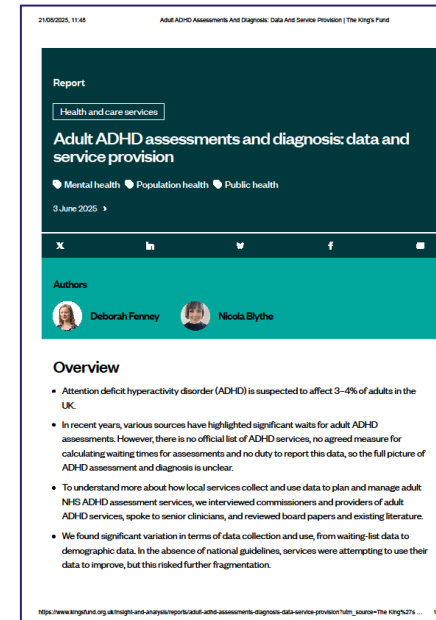
April 2025

**Report of the
independent ADHD
Taskforce: Part 1**

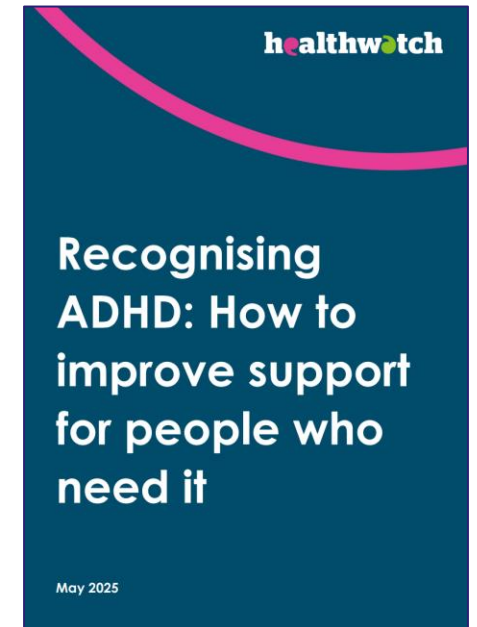
Report of the independent ADHD Taskforce: Part 2

November 2025

**Report of the
independent ADHD
Taskforce: Part 2**



**Adult ADHD
assessments and
diagnosis: data and
service provision**



**Recognising ADHD:
How to improve
support for people
who need it**

Digital Tools

Tracey Jackman
Head of Innovation Programme Delivery



Finding, testing and implementing digital innovations for Adult ADHD pathways

Undertaking horizon scanning to identify digital innovations for enhancing Adult ADHD pathways.

Mapping where digital innovations align within Adult ADHD care pathways: Digital Front Door, Assessment Processes, Clinical Productivity, Self-management.

Connecting with innovators to support deployment, market readiness & validation of digital innovations.

Undertaking local implementation and testing of identified, deployment ready digital innovations.



Digital for ADHD Hubs: Purpose & Focus

The Digital for ADHD Hubs are dedicated spaces to listen, learn, and shape how digital tools can improve adult ADHD services, with a focus on: **Digital “front door”** (digital access to services and support tools) and tools that support **assessment, self-management** and **ongoing support**.

Two virtual hub formats:



