

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. ADHD is a neurological disorder that primarily involves increased anxiety, impulsivity and inattention. ADHD is referred to as a condition and not a disease.

The main areas below are examples of behaviors people with ADHD may exhibit.

Hyperactivity



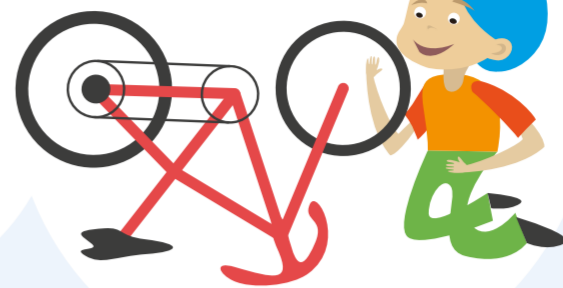
- Finds it hard to sit still
- Fidgeting hands and feet



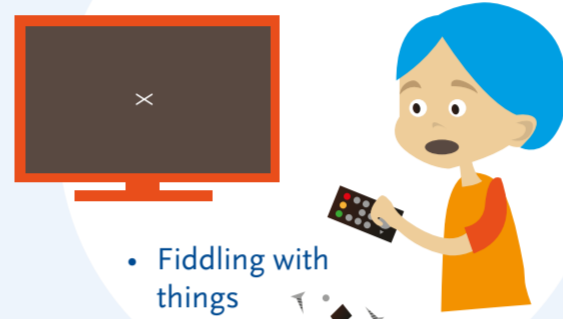
- Constantly on the move



- Frequently switches focus and activity



- Inner turmoil
- Restlessness
- Calm outside, chaos inside



- Fiddling with things



- Finds it hard to adapt to different situations

Impulsiveness

- Finds it hard to wait their turn.
- Finds it hard to postpone gratification of their own needs
- Interrupts or disturbs others



- Physical impulsiveness



- Cognitive impulsiveness
- Emotional impulsiveness

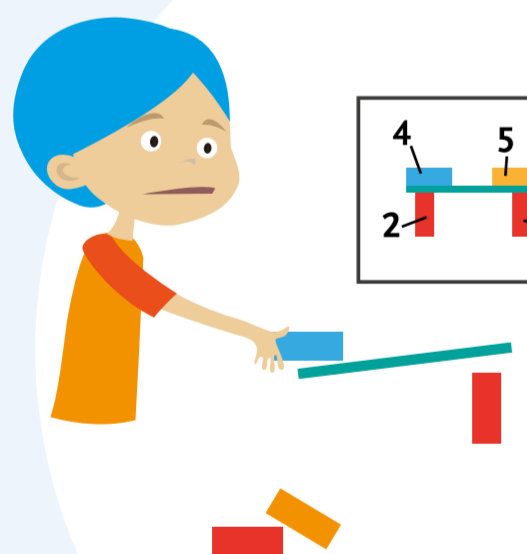


- Verbal impulsiveness

- Acts without thinking
- Seldom considers the consequences



Inattention



- Finds it hard to follow instructions
- Finds it hard to focus on details
- Finds it hard to organise and carry out tasks
- Finds it hard to solve problems analytically
- Can often make careless mistakes



- Frequently loses things

- Associative thinking, thoughts are often jumbled and leap from one topic to another



- Easily distracted

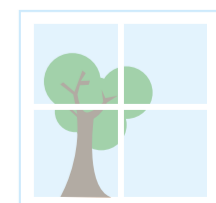
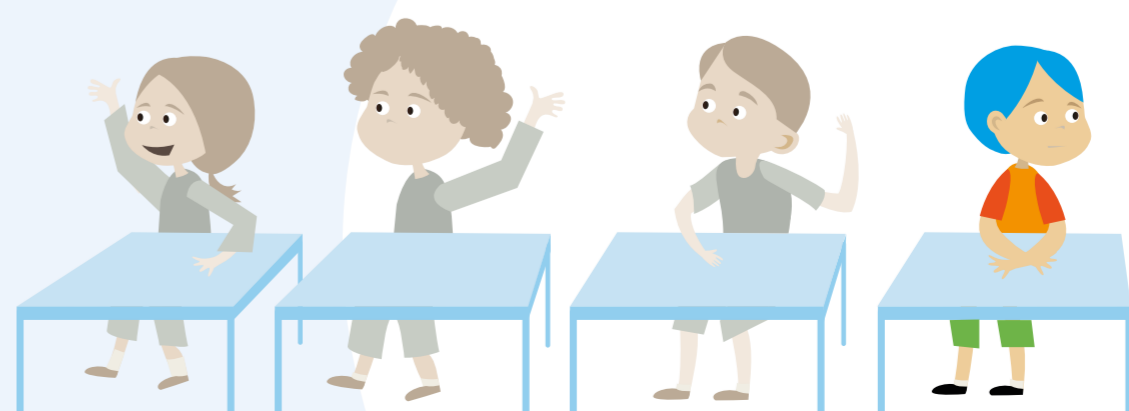
- Sometimes completes schoolwork quickly, sometimes takes a long time
- Easily bored
- Finds it hard to concentrate for long periods



