

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



• **Hyperactivity**



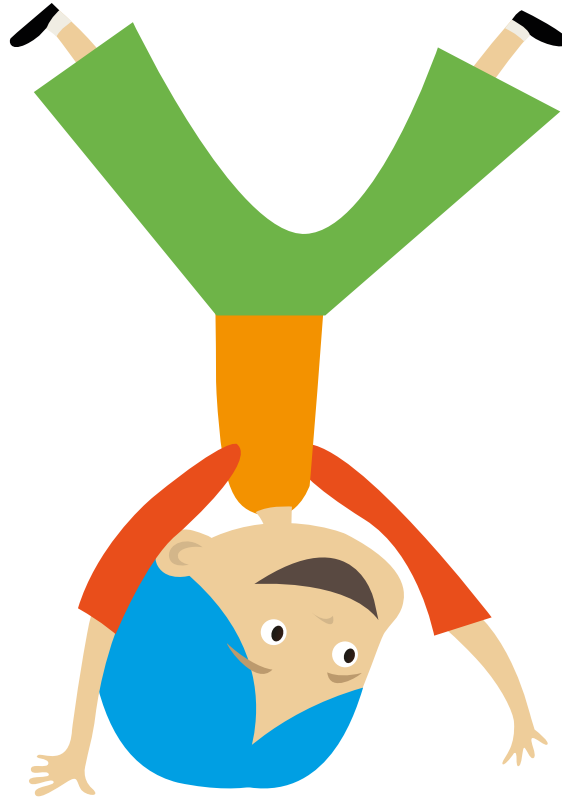
- Inner turmoil
- Calm outside, chaos inside