Hub 1A: People with lived experience



Hub 1B: Clinicians, commissioners, professionals

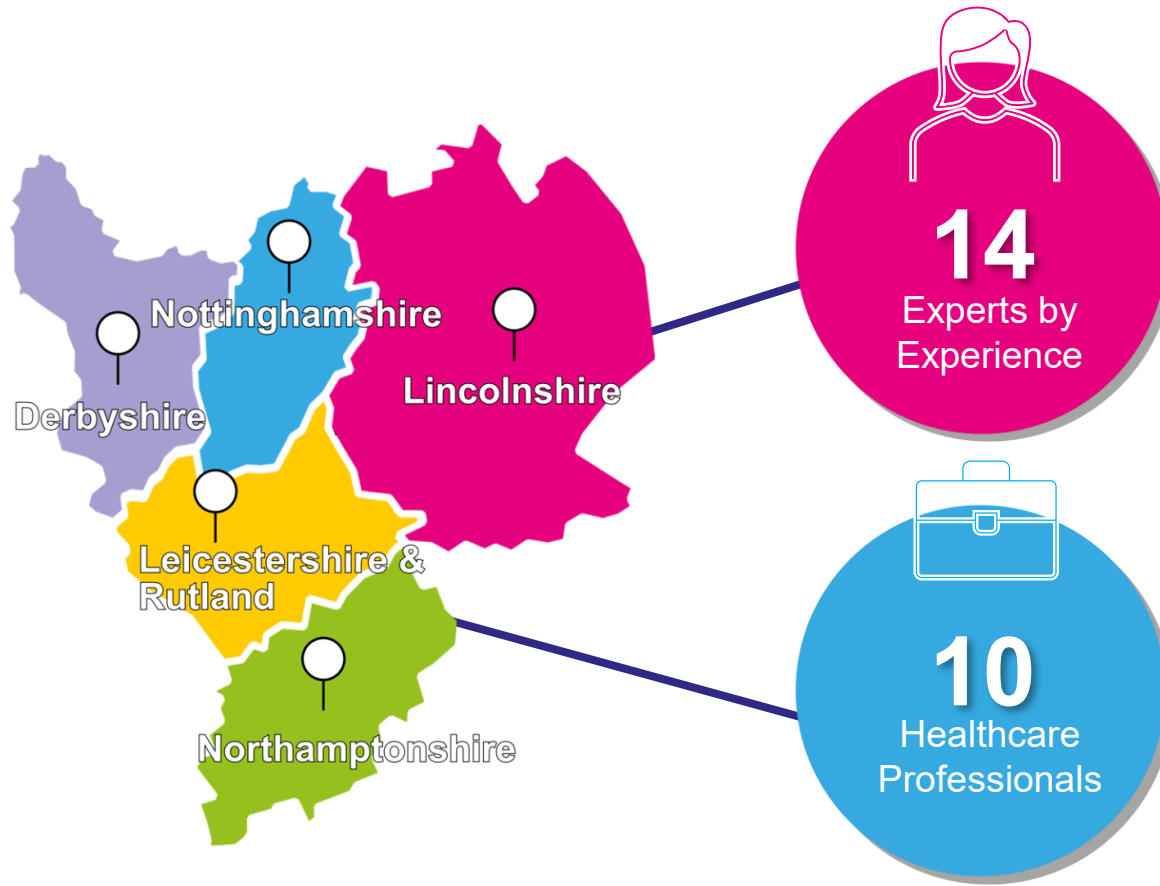


Hub 2: Webinar with innovators and researchers

The hubs (1A+1B) will gather insights to identify digital care gaps and opportunities: findings will be shared with innovators (2). A case study will also be produced with recommendations for digital innovation in adult ADHD services.



Hub Output Overview



Experts by Experience (EbE)

- Adults who have ADHD
- Adults waiting for an ADHD assessment
- Family members, friends or carers of someone over the age of 18 with ADHD

Healthcare Professionals (HCP)

- Clinical & Patient-Facing Roles
- Programme, Project & Transformation Roles
- Commissioning, Policy & Service Leadership
- Digital, Data & Technology Roles
- Research, Innovation & Specialist Non-Clinical Roles

"I found the session really useful and informative. Thank you for providing this."

"Break out rooms were great! very well facilitated!"

"I think this was great to explore what is working well and how improvements can be made"

Innovation Exchange: Digital Focus on Adult ADHD

We are running a themed Exchange on adult ADHD on 04 December 2025.
The priorities for digital solutions include:

1. Supporting the assessment process – reducing waits, improving efficiency.
2. Helping people while they wait for an assessment – offering meaningful support and monitoring.
3. Enabling self-management – tools for daily challenges such as sleep, organisation, and wellbeing.
4. Improving data sharing – making information flow more smoothly across services.



The aim: Create **opportunities** for professionals and systems to see innovations **matched to real needs in ADHD care** and testing a small number of system-selected digital innovations to ensure improvement in adult ADHD pathways and outcomes.



Innovation Exchange: Digital Focus on Adult ADHD



1. Digital solutions that **support the process of ADHD assessments in adults**; reducing waiting times and maximising clinical efficiency.



