

# ADHD

## (Attention Deficit Hyper Activity Disorder)

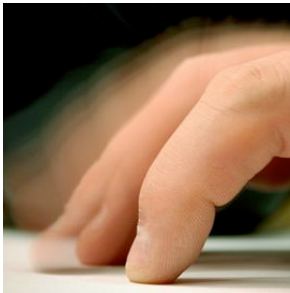


If you have ADHD, you may be:

- Hyperactive (over active)
- Impulsive (rush into things/chaotic)
- Inattentive (careless/find it hard to concentrate)



If you have ADHD, these are some of the symptoms you may have:



- Fidgeting a lot



- Squirming when having to sit still



- Finding it hard to quietly do activities



- Interrupting people talking



- Finding it hard to concentrate



- Seeming distracted or forgetful



- Talking a lot without stopping much



- Symptoms start in childhood (often seen when you are about 3-7 years old) and they often carry on when you become an adult.



- Sometimes ADHD is not recognised until you are older.



- ADHD is more common in boys.



- Doctors are not sure exactly why ADHD happens.

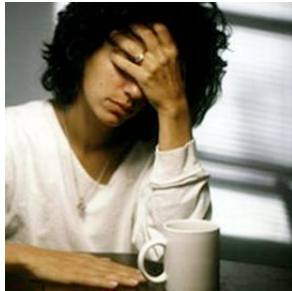


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## When you have ADHD you may have other problems at the same time:



- Depression



- Reading / writing and other learning problems.



- Mood swings



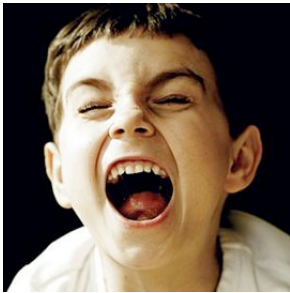
- Difficulty with friendships



- Being clumsy



- Hurting yourself



- Vocal tics – this is when a person hums, grunts or says words in an unexpected way



- Motor tics – these are sudden, repetitive, movements. You can't always see these tics. For example, someone could be toe crunching or tummy tensing which people can't see. Or they could be vocal tics as mentioned above.



- Disturbed sleep

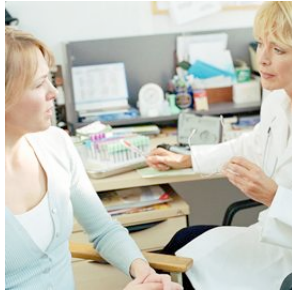


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## Treatment for ADHD



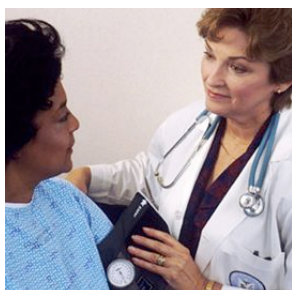
Your doctor will probably ask you to see a specialist who knows all about ADHD.



You and your carer may be given information or training on how to manage your ADHD. It will give you some tips and ideas. It will help your carer to support you in the best way possible.

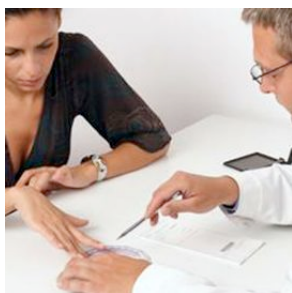


You may be given medicine.



If you are given medicine, the doctor will see you every 3 months or so, to check your weight, blood pressure and heart rate.





If you have any worries about your medicines, talk to your doctor or Specialist about them.



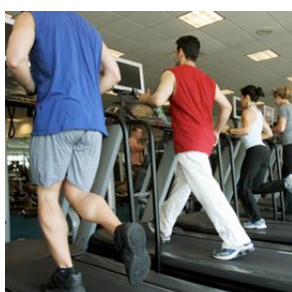
Your doctor may suggest you eat healthy food that has lots of nutrients (goodness) in it.



Your doctor may ask you to keep a food diary.

This is when you have a note-book and you or your carer writes down the food you eat.

This helps you to see if you are eating the right types of foods.



Your doctor may suggest you take regular exercise.

If you do exercise you really enjoy, it will be easier for you to keep it going.



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## The Doctor or Specialist may ask you the following questions:



- Do you often fidget with your hands or feet? Or do you squirm when seated?



- Do you often move around when you should be sitting still?



- Do you often run or climb lots when you shouldn't? Do you often feel restless?



- Do you often have difficulty relaxing or doing quiet activities?



- Are you often 'on the go' or act as if 'driven by a motor'?



- Do you talk a lot?



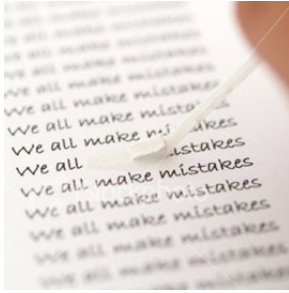
- Do you often blurt out answers before the question has been finished?



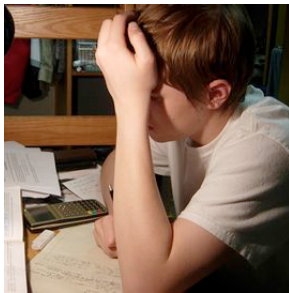
- Do you often have difficulty waiting in queues or waiting in turn in group situations?



- Do you often interrupt others?



- Do you often make silly mistakes in work, housework, or other activities?



- Do you often have difficulty in concentration when doing an activity?



- Is it hard to listen to what is said to you?



- Do you find it hard to do what you are asked to do? For example, not finishing a job or some work?



- Do you find it hard to organise activities?



- Do you stay away from activities where you would need to concentrate?



- Do you often lose or forget things that you need for certain activities?



- Do other things often distract you?



- When you answer the doctor, please be honest, as it will help them to work out if you have ADHD.



- These questions are from the Book 'Diagnostic and Statistical Manual of Mental Disorders' (written in 1994).



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## Useful Contacts



adders.org ([www.adders.org](http://www.adders.org)). Helpline: 0871 590 3693.



The National Attention Deficit Disorder Information and Support Service (ADDISS - [www.addiss.co.uk](http://www.addiss.co.uk)). Helpline: 020 8952 2800.



Adult Attention Deficit Disorder - UK (AADDUK - [www.aadd.org.uk](http://www.aadd.org.uk)). Helpline: 01934 863 556.



Mind ([www.mind.org.uk](http://www.mind.org.uk)). Helpline: 0845 766 0163.



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