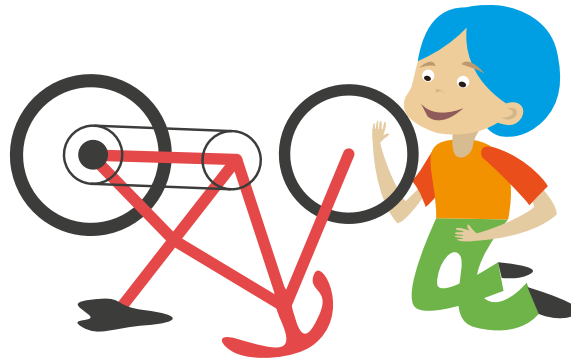


- Inner turmoil
- Restlessness
- Calm outside, chaos inside

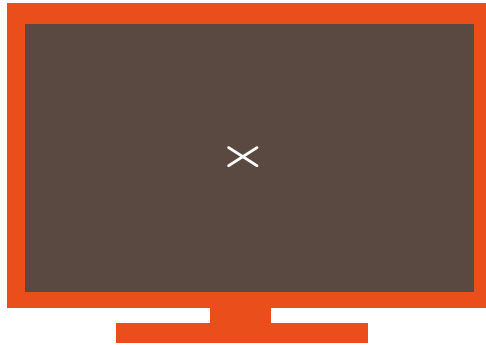
- Constantly on the move



- Frequently switches focus and activity



- Fiddling with things



- Finds it hard to adapt to different situations



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





- Verbal impulsiveness

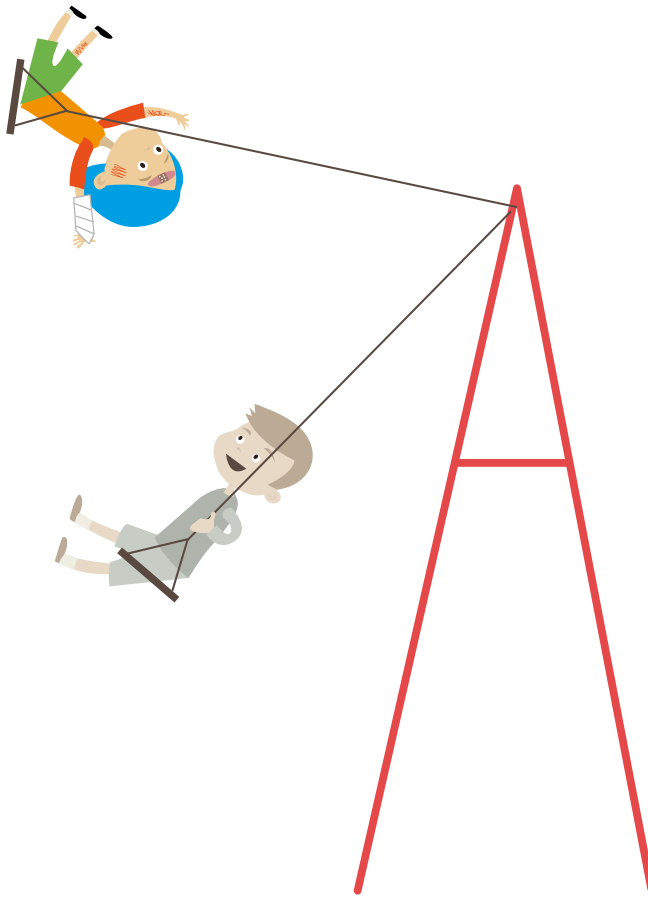


- Physical impulsiveness



- Acts without thinking
- Seldom considers the consequences



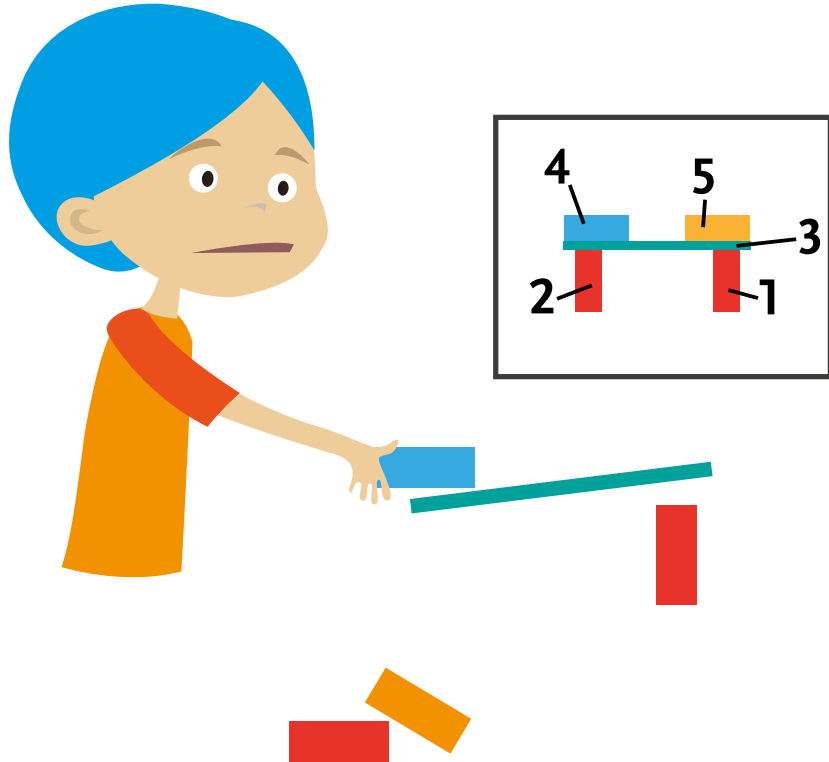


- Cognitive impulsiveness
