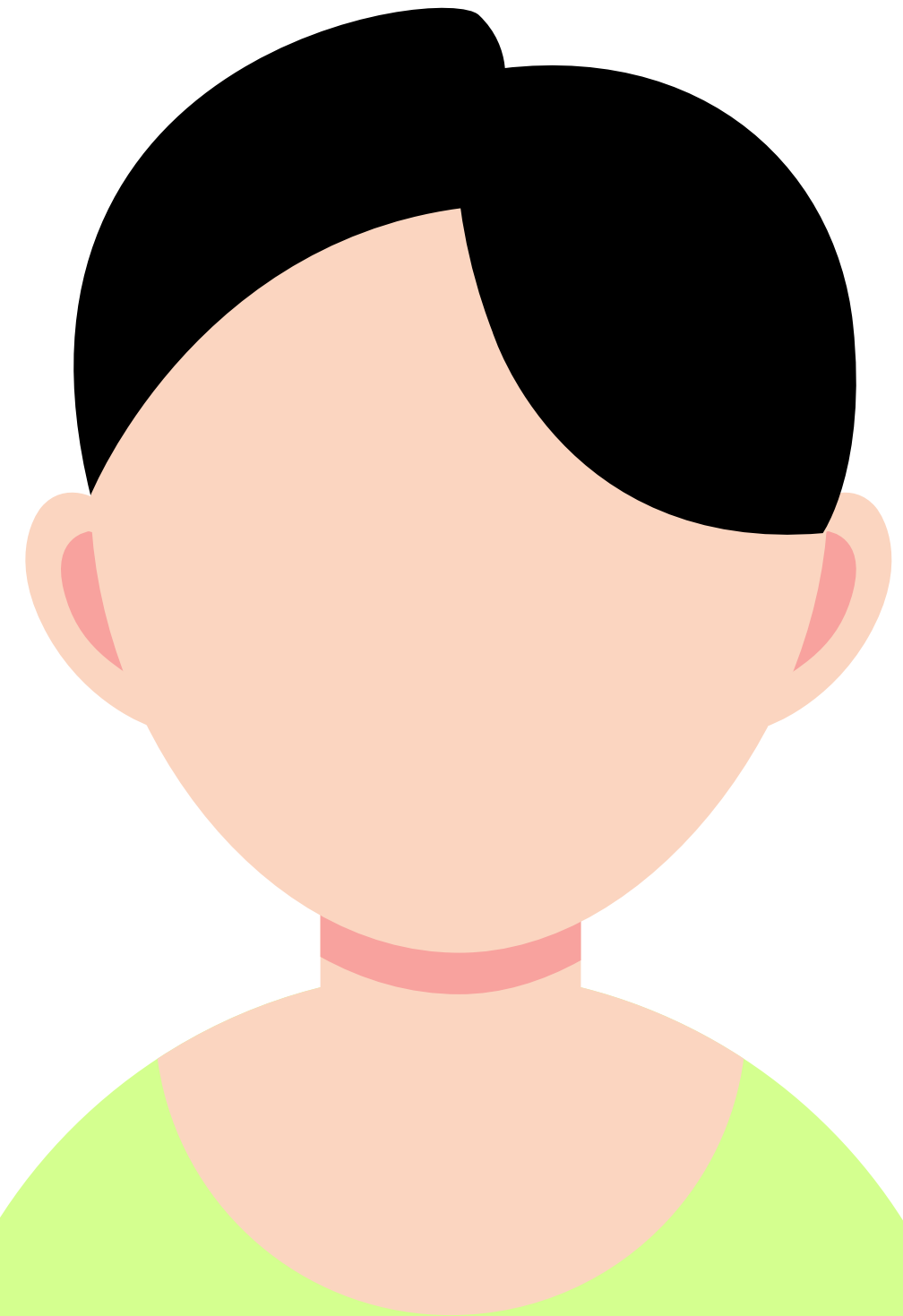


**ADHD  
AWARENESS  
MONTH  
WHAT IS  
ADHD?**



# LEARNING CONTENT

1 Definition

2 ADHD in children

3 ADHD in adults

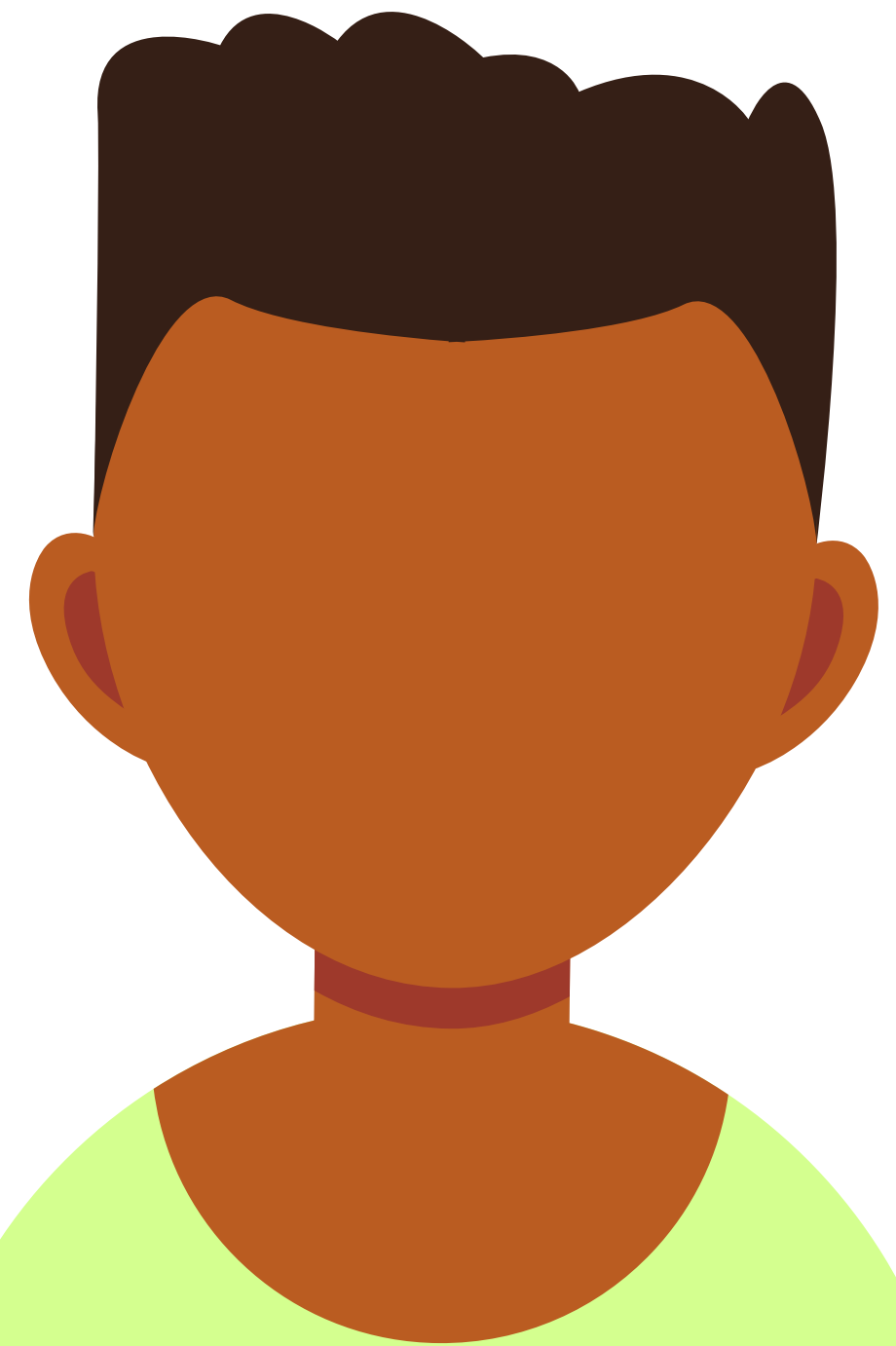
4 Supporting ADHD

5 Diagnosing ADHD

6 Causes of ADHD

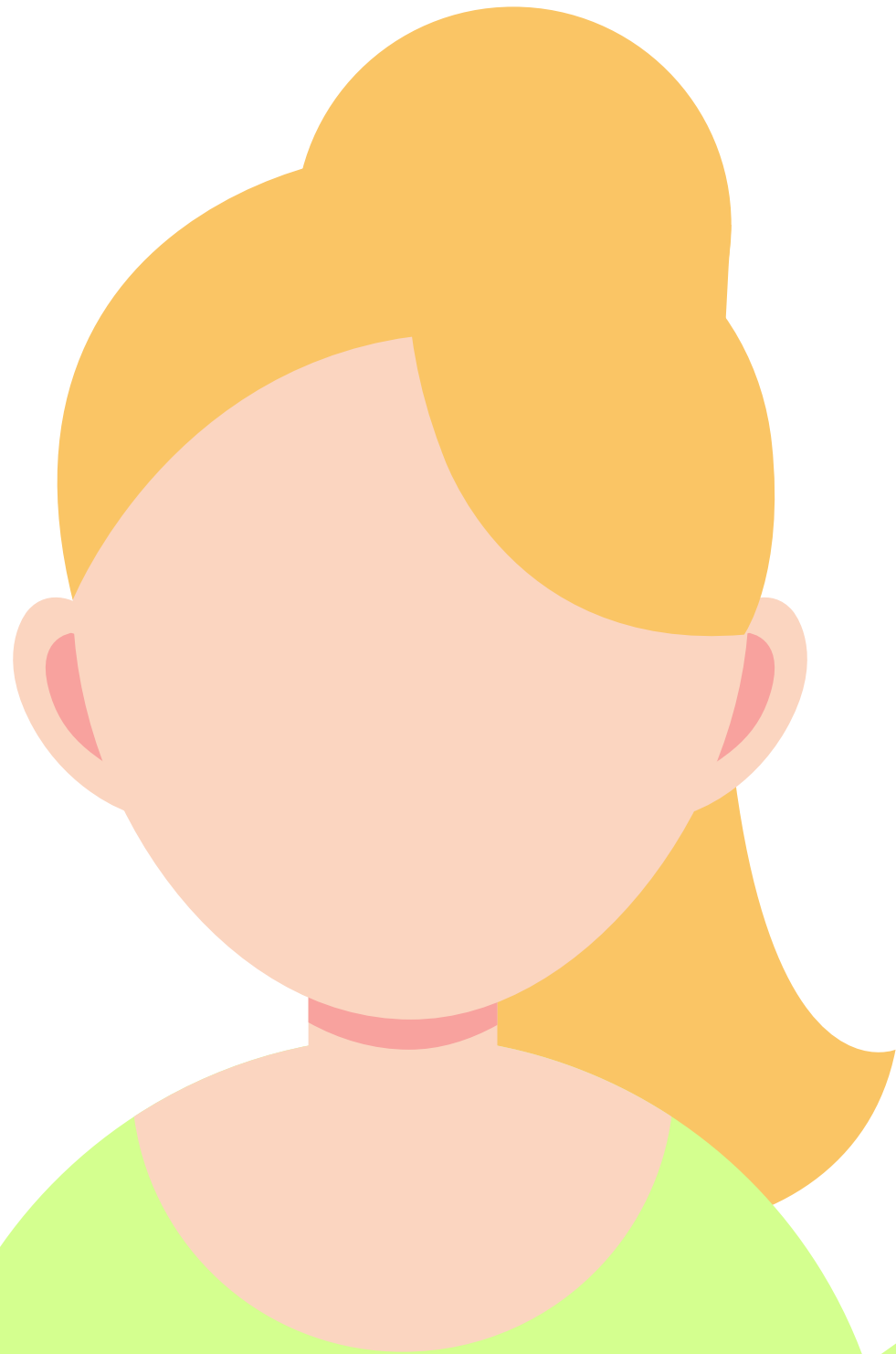
# DEFINITION

Attention deficit hyperactivity disorder (ADHD) is a condition which impacts people's behaviour. People with ADHD may appear restless, may have difficulty concentrating and may act impulsively.



# ADHD IN CHILDREN

People with ADHD can struggle with inattentiveness (difficulty concentrating and focusing) as well as hyperactivity and impulsiveness. Children with ADHD may find organization, listening, remaining still and remembering things difficult. They may also appear to talk excessively and interrupt conversations.



# SUPPORTING CHILDREN

Children with ADHD respond well to structure e.g. a set bedtime, knowing the plan for the day and being aware of boundaries. Being positive and giving children specific praise can be really helpful. Getting lots of exercise and avoiding foods with additives and caffeine can also be more regulating for them in managing their ADHD.



