

ATTENTION DEFICIT
HYPERACTIVITY DISORDER (ADHD)

FOR YOUNG PEOPLE

Over 1 million people in Australia are estimated to have ADHD.

National ADHD Helpdesk 1300 39 39 19

WHAT IS ADHD?

ADHD is not a behavioural disorder. ADHD is a lifelong neuro developmental disorder, which is not curable but highly treatable. This means that your brain works differently to many others and always will. You are NOT stupid; you may just learn and behave differently from others. You can't change it, but you can learn to manage it.

Studies show that ADHD can affect virtually every aspect of daily living - socially, emotionally, academically, and in the world of work.

Genetics plays a significant role, and when you are diagnosed with ADHD, you may recognise a parent or another family member who displays similar symptoms.

If you experience some of these symptoms, it doesn't mean you are definitely affected by ADHD. Everyone has some of these attributes some of the time.

Contact us on support@adhd.foundation.org.au

ADHD PRESENTS IN MANY DIFFERENT WAYS.

You may be thinking - "I get on pretty well in life, but":

- My memory is like a sieve
- I am often running late
- I'm disorganised
- I worry a lot
- I feel bad about myself
- People tell me I talk too much and ask me, "What's your point?"
- I don't "get" jokes
- I hear people talking but don't know what they are saying
- I interrupt conversations
- I daydream
- I can't remember verbal instructions
- I am impulsive
- I buy things I shouldn't buy
- I say things I shouldn't say
- I get side-tracked
- I procrastinate
- I multi-task even when I should remain focussed on one thing
- I am more sensitive than most people



ADHD
Foundation



WHAT HAPPENS AFTER DIAGNOSIS?

The most effective treatment recommended for ADHD involves a management plan, which is vital in order to provide the best outcomes.

This plan may include:

- Education to understand your ADHD more, and to develop daily strategies to help you cope better with your ADHD.
- Medication to help with your symptoms, including calming your busy brain
- Individual or family therapy to help manage your ADHD
- Counselling to address your self esteem, and perhaps anger management issues

Remember: medication doesn't 'cure' ADHD, but it does help you to manage the symptoms.

There are many successful people all over the world living with and managing their ADHD well, who lead fulfilling and productive lives.



WHERE TO FIND HELP AND INFORMATION:

Tel: ADHD Foundation: 1300 39 39 19.

Facebook: www.facebook.com/adhdhelpaustralia

Web: www.adhdfoundation.org.au

Email: Support@adhdfoundation.org.au

ADHD Foundation Limited is a registered charity with DGR status: ABN 16 619 001 848



HOW IS ADHD DIAGNOSED?

If you feel that you are different to everyone else and think you may have ADHD - that's OK.

Take the first step by talking to someone you know and trust – like a close friend, a relative, a teacher, a counsellor, your local doctor.

Ring the Support Helpline for the names of psychiatrists or paediatricians who treat ADHD in your area.

Your GP (local doctor) is then able to write a referral to one of those specialists.

This is the way to diagnosis, and hopefully will help in making the life easier to deal with day to day.

Ring the ADHD National Helpline on 1300 39 39 19 for referrals to professionals and for support and understanding.

WHAT IS A CO-EXISTING CONDITION?

It is common to have co-existing conditions with ADHD - such as anxiety, depression, learning difficulties, Asperger's syndrome (autistic spectrum).

Unfortunately, some people are treated for their presenting problem, overlooking the underlying ADHD. When ADHD is not recognised or not treated, it may lead to 'self medication' with substances such as alcohol or illicit drugs, which can lead to addiction.

WHAT ABOUT SCHOOL AND FURTHER STUDIES?

There is more knowledge now around a variety of conditions that students are dealing with, and ADHD is one of them. Schools have access to information, resources and expertise to support all students experiencing ADHD. Students are all different, and you may need to talk to the student support team or counsellor, to make sure they understand your learning needs.

The school may need you to provide them with your doctor's diagnosis, any specific learning and behavioural challenges, and any other treatment you are getting.

They may also need to know what medications and doses you are taking; also, if your paediatrician, psychiatrist or psychologist has a management plan in place for you.

WHAT ABOUT MY FAMILY?

There is always help for your family too. The same people who can help you, can help your family - bringing them to a greater understanding of ADHD and to better cope with the challenges it can bring. There are also support groups that can offer practical strategies that might work for your family by sharing and listening with friendly support from other parents.

Sometimes knowing you aren't the only one out there dealing with ADHD can be reassuring.