

# What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition in which characterized by inattention, hyperactivity and impulsivity. ADHD is most commonly diagnosed in young people, according to the Center for Disease Control and Prevention (CDC). An estimated 9% of children between ages 3–17 have ADHD. While ADHD is usually diagnosed in childhood, it does not only affect children. An estimated 4% of adults have ADHD.

With treatment, most people with ADHD can be successful in school, work and lead productive lives. Researchers are using new tools such as brain imaging to better understand the condition and to find more effective ways to treat and prevent ADHD.

## notice signs or symptoms

While some behaviors associated with ADHD are normal, someone with ADHD will have trouble controlling these behaviors and will show them much more frequently and for longer than 6 months.

### **Signs of inattention include:**

- Becoming easily distracted, and jumping from activity to activity.
- Becoming bored with a task quickly.
- Difficulty focusing attention or completing a single task or activity.
- Trouble completing or turning in homework.
- Losing things such as school supplies or toys.
- Not listening or paying attention when spoken to.
- Daydreaming or wandering with lack of motivation.
- Difficulty processing information quickly.
- Struggling to follow directions.

### **Signs of hyperactivity include:**

- Fidgeting and squirming, having trouble sitting still.
- Non-stop talking.
- Touching or playing with everything.
- Difficulty doing quiet tasks or activities.

### **Signs of impulsivity include:**

- Impatience.
- Acting without regard for consequences, blurting things out.
- Difficulty taking turns, waiting or sharing.
- Interrupting others.

## Treatment

- Medications, including stimulants, nonstimulants and antidepressants.
- Behavioral therapy.
- Self-management, education programs and assistance through schools or work or alternative treatment approaches.

Did you know there's a coach for people living with ADHD?

Coaches enhance personal and professional development along with developing strategies for success. It is a support that is well-suited to the needs of people living with ADHD, including adults and youth.

## Empowering those with ADHD

People with ADHD do not lack intelligence or discipline. They are just challenged at focusing to complete tasks. Here are some helpful things you can do:

- Maintain a positive attitude. Focus on successes and victories and less on the challenges or obstacles of the condition.
- Create and maintain structure.
- Communicate simple rules and expectations clearly.
- Encourage movement and sleep. People who live with ADHD have energy to burn.
- Focus on social skills. People living with ADHD often have difficulty with peer relationships and making friends.