

What is ADHD?

ADHD stands for attention deficit hyperactivity disorder. ADHD is a condition that makes it unusually difficult for children to concentrate, to pay attention, to sit still, to follow directions, and to control impulsive behavior



ADHD IN CHILDREN

Children with ADHD have difficulties paying attention and it is easy for them to get in trouble in school. Sometimes, even their classmates might feel frustrated what can result in social isolation.



ADHD IN ADULTS

In adulthood, ADHD can impact a person's career, relationship, and overall quality of life. Difficulties with attention can result in forgetfulness and disorganisation. Hyperactivity often leads to thrill seeking and impulsiveness.



SYMPTOMS

INATTENTION

- Makes careless mistakes
- Gets easily distracted
- Doesn't seem to be listening when spoken to directly
- Difficulty following instructions
- Has trouble organising
- Avoids or dislikes sustained efforts
- Forgetful, often losing things

HYPERACTIVITY/IMPULSIVITY

- Fidgeting or squirming
- Trouble staying in one place or waiting his turn
- Excessive running and climbing
- Trouble playing quietly
- Extreme impatience
- Always seems to be 'on the go'
- Excessive talking, interrupting, blurting out answers



TREATMENT FOR ADHD

MEDICATION TREATMENT

Medication cannot cure ADHD, but it can help with symptom management, in children and adults.

Commonly used medications for ADHD symptoms are stimulants.

BEHAVIORAL TREATMENT

Behavior therapies cannot eliminate the core symptoms of ADHD, but they can be helpful in teaching to manage them better. For example, if someone has trouble staying organised, they can learn techniques for planning and completing tasks



REMEMBER

ADHD has a biological basis. The brain of people with ADHD has structural differences compared to others.