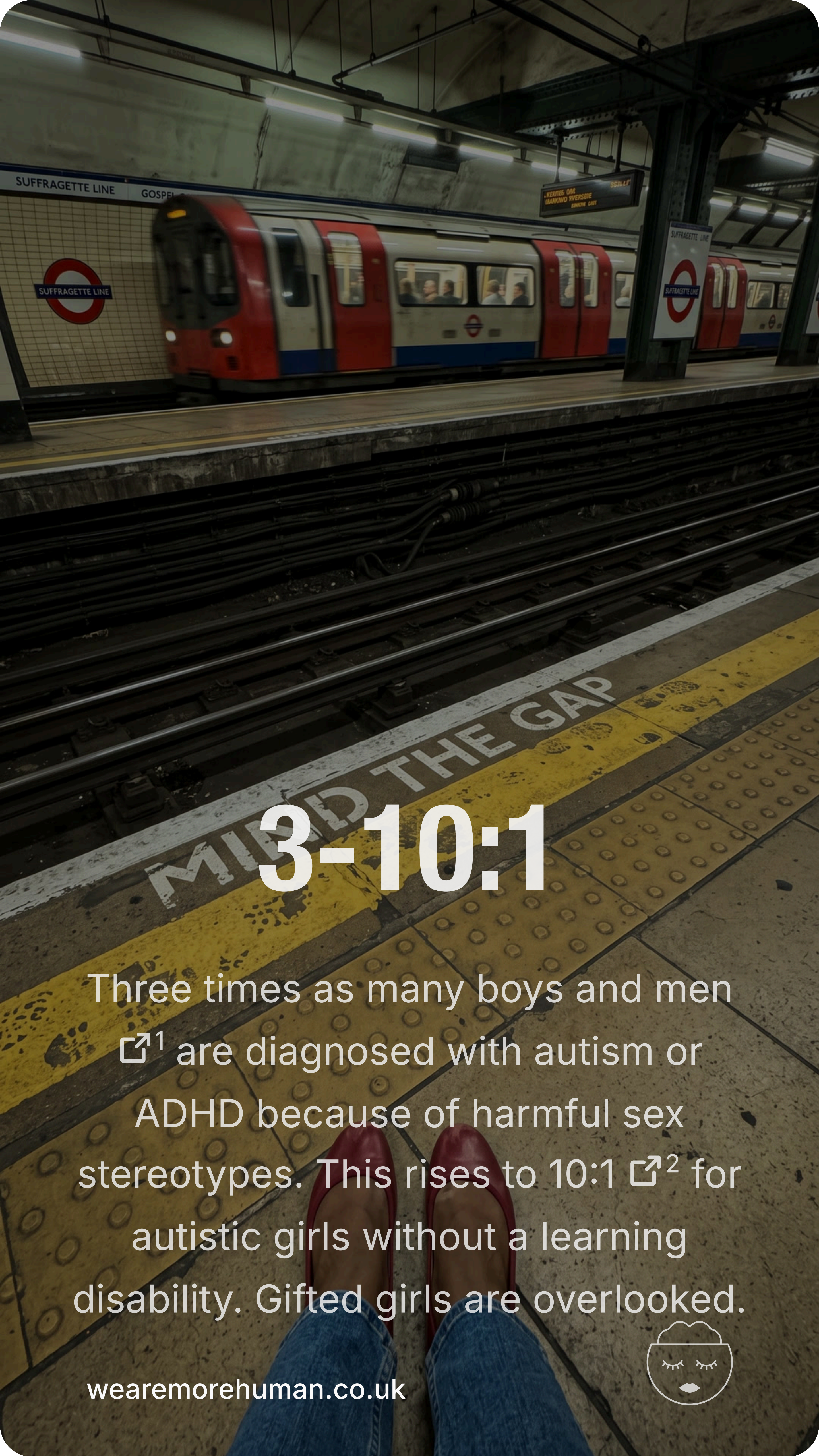


**FOR DECADES
ADHD AND
AUTISTIC
WOMEN WERE
PRESUMED
NOT TO EXIST**



**WOMEN ARE
MISSED,
MISDIAGNOSED
AND LATER
DIAGNOSED
THAN MEN**





3-10:1

Three times as many boys and men
♂¹ are diagnosed with autism or
ADHD because of harmful sex
stereotypes. This rises to 10:1 ♂² for
autistic girls without a learning
disability. Gifted girls are overlooked.

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80%

Recent estimates suggest that 80% of autistic girls and women ^{↗³} have not been diagnosed before they turn 18. ADHD girls who don't fit the naughty schoolboy persona are equally missed.



30-YEAR GAP

The average age of diagnosis for boys is 7 for ADHD ↗⁴ and 4 for autism ↗⁵. For women? According to our data, 38 and 39. This is thirty years too late.



NHS WAITLISTS ARE OUT OF CONTROL



**DEMAND FOR
ADHD AND
AUTISM
DIAGNOSIS
SKYROCKETED
DURING
COVID-19**



QUADRUPLED

Referral rates for ADHD and autism
diagnosis quadrupled during
COVID-19.

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**WOMEN
MISSED IN
CHILDHOOD
ARE
DEMANDING
DIAGNOSIS**



1:1

For the first time in history an equal number of men and women ↗⁶ are being referred. The sex gender ratio referral rate reached parity ↗⁷ between 2019 and 2023.



959,662

According to NHS data, as of June 2026, 959,662 people ⁸ in the UK are waiting on the NHS for an ADHD diagnosis.



294,792

As of August 2026, 294,792 people
🔗⁹ are waiting on the NHS for an
autism diagnosis in England alone.





2033

Current NHS waitlists [¹⁰](#) exceed several years in many areas of the UK. If no action is taken, women will be waiting until 2033. NICE guidelines [¹¹](#) recommend waits no longer than 3 months.



£3.5K

Women unable to bear these long waits face costly private diagnoses, which average £3,500 for a combined AuDHD diagnosis. Late-discovered women are being forced to pay the price.



**THIS ISN'T FAIR.
THAT'S WHY
WE BUILT UMA.**



Uma

Uma is a self-discovery eco-system
that helps late-discovered
neurodivergent women, and minority
genders, finally join the dots.