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

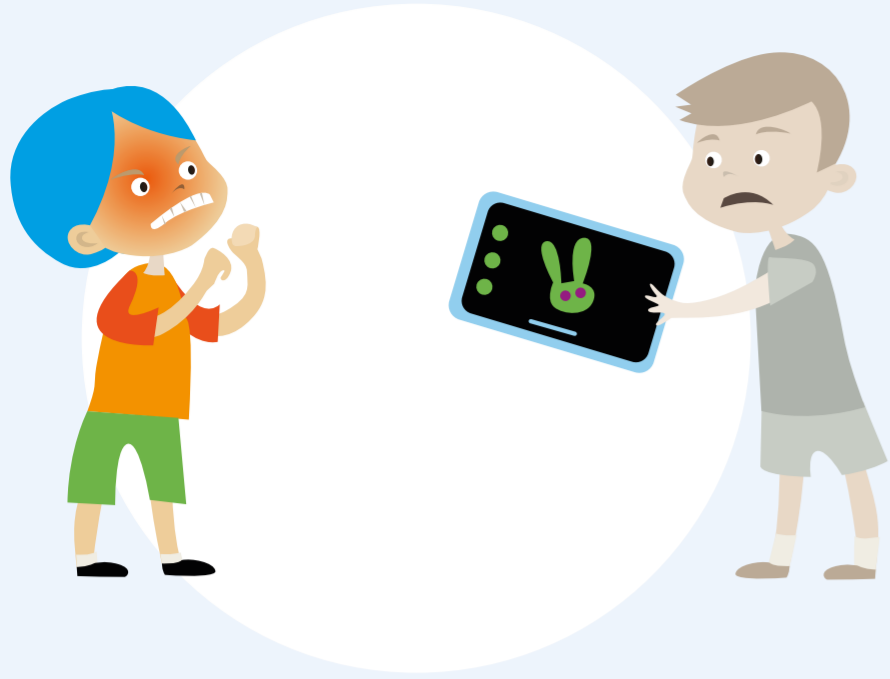
- Reluctant to do imposed tasks that require long-term concentration
- Can find it hard to maintain their concentration unless they find the topic extremely interesting

- Does not appear to be listening
- Does not catch what has been said or messages that have been given
- Daydreaming – seems to be in a world of their own



