

### Information for individuals with this diagnosis

It is important that each person is informed of the diagnosis of Tourette Syndrome in a manner that is adapted to them. These materials are not intended to replace psychoeducation. However, we believe that more individuals would benefit from visual support in reviewing the main areas of their diagnosis as illustrated in these materials.

### Communicating information to siblings and other family members

Information for siblings and other family members is an important part of the feedback. These materials can also be used to support these activities.

They can also be used to accompany information to municipal services (first-line services).

### Availability

The Tourette Syndrome poster is available to anyone and may be used free of charge. The poster and accompanying materials can be downloaded at [www.touretteplakaten.no](http://www.touretteplakaten.no)

The Regional Competence Centre has printed a limited number of copies of this material, which can be provided on request. The poster, guide and discussion cards will be produced as high-quality, durable materials.

@ post.rkt@ous-hf.no

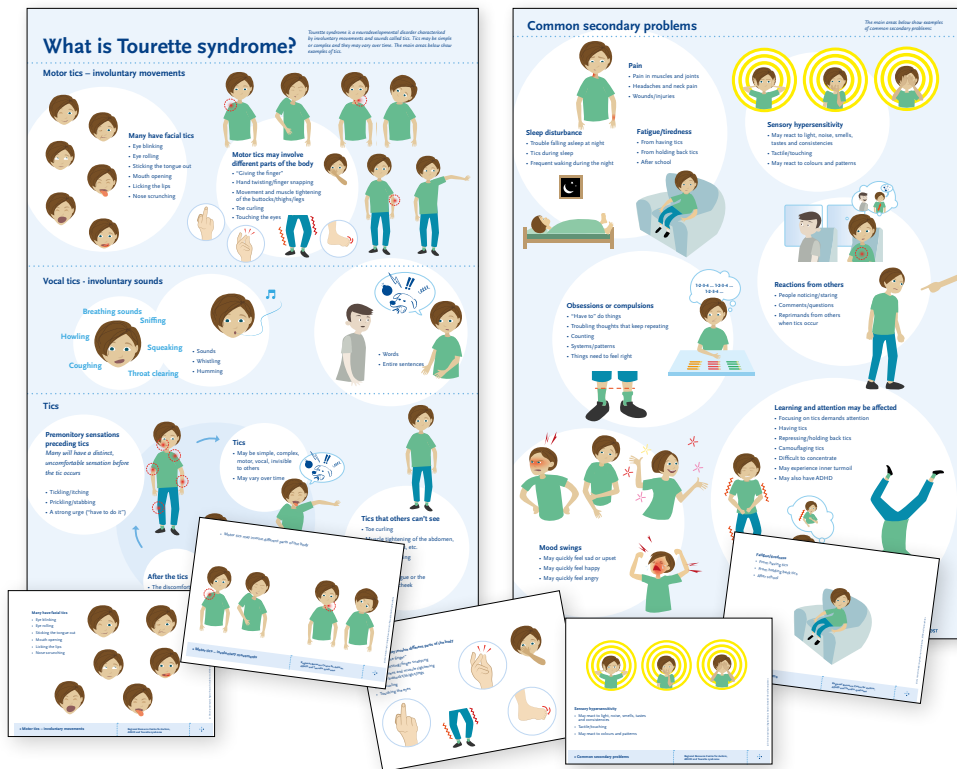
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Regional Competence Centre for Autism,  
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## Guide for dialogue tool What is Tourette Syndrome?



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All use of graphics over and above the supplied material must be agreed in advance.



The **poster** and associated materials are designed to support and supplement the communication of the most significant difficulties experienced by individuals who have been diagnosed with Tourette Syndrome.

The primary target group for these materials are professionals responsible for assessing and diagnosing children and young individuals with Tourette Syndrome.

Tourette Syndrome is a neurological developmental disorder characterised by involuntary muscle movements (motor tics) and involuntary sounds (vocal tics). These tics must have debuted at some point during childhood or adolescence, and must not have been caused by medications or other neurological, medical or psychiatric disorders.



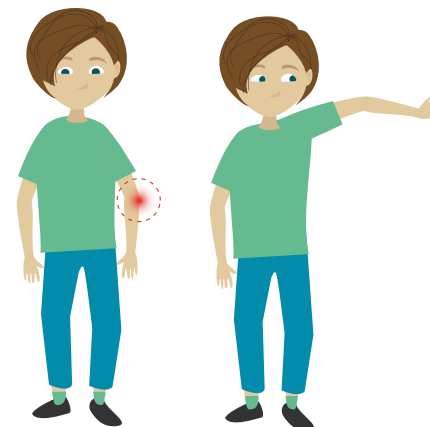
The poster is divided into the main areas of motor and vocal tics, which are the diagnostic criteria for Tourette Syndrome. The poster complies with the diagnostic criteria described by the ICD-10.

The materials also cover what are referred to as common co-occurring conditions. Many, although not all, individuals with Tourette Syndrome experience these conditions. These conditions are not included in the diagnostic criteria.

In these materials, the individual with Tourette Syndrome is depicted in brighter colours.

**The dialogue 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 dialogue on one area at a time. Some may find it overwhelming when presented with all the various difficulties at once. In such cases, 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 person concerned. The cards can also be printed out, so that participants can make notes/ comments and take them home.



*The purpose of this material is to provide visual and written support for reviewing relevant areas when a diagnosis of Tourette Syndrome has been confirmed.*

*All materials will be produced in several languages. These will be made available at [www.touretteplakaten.no](http://www.touretteplakaten.no)*

*We hope this will simplify and standardise communication of the results and conclusions of a Tourette Syndrome assessment, irrespective of language and cultural background.*

*This material has been prepared by the Regional Competence Centre for Autism, ADHD and Tourette Syndrome, South-Eastern Norway Regional Health Authority (RCC).*

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*Thank you to the Child and Adolescent Committee of the Norwegian Tourette Association for their valuable feedback*