- Emotional impulsiveness

- **Impulsiveness**



- 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



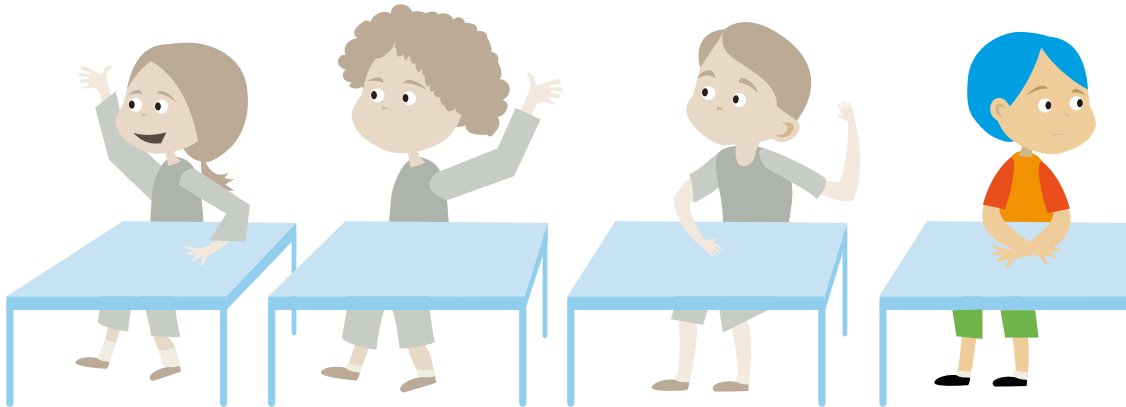
- Frequently loses things



- Inattention



- 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



## • Inattention



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



## • Inattention





- Easily distracted



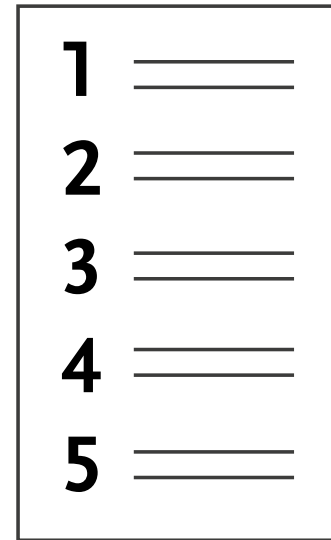
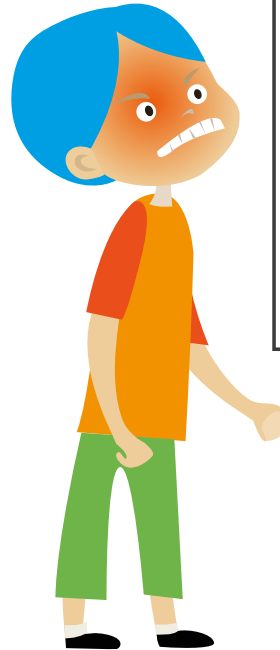
- Inattention



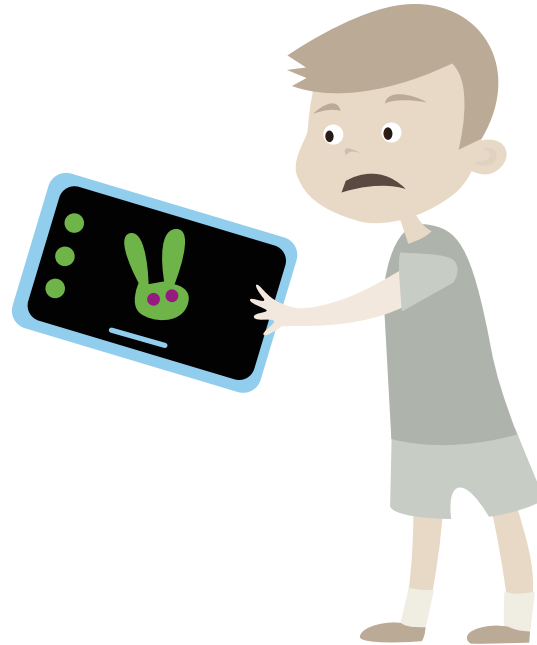
- Associative thinking, thoughts are often jumbled and leap from one topic to another



