

ADD/ADHD

Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder

Raising Awareness In Lincolnshire

The percentage of children with a diagnosis is between 4% - 6% and for adults the percentage is between 2% - 3%. It is thought that many adults do not have a diagnosis and it is less likely to be picked up in girls/women.

People with ADD/ADHD are hard working when properly motivated. They are more likely to be dedicated to one thing for a long time and they often work well in a fast moving environment.

What is ADD/ADHD? It is a genetic and neurobiological disorder found in adults as well as children. It is defined and based upon observations about how people behave in the following areas:

ATTENTION SPAN

- * Difficulty organising, staying on task and maintaining effort
- * Difficulty with transitions or prioritising tasks, following instructions, and completing school work or projects
- * Frequently loses or misplaces items such as homework, books, toys
- * Becomes easily distracted, bored, daydreams and switches off
- * Difficulty remembering daily activities
- * Doesn't pay attention to details or makes careless mistakes
- * Has trouble staying focused
- * May appear not to listen when spoken to
- * Has trouble planning ahead

HYPERACTIVITY

- * Talks excessively and has difficulty listening to others
- * Constantly fidgets and squirms, has difficulty remaining seated where sitting is expected
- * Has difficulty playing quietly, has to touch or play with everything in sight
- * Often running or climbing inappropriately
- * May try to do several things at once can get easily frustrated
- * Bouncing around from one activity to the next. Seems to be "on the go" as if driven by a motor
- * May have difficulty transitioning from one activity to another

IMPULSIVENESS

- * Speaks or acts without considering consequence, may act on a whim
- * Problems with self-control, not stopping and thinking before acting
- * Has difficulty waiting to take turns, can be very impatient
- * May often disrupt other children's play
- * Interrupts conversations, blurts out answers and answers questions not intended for them
- * Inability to keep emotions in check, resulting in angry outbursts or temper tantrums
- * May be moody and overreact emotionally, resulting in others viewing the child as disrespectful, or needy



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DISCLAIMER—This leaflet is not a medical diagnosis and is not a substitute for medical advice, please contact your GP. CANadda is a support groups and any information that CANadda and New-age Coaching provide should be used as a guideline only as difficulties vary from person to person. CANadda's information is provided by people that have a personal perspective.