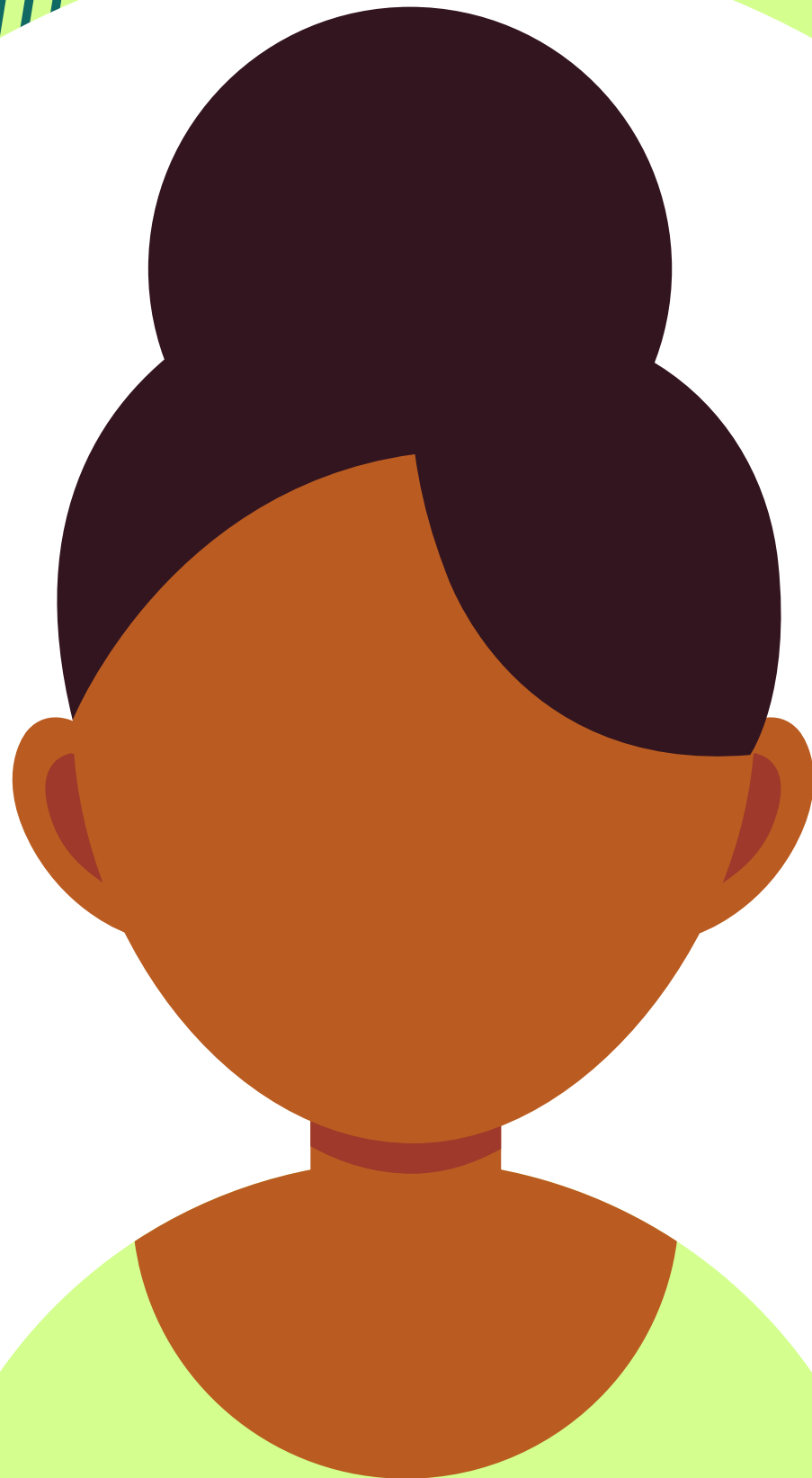
# ADHD IN ADULTS

There is less research on ADHD in adults but generally they may struggle to focus, organize things, prioritize tasks and have a lack of attention to detail. They may also appear more irritable, restless and have mood swings.



