

ADHD

ADHD fact sheet

What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse

People with ADHD may struggle with:

- Having a short attention span and being easily distracted
- Making careless mistakes
- Being forgetful or losing things
- being unable to stick to tasks that are tedious or time-consuming
- Constant fidgeting
- Excessive physical movement or talking
- Little or no sense of danger

People with ADHD may be really good at:

- High energy levels
- Being courageous
- Being resilient
- Being creative and artistic
- Conversational and social skills
- Being spontaneous
- Persistence

Often, individuals with ADHD may have related conditions, these can include:

- Anxiety
- Depression
- Sleep problems
- Autism (ASD)
- Dyspraxia
- Learning difficulties
- Epilepsy
- Tourette's syndrome

ADHD is NOT an illness, however behaviour therapy and medication can often alleviate symptoms.

ADHD affects people in different ways, some people with ADHD are introverted and withdrawn and quiet while others are outgoing and extroverted.

Diagnosing ADHD

Step 1:

- If you think you or your child may have ADHD, speak to a GP.
- The GP cannot formally diagnose ADHD, but can discuss your concerns with you and refer you for a specialist assessment, if necessary.



Step 2:

- There's no simple test to determine whether you or your child has ADHD, but your specialist can make an accurate diagnosis after a detailed assessment.
- The assessment may include:
 - a physical examination, which can help rule out other possible causes for the symptoms
 - a series of interviews with you or your child
 - interviews or reports from other significant people, such as partners, parents and teachers

The diagnostic process, or being diagnosed with ADHD is nothing to worry about. Instead, try to think of it as a set of steps that will ultimately benefit you in the future.

Treatments of ADHD

Treatment for attention deficit hyperactivity disorder (ADHD) can help relieve the symptoms and make the condition much less of a problem in day-to-day life.

ADHD can be treated using medicine or therapy, but a combination of both is often best.

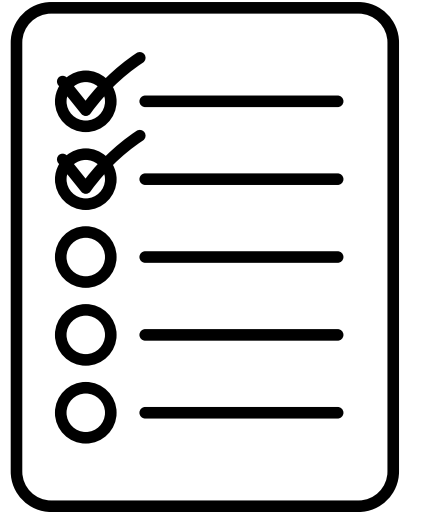
Treatment is usually arranged by a specialist, such as a paediatrician or psychiatrist, although the condition may be monitored by a GP.

Medication	Therapy
<ul style="list-style-type: none">• There are 5 types of medicine licensed for the treatment of ADHD• These medicines are not a permanent cure for ADHD but may help improve concentration and reduce impulsivity.• Some medicines need to be taken every day, but some can be taken just on school days. Treatment breaks are occasionally recommended to assess whether the medicine is still needed.	<ul style="list-style-type: none">• Therapy is also effective in treating additional problems, such as conduct or anxiety disorders, that may appear with ADHD.• - Different types of therapies include:<ul style="list-style-type: none">○ Psychoeducation○ Behaviour therapy○ Cognitive behavioural therapy○ Social skills training

Daily resources

Daily plans

Often, individuals with ADHD struggle to remember tasks that need completing, or struggle with organisation. Daily and weekly plans can help to organise our thoughts and clearly lay out our plans. Either print the template below, or try writing daily plans in a journal.



MONDAY

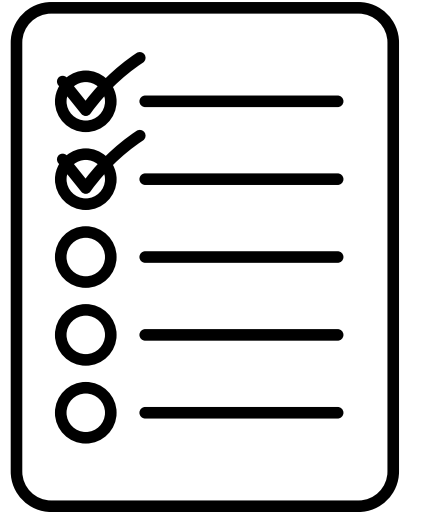
Time	Task
9am	Leave house to go to work
10am	Team meeting
11am	Work on project
12pm	Lunch break
1pm	Meeting with manager
2pm	Work on project
3pm	Work on project
4pm	Leave work
5pm	Get dressed
6pm	Dinner with friends

Checklists

Often, individuals with ADHD struggle to remember tasks that need completing, or struggle with organisation.

Checklists and reminders can help us to remember what we need to do before leaving the house.

Try printing the template below and putting it by your door, or set reminders on your phone.



Reminders:

Lunch

Phone

Keys

Wallet

PE Kit

Diary

Checklists

Reminders:

Managing ADHD in school

How can I manage my ADHD in school?

ADHD can make time at school challenging. Have a read of the tips that can help to make life at school slightly easier!

1. Talk to your teachers!

It's really important that the teachers and staff in school are aware of your ADHD, so that they can support you as much as possible. Talk to your teachers about things you find difficult, and they can help you to find ways of making school easier.



2. Use organisation aids

Keeping on top of everything in school can be really difficult. Try using daily planners and reminders to make sure you have everything you need, and remember deadlines!



3. Use fidget toys

ADHD can make it really hard to sit still, which can in turn affect our concentration. Speak to your teacher about the use of fidget toys in class. Having something to fidget with can help to keep your hands busy whilst focusing on a task.



Deadline planner

Often, individuals with ADHD struggle to remember tasks that need completing, or struggle with organisation. Deadline planners like the example below can help to clearly present the work we need to do, with clear timeframes.

Task	Due date	Notes	✓