

Go To UNDERSTANDING ADHD

ADHD

Attention Deficit Hyperactivity Disorder, ADHD is not new. A specific combination of symptoms was first recognised in 1798. If stress levels increase, so do the challenging symptoms.

ADHD can be hard to diagnose. We all have many of the recognised traits or coping challenges at times....e.g.

Disorganised * Distracted * Brain Fog
Poor concentration * Forgetful *
Time 'blindness' i.e, being late, absent
Losing things * Irritable * Over tired
Restless energy * Poor judgement *
Impatient * Frustrated * Overwhelmed
there are many more....



With diagnosable ADHD, at least 5 of these traits become symptoms, occurring persistently and together. They also often overlap other conditions such as autism, dyslexia depression, anxiety and relational trauma.

The ADHD Brain

Is every bit as unique, creative, loving and intelligent as any other. The difference is in how it receives and processes information.

With ADHD, the executive function area at the front of the brain is unable to organise signals efficiently. This means information, and emotional responses from other parts of the brain, often remain unfiltered and unregulated.

There are three presentations of ADHD, each with symptoms....

HYPERACTIVE-IMPULSIVE: restless & constantly moving, impulsive & sometimes risky actions, constantly talking and unable to wait.

INATTENTIVE: difficulty listening & following instructions, forgetful, lacking focus to complete tasks, easily distracted.

COMBINED: presenting with symptoms of both.

As a child tries their best to cope with these challenges, their behaviours can be complicated by anger and frustration.



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

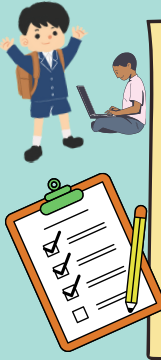


There are often three major areas of difficulty associated with any type of ADHD

*****Emotional Regulation** ADHD means emotional feelings and sensory signals are not regulated properly. The ability to learn from previous experiences is unreliable. Fear and alert impulses take over, and the brain sends urgent 'survival mode' messages to the rest of the body.



***** Organisation** The ADHD brain usually knows what needs to be done. The problem is in knowing where to start. There are also difficulties recognising the next logical steps to take, and being able to stay focused long enough to finish. Chaos is just as frustrating for the child as it is for others.

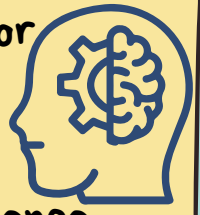


*****Time Awareness** With ADHD, the ability to remember or plan ahead is compromised. A child is rarely being lazy or defiant, they have honestly just forgotten. 100% of their focus will also easily be taken up by anything they find completely absorbing or interesting.



- **** Useful organisations ******
- ADD NI**
www.addni.org
 - ADDitude**
www.additudemag.com
 - ADHD Foundation**
www.theadhdfoundation.org.uk
 - UK Adult ADHD Network**
www.ukaan.org
- For national diagnosis guidelines
www.nice.org.uk/guidance/ng87

Increased signs of ADHD often coincide with major episodes of brain development such as toddlerhood and adolescence.



*****Additional Research*****

- Dr Mark Bertin
- Dr Russell Barkley
- Dr Edward Hallowell
- Dr Jane Sedgewick-Muller



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