2. Digital solutions that support adults within the ADHD assessment process to **'wait well'**.



3. Digital solutions that support adults **to self-manage challenges** they experience as a person with ADHD.



4. Digital solutions that support **health data capture and flow** across multiple organisations and systems.



Innovation Exchange Digital Tools

Innovation Name	What It Does
Deployment Ready Innovations	
beseen™ Neurodiversity (Psyomics)	Creates comprehensive patient profiles, validated measures, waiting list validation, psychoeducation; integrates with NHS systems.
Brain in Hand	Digital coaching + human support, personalised strategies, 24/7 assistance, mood monitoring; validated by research.
ChatHealth	Secure messaging platform for two-way communication; supports waiting list engagement and signposting via SMS.
Dr Julian – ADHD Pre-Screening & Digital Support Platform	Clinically-led pre-screening to reduce unnecessary full assessments; digital dashboard with ADHD-specific education, therapy tools, and symptom tracking.
Patient Engaged Digital ADHD Pathway (EBO.ai)	Conversational AI VA automates waiting list validation, risk monitoring, patient engagement; integrates with NHS systems.
QBCheck	Digital ADHD assessment using continuous performance testing (CPT) combined with webcam-based motion tracking to measure inattention, impulsivity, and hyperactivity. Generates clinician-interpretable reports benchmarked against normative data.
Tend VR	Immersive VR adaptation of Mindfulness-Based Cognitive Therapy (MBCT) for ADHD and comorbid anxiety/depression; delivered via VR headset and companion app.
ThinkDivergent	End-to-end ADHD assessment platform; standardises workflows, uses AI for personalised reports; integrates with NHS systems.
Zendra Health – Navigator	SaaS platform combining validated ADMiRE protocol and AI to cut waitlists, automate workflows, and improve medication safety; integrates with NHS systems.
Early Evidence Generation	
Dubbii – Body Doubling App	Community-driven app replicating body doubling via live sessions and task breakdown videos; supports motivation and focus.
Neuro (Claudia)	Voice-first AI assistant for ADHD task organisation and routine management; reduces executive dysfunction.

Research linked to use of digital technologies within Adult ADHD Pathways



Strategic Academic Partnership

Working with academic partners to identify and share learning from aligned areas of research.



Feasibility and Pilot Study

Collaborating with the University of Nottingham and MindTech on their research into digital tools for remote ADHD assessment and monitoring:



Systematic Review by HIEM

Undertaking a Rapid systematic review by HIEM Analytics and Evaluation service:
“What is the impact of using digital tools for self-management of adult ADHD?”



Research Dissemination and Publication

Exploring opportunities to publish findings, addressing a recognised evidence gap in adult ADHD digital interventions.



Future State Pathway

Tracey Jackman
Head of Innovation Programme Delivery



Our model

Analogue to digital

Hospital to community

Sickness to prevention

- ✓ Has been **co-produced** using complex change theory
- ✓ Considers **whole system flow**, end to end
- ✓ Looks at **redeployment of existing resources** to reduce non-contract activity
- ✓ Introduces digital innovation and integrated care concepts to **release capacity** and create workforce efficiencies
- ✓ Is a primary care-based service enhancement to improve **access to care closer to home**
- ✓ Introduces a needs-led approach where **every individual** is provided relevant interventions at the right time
- ✓ **Unlocks the bottle neck** in secondary care created by annual review requirements

Our vision of adult ADHD services

A primary care based service enhancement that will result in **improved access, patient flow** and **workforce efficiencies**

THE MAJOR CHANGES TO THE PATHWAY ARE:

CHANGE

1

CONSISTENT ONLINE EDUCATION REPOSITORY

Provides validated educational self-care resources and digitally enhances the service by enabling electronic self-assessments.

CHANGE

2

NEW NEURODIVERSITY PRACTITIONER ROLE

Introduction of a new role into primary care environment to provide more timely care closer to home without increasing GPs' workload.

CHANGE

3

NEEDS LED APPROACH

Introduction of a needs led stratification tool and associated support including a patient self-management platform to coordinate a variety of prescribed interventions.

CHANGE

4

DATA TRANSFER FROM PRIMARY CARE TO SECONDARY CARE

Integrated digital infrastructure between primary and secondary care to enable data-sharing.

