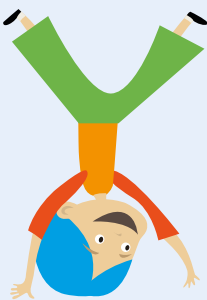


Information to the person with the diagnosis

It is important that the way the ADHD diagnosis is communicated is specifically tailored to the individual concerned. This material is not intended to replace a psycho-educative approach, where the objective is to give the person insight into their own situation, help them master their daily lives and gain a better understanding of their surroundings. Nevertheless, we believe that people will benefit from visual support when reviewing the main areas illustrated in the material.



Communicating information to siblings and other family members

An important aspect of the feedback that should be provided after an assessment is information to siblings and other family members. The material can be used to support these activities. It can also be used to support feedback to municipal bodies. (primary care services)

Availability

The ADHD poster is available for everyone and may be used free of charge. The poster, guide to using the material and discussion cards may be ordered from the Regional Competence Centre for Autism, ADHD, Tourette's Syndrome and Narcolepsy

The ADHD poster and associated material may be downloaded from www.adhdplakaten.no

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Regional Competence Centre for Autism,
ADHD, Tourette's Syndrome and Narcolepsy
PO Box 4956 Nydalen
N-0424 Oslo, Norway



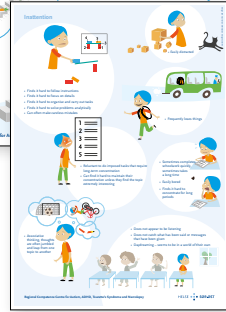
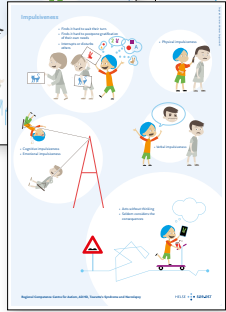
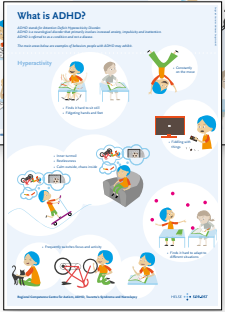
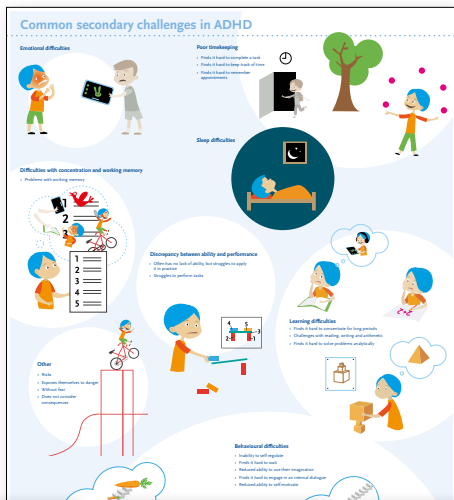
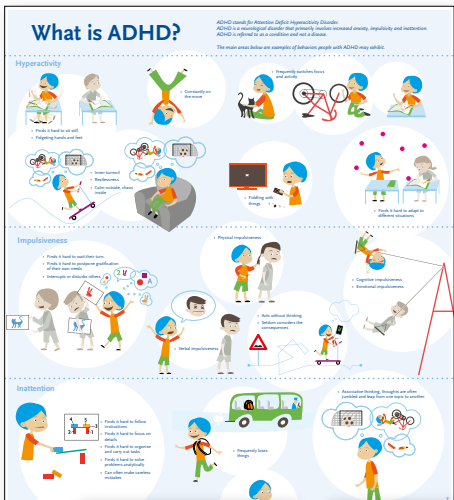
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All use of graphics over and above the supplied material must be agreed in advance. Design and illustration: Melkeveten Designkontor AS.

Conversation guide What is ADHD?



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

HELSE  SØR-ØST



The purpose of this material is to provide visual and written support for a review of relevant areas when an ADHD diagnosis has been confirmed.

In this material, the person with ADHD issues is depicted in brighter colours.

The entire material will be produced in several language versions. These will be published by the Regional Competence Centre and made available on www.adhdplakaten.no. We hope this will simplify and standardise communication of the findings and conclusions of an ADHD assessment, irrespective of language and cultural background.

This material has been prepared by the Regional Competence Centre for Autism, ADHD, Tourette's Syndrome and Narcolepsy, South-Eastern Norway Regional Health Authority, in collaboration with clinicians at Child and Adolescent Psychiatric Services (BUP) Furuset, ADHD Norge and Melkeveien designkontor.



The poster and associated material have been created to support and supplement efforts to communicate the core difficulties experienced by people who have been diagnosed with ADHD following an assessment.

The primary target group comprises professionals with responsibility for assessing and diagnosing children with ADHD. ADHD stands for Attention Deficit Hyperactivity Disorder.

The diagnosis may be applied when a child's inattentiveness, hyperactivity or impulsiveness create significant difficulties in their daily lives, when such difficulties have lasted for at least six months, occur in a variety of situations, and cannot be understood as expressions of any other condition or diagnosis. Around 25–30% of people with ADHD find it extremely difficult to concentrate, but are not noticeably hyperactive or impulsive. In that case the diagnosis is inattentive type ADHD.

The poster is divided into the main areas that people with an ADHD diagnosis will struggle with.
 • *Hyperactivity* • *Impulsiveness* • *Inattention*

The poster complies with the diagnostic criteria stated in the ICD-11 and DSM-5.

ADHD is a condition that significantly impacts the brain's executive function. People may, for instance, find it hard to adapt their own behaviours or control and regulate their own emotions. They may find it difficult to wait their turn, read other people's social cues, see things from other people's perspectives, or understand other people's behaviour. Executive difficulties can also be manifested in poor working memory, difficulty in dividing attention between several things at the same time, initiating activities and planning. These difficulties should also be highlighted when discussing the various challenges that people with an ADHD diagnosis may encounter.

This material also covers what are referred to as common secondary challenges. These are difficulties that do not affect everyone with an ADHD diagnosis. Although such secondary challenges are commonly experienced, they are not part of the diagnostic criteria.

How to use the material

The Regional Competence Centre has printed a limited number of copies of this material, which can be distributed to order. The poster itself, the guide and discussion cards will be produced in a quality that is durable over time. It is also possible to print out the material on your own printer. The poster is designed to be printed out in A3 format. This means that the majority of units will have the possibility of printing the material out themselves.

The discussion cards contain the same text and illustrations as the poster.

The cards can easily be placed on a table and provide a starting point for discussing one area at a time. Some people may find themselves overwhelmed when presented with all the various difficulties at once. In that case, the cards can be used for a more individual presentation of the findings in each area, and to tailor the discussion more individually to the symptoms applicable to the person concerned.

The cards can also be printed out, so that participants can write notes/comments to take home with them.