- 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

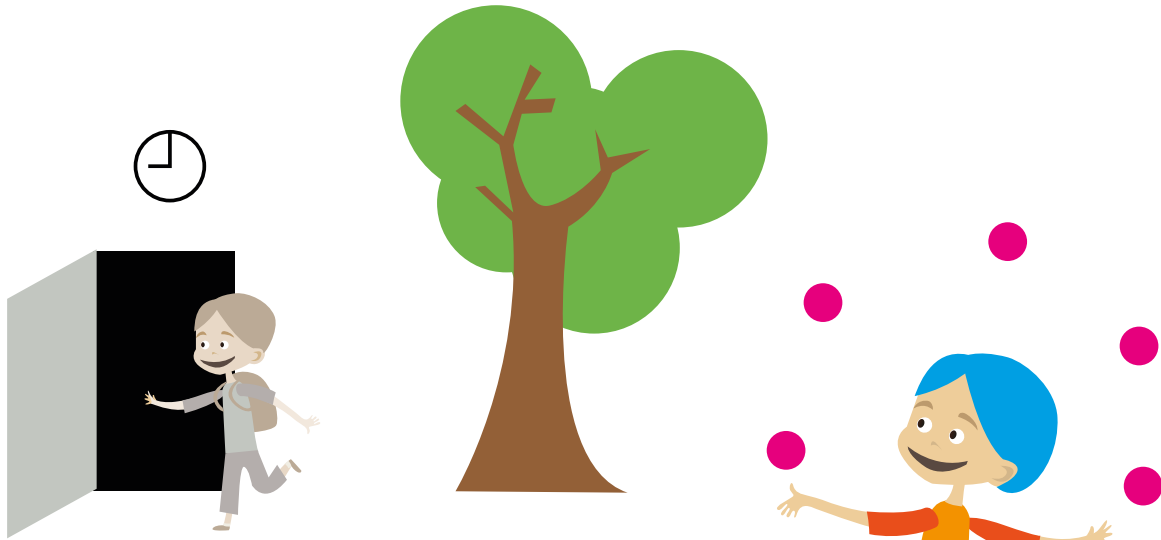


## Emotional difficulties



- Common secondary challenges

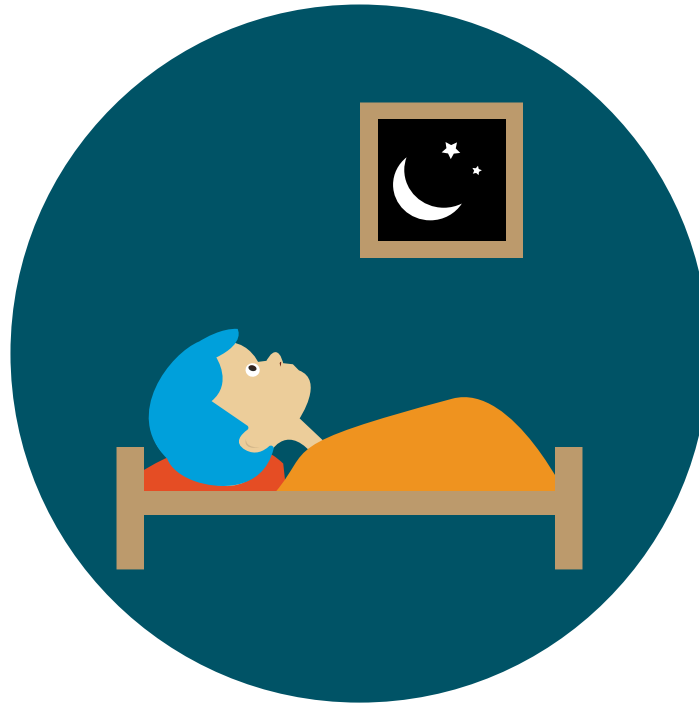




## Poor timekeeping

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

## Sleep difficulties



- Common secondary challenges

Regional Competence Centre for Autism, ADHD,  
Tourette's Syndrome and Narcolepsy



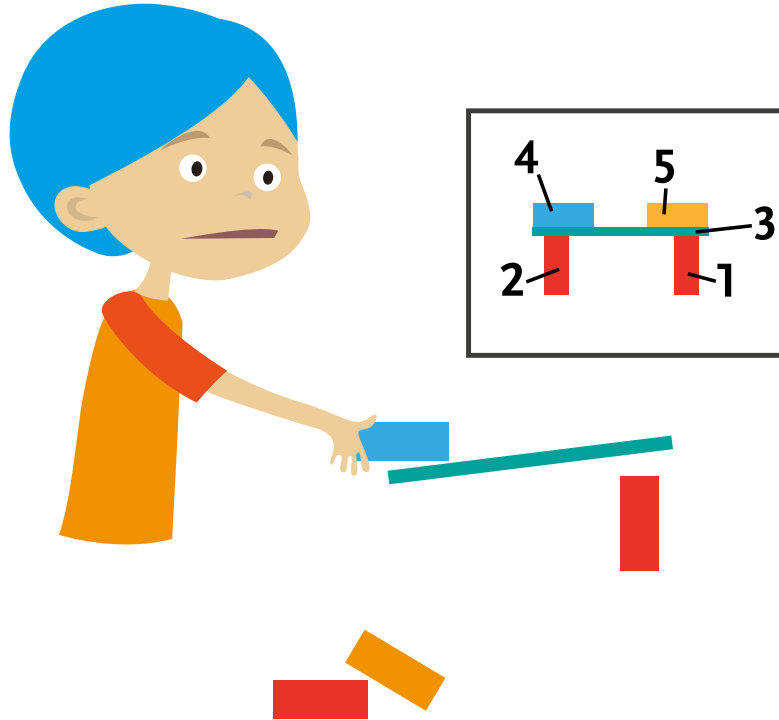
# Difficulties with concentration and working memory