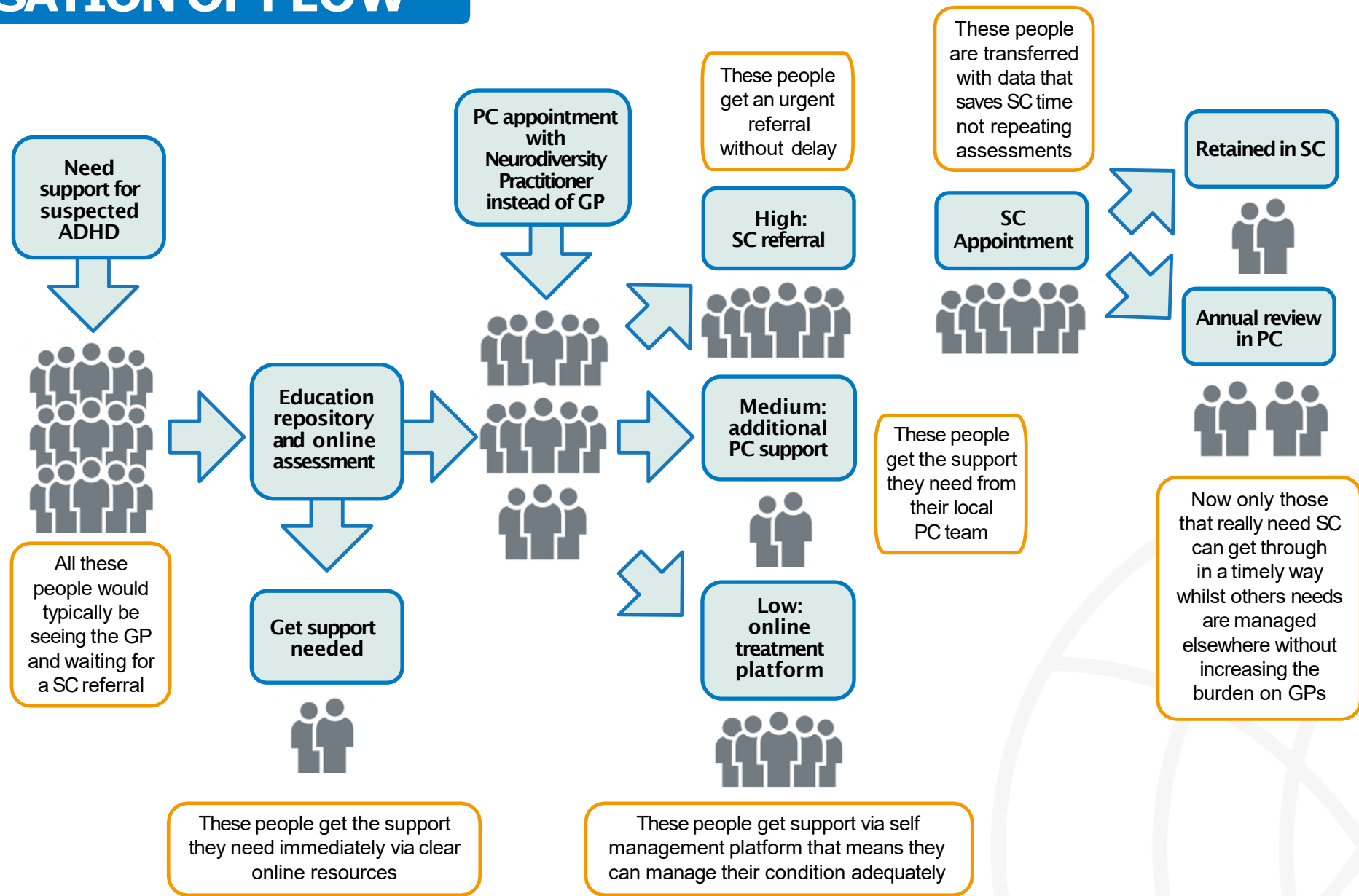
CHANGE

5

ANNUAL REVIEWS IN PRIMARY CARE

Enables annual reviews to take place in primary care, protecting capacity for new referrals in secondary care.

VISUALISATION OF FLOW



Get Involved!



We'd love your input

Share any innovations you're aware of.



Join the Innovation Exchange

Sign up today (scan the QR code to register).



Let's shape the future together

Connect with us to discuss the future state pathway.



Thank you

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