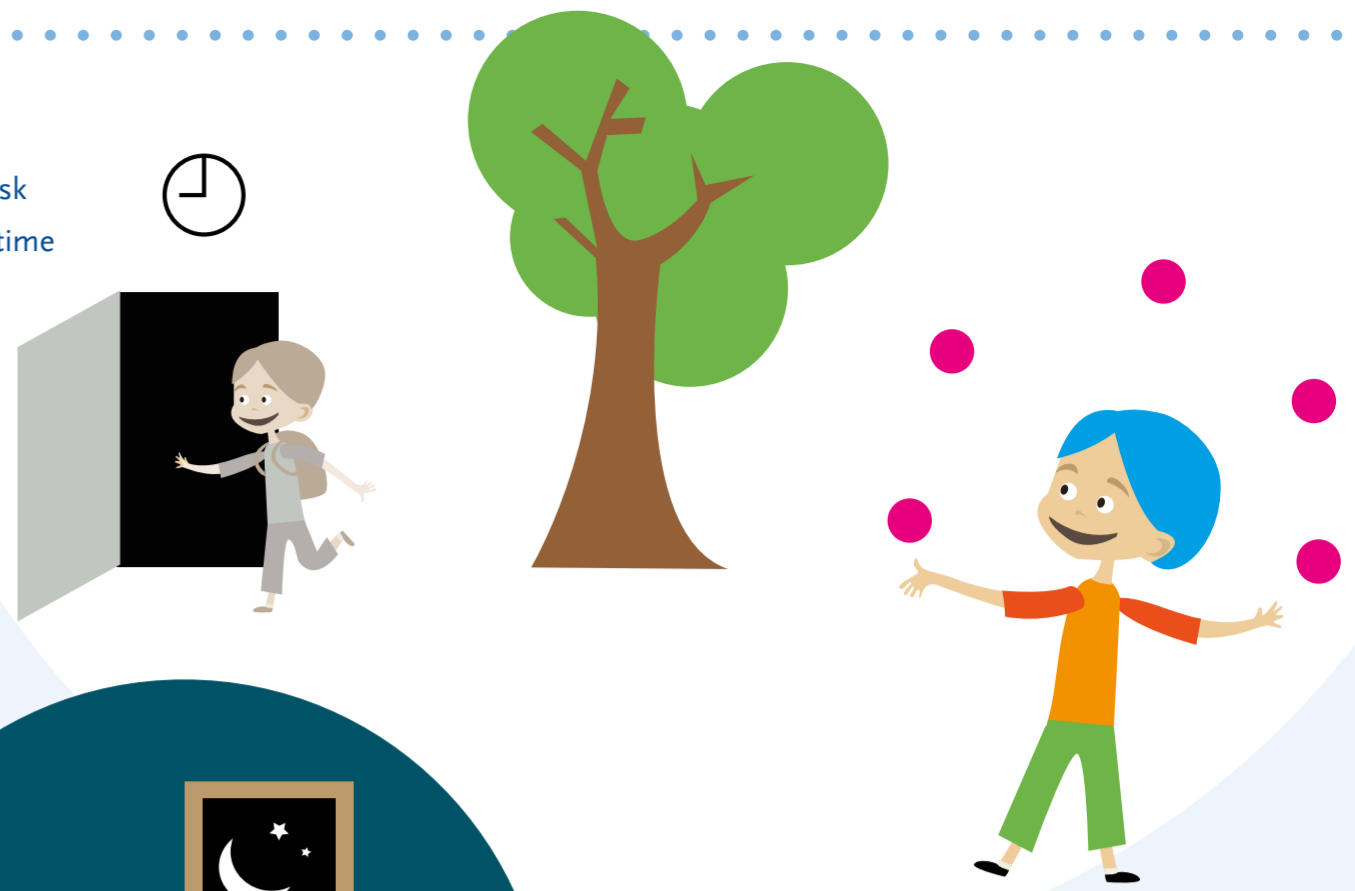
Common secondary challenges in ADHD

Emotional difficulties



Poor timekeeping

- Finds it hard to complete a task
- Finds it hard to keep track of time
- Finds it hard to remember appointments