- Problems with working memory



## Discrepancy between ability and performance

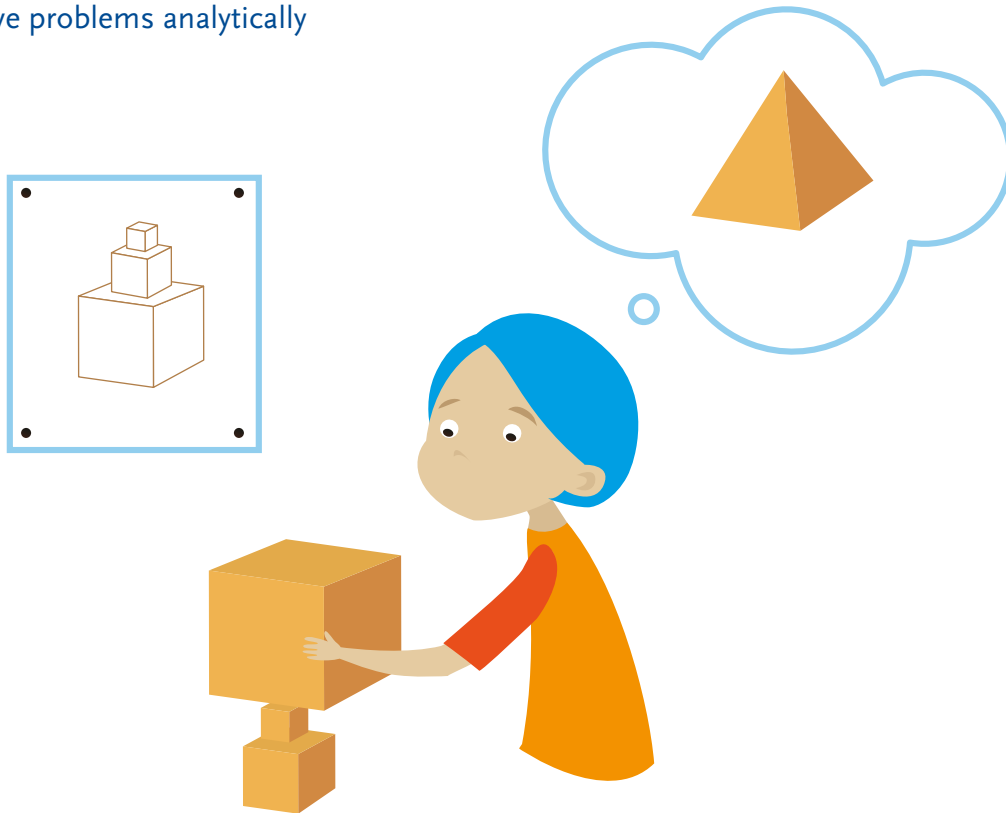
- Often has no lack of ability, but struggles to apply it in practice
- Struggles to perform tasks





## Learning difficulties

- Finds it hard to solve problems analytically



- Common secondary challenges



## Learning difficulties

- Finds it hard to concentrate for long periods



- Common secondary challenges



## Learning difficulties

- Challenges with reading, writing and arithmetic

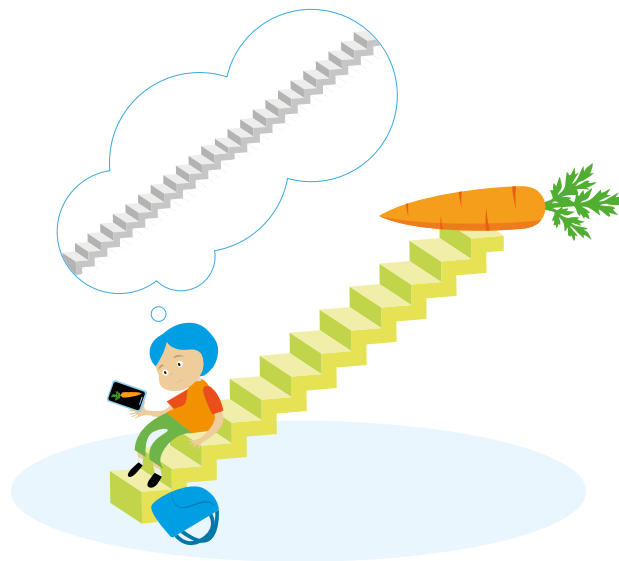


- Common secondary challenges



## 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



## Other

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

