

The “Access to Work” Roadmap

Stage 1

The Foundation

Obtain Your Clinical Evidence.

You **must have** a **formal diagnosis** or a **letter** from a **specialist** (like your **Lucid ADHD Report**) **stating** how your **condition impacts your work**.

Pro-Tip

Have a **digital PDF copy** ready **before** you **start** the **online application**.

Stage 2

The Application

Submit Your Claim to the DWP.

Visit the **Gov.uk portal**. The **process** takes **roughly 15 minutes**. You will need your **NI number** and **workplace contact details**.

Attention

Do not **wait** for your **employer’s permission**; you can **initiate** this **independently**.

Stage 3

The Assessment

The Workplace Conversation.

A **case worker** will **contact** you for a **brief interview**. They may also **speak** to your **employer** to **discuss** “**Reasonable Adjustments**.”

Translating Symptoms to “DWP-Speak”

Instead of “**I’m messy**,” say: “I **struggle** with **task prioritisation** and **executive dysfunction**, leading to **administrative backlogs**.”

Instead of “**I’m distracted**,” say: “I have **sensory processing challenges**; **background office noise** significantly **reduces** my **billable output**.”

The Support Menu (What to ask for)

“I am **requesting** 12–20 **sessions** of **specialised ADHD Strategy Coaching**.”

“I **require** **noise-cancelling hardware** and **speech-to-text software** to **mitigate focus challenges**.”

Stage 4

The Grant Award

Secure Your Funding.

You **receive** an **award letter** **outlining** the **funding** for **coaching**, **equipment**, or **support workers**.

Knowledge is the **First Step**. **Action** is the **Second**.

You have the **clarity** from this **guide**; now **utilise** the **expertise** of our **clinical team** to **formalise** your **pathway** to **support**.

Option A

Ready to stop wondering?

A **formal diagnosis** is the **key** to **unlocking medication, specialist coaching, and legal workplace protections**. Our **clinicians specialise** in the **complex, adult presentations of ADHD**.

[Book Your Clinical Assessment](#)



Current availability: Assessments usually available within 7-14 days.

Option B

Don't navigate this transition alone.

Whether you are **newly diagnosed** or **looking to optimise your performance**, our **neuro-inclusive coaching and titration services** are **designed to help you thrive, not just “cope.”**

[Explore Our Support Services](#)



Learn more about Access to Work funding and Shared Care transitions.

Option C

Still have questions?

We **understand** that an **ADHD journey** is a **significant life event**. If you aren't **ready** to book but **want to understand our process, fees, or clinician profiles**, visit our **FAQ hub**.

[Visit the Lucid Knowledge Base](#)



[Contact Our Patient Support Team](#)

