



The Scottish Parliament
Pàrlamaid na h-Alba

Health, Social Care and Sport Committee

Tom Arthur MSP
Minister for Social Care and Mental Wellbeing

23 June 2025

Dear Minister

ADHD and ASD pathways and support

The Health, Social Care and Sport Committee is about to commence undertaking an inquiry into pathways and support for Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD). The Committee's inquiry is focused on pathways and diagnosis in line with the Committee's remit and in light of work being undertaken by the Equalities, Human Rights and Civil Justice Committee to understand the wider holistic experience of neurodivergent people. While the Scottish Government has made it clear that no support for neurodivergent people should be dependent on diagnosis, constituents frequently raise the issue of diagnosis and waiting times with their MSPs. Third sector organisations are also reporting that long waiting times are leading to significant stress and anxiety among neurodivergent people. To help inform its scrutiny in this area, I am writing on behalf of the Committee to request a policy update that addresses the following series of questions:

Diagnosis

- What does the Scottish Government consider to be the benefits for people with autism and ADHD in receiving a formal diagnosis of their condition?
- How does the Scottish Government plan to specifically support groups of neurodivergent people who are under-referred and under-diagnosed, such as ethnic minorities and women/girls?
- What support is available for people and their families/carers when they are waiting for a diagnosis?
- What has the Scottish Government done to support the implementation of multi-disciplinary teams in neurodevelopmental services, in line with the National Autism Implementation Team (NAIT) recommendations?

Data collection

- What plans does the Scottish Government have to record and report on the number of people seeking an autism and/or ADHD diagnosis through the NHS in Scotland?
- What plans does the Scottish Government have to record and report on the length of time people are waiting for an autism and/or ADHD diagnosis?

Contact: Health, Social Care and Sport Committee, The Scottish Parliament, Edinburgh, EH99 1SP.

Email HSCS.Committee@parliament.scot. We welcome calls through Relay UK and in BSL through Contact Scotland BSL.

- [NAIT has outlined data](#) (p.68-69) that health boards could collect routinely to help understand the demand for neurodevelopmental services. What consideration and/or progress has the Scottish Government made in terms of collecting and publishing this data?

Adult neurodevelopmental pathways

- Does the Scottish Government consider that there is adequate provision for adult diagnosis of neurodevelopmental conditions in all areas of Scotland? If not, what steps are being taken to address areas where there is insufficient provision?
- What consideration, if any, has been given to the development of a national neurodevelopmental pathway for adults rather than regional pathways?
- What work has the Scottish Government undertaken to produce a National Neurodevelopmental Specification for Adults to complement the existing specification for Children and Young People?

Shared care

- Has the Scottish Government made an estimate of the number of people seeking private diagnosis for neurodevelopmental conditions?
- Can the Scottish Government provide an overview of the availability of shared care agreements across Scotland?
- What is the Scottish Government's position on shared care for ADHD (for both children and adults)?
- What work has been undertaken with the Royal College of General Practitioners Scotland on this issue, as discussed in the [debate on neurodevelopmental conditions \(28 May 2025\)](#)?

Future plans

- What is the Scottish Government's response to the [Royal College of Psychiatrists in Scotland \(RCPsychiS\) proposal for](#) future provision for people with neurodevelopmental conditions?
- What is the Scottish Government's response to the [Child Heads of Psychological Services letter to the HSCS Committee](#)?
- Can the Scottish Government advise on progress and aims of the cross-party summit on neurodevelopmental support needs, as committed to by the then Minister for Social Care, Mental Wellbeing and Sport, Maree Todd MSP, in the chamber [debate on neurodevelopmental conditions \(28 May 2025\)](#)?

In accordance with the planned timetable for the Committee's inquiry, I would be grateful to receive a response to this letter at your earliest convenience and **no later than Monday, 1 September 2025**.

I look forward to hearing from you.

Yours sincerely,

A handwritten signature in black ink, reading "CHaughey". The signature is written in a cursive style with a large initial "C" and a long, sweeping underline.

Clare Haughey MSP
Convener, Health, Social Care and Sport Committee