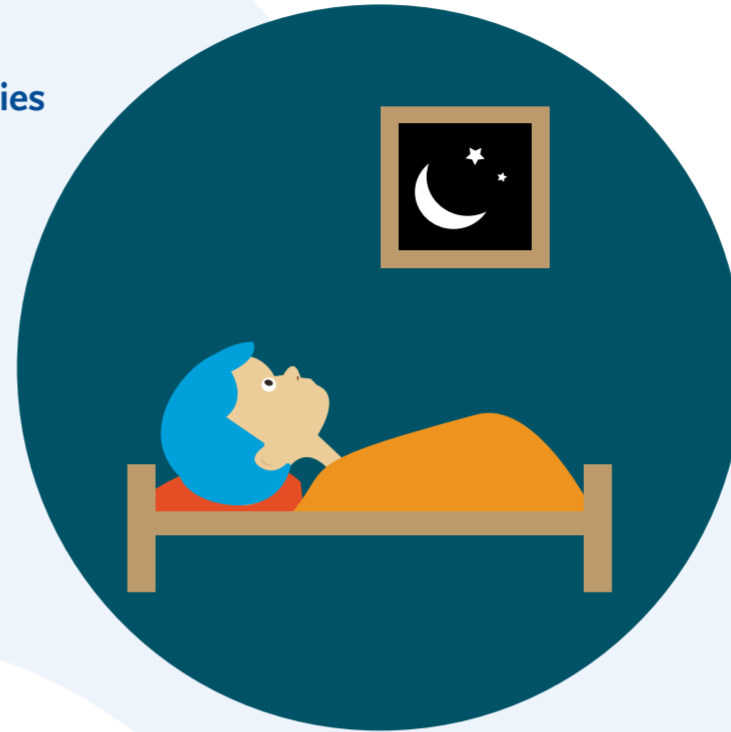


Difficulties with concentration and working memory

- Problems with working memory

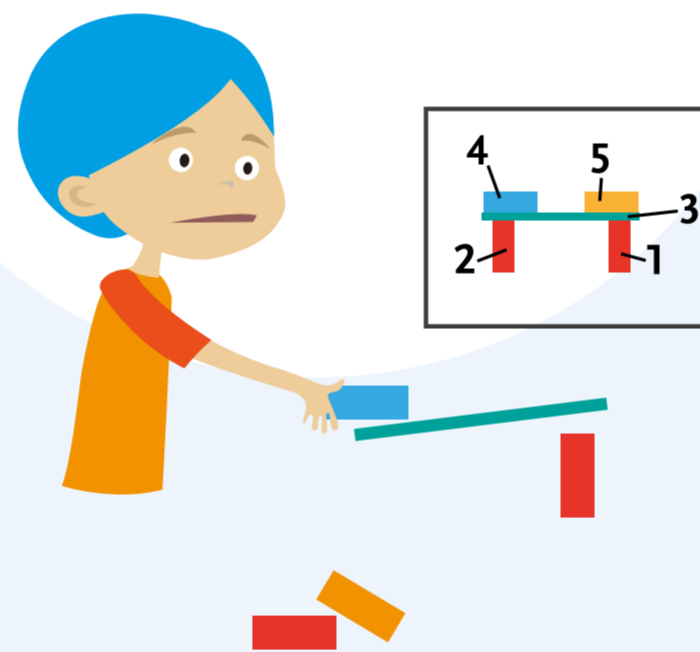


Sleep difficulties



Discrepancy between ability and performance

- Often has no lack of ability, but struggles to apply it in practice
- Struggles to perform tasks



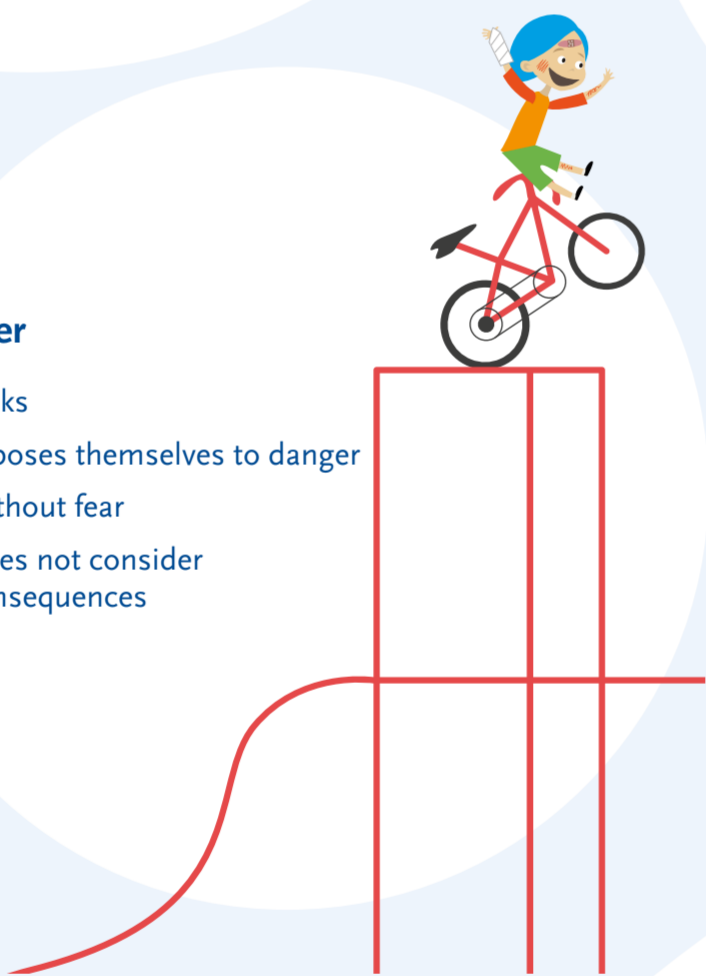
Learning difficulties

- Finds it hard to concentrate for long periods
- Challenges with reading, writing and arithmetic
- Finds it hard to solve problems analytically



Other

- Risks
- Exposes themselves to danger
- Without fear
- Does not consider consequences



Behavioural difficulties

- Inability to self-regulate
- Finds it hard to wait
- Reduced ability to use their imagination
- Finds it hard to engage in an internal dialogue
- Reduced ability to self-motivate

