

1. What is your experience (or that of your patients) of accessing ADHD medication?

I got private prescriptions from Alison Pell who privately diagnosed me. First prescription was from Roseville pharmacy and cost £90 for 1 month. Asked for prescription of a different med as first med didn't work. They gave prescription for 2 weeks at lower dose then 2 weeks at next dose up. Roseville this time said they'd have to charge me for full months worth of each med (but only give me 2 weeks of each and waste the rest) and it would cost £200 so i didn't bother filling it and am now unmedicated

2. Have you (or your patients) had experience of long waiting lists for ADHD medication?

No because I have paid privately

3. What feedback have you (or received from your patients) with regards to overall experiences. Could you provide examples?

I've only been seen privately and always treated with kindness. I don't have any experience with public service in respect of ADHD.

4. What impact do you believe the following have on your (or your patients) health and wellbeing;

- Waiting times for medication - N/A
- Frequency of prescriptions issued - stressful to have to sort on a monthly basis
- Ease of access (costs, timing, location, etc) for prescriptions and medication - expensive and off-putting to take necessary meds as I can't afford them

5. Do you believe that the frequency of prescribing medication could or should be decreased and do you believe that the authority to prescribe medication should be expanded to GP's?

For GPs to be able to prescribe and for prescriptions to be able to be repeated on a 3 monthly cycle - but then review by GP if the user feels they need adjustments to the doseages

6. What ideas do you have, if any, that may help improve the situation (which could also assist the Panel in its recommendations to the Minister)?

Train more people to diagnose ADHD and reduce or eradicate costs associated with medications

7. Are you aware of any shortage of ADHD medication on the Island?

Last I heard there was a shortage of methylphenidate long release. Any prescription I've had to file has taken at least 5 days to arrive at the pharmacy

8. Do you have any specific experience or ideas that you wish to share with the Panel which may help inform our review?

I'm a healthcare professional in Jersey. Got a diagnosis of ADHD earlier this year. I've had serious struggles with mental health over the years. I also struggle with sleep and other symptoms. I've been put off accessing medication to try to alleviate my symptoms because I simply cannot afford the monthly costs of medication. I also see and hear of people desperate for review and assessment but they're having to wait extortionate lengths of time for this due to the government's waiting list. Things definitely need to change

Thanks

Jen Salisbury