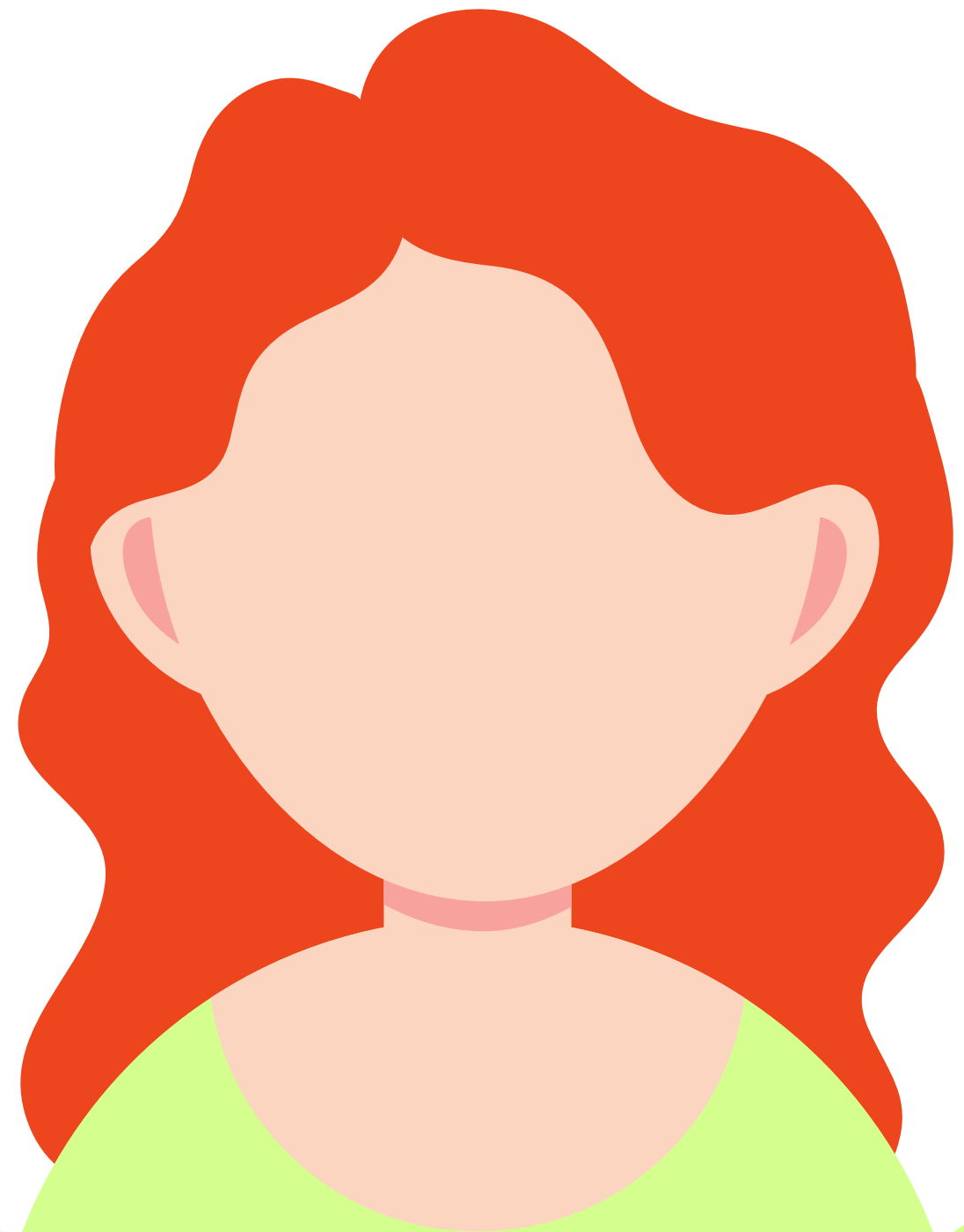
# SUPPORTING ADULTS

Adulthood ADHD can be supported by making some suitable adjustments at work e.g. looking at the work environment and workload. Adults with ADHD can thrive when it comes to physical exercise, as it is a good way to let off steam. Breathing exercises and relaxation techniques may also be helpful.



# DIAGNOSING ADHD

Childhood ADHD can be monitored at school by observations and interventions. Adulthood ADHD can be more difficult to diagnose as it may initially present as a mental health condition. An ADHD assessment from a specialist paediatrician or psychiatrist may be required then recommendations can be made to best support.





# CAUSES OF ADHD

The cause of ADHD is still unknown, but it has been shown to run in families. Other factors which could impact ADHD include, being born prematurely, having a low birthweight and smoking or drug abuse in pregnancy. ADHD can also be more common in people with learning difficulties.



**THANK YOU  
FOR  
LISTENING**

