



*Merry
Christmas!*

**From the team at the
ADHD Foundation**



Wishing everyone a peaceful time over the holidays

The ADHD Foundation National Helpline volunteers will be taking a break over the Christmas/New Year Holidays.

The ADHD National Helpline number 1300 39 39 19 will be unattended from the close of business on Wednesday 22nd December and will re-open on Monday 10th January 2022. Any urgent enquiries can be emailed to [Contact Us - ADHD Foundation](#). Emails will be monitored periodically and any urgent enquiries responded to at the first convenience.





Christmas holidays are close at hand!

Many activities cannot be prepared too long in advance and it's surprising how much there is to do and how quickly the time disappears.

Holidays can be a lovely time to spend with the people you care about, however, for an adult with ADHD, this time of year can be highly stressful as there are so many extra things to do and coordinate.

The link to all the school calendars for 2022 can be found here [2022 School Calendar Australia](#)

The educational departments of the individual states and territories set the term dates for public schools in Australia. However, exact term dates might vary between schools within a state or territory as schools set the professional development days for teachers and some other pupil-free days separately. For that reason, parents are advised to confirm term starting dates with their schools.

In the Northern Territory there are two different types of public schools: urban schools and remote schools. The term dates shown in the Northern Territory school calendars are the dates for urban schools.





Christmas 2020 was rough for many people around the world and although this Christmas/new year we have more opportunities to spend time with loved ones.

Many will not. Some will experience loneliness because of distances between them, others will be spending their first Christmas without a loved one who may have passed during the year. Some will have to make do with more Zoom/Facetime get-togethers.

For some of us this Christmas means a small celebration with a nuclear family – kids climbing the walls, parents scrambling to make the season feel special, and less money for gifts due to financial constraints.

If this year has taught us anything, it has taught us to enjoy the simple things in life. In the end, it's the embraces and laughter and time together we will miss most. Those human connections – even for the ADHD introverts – are the heartbeat of the season.

So, if you have a neighbour, a friend, a colleague or someone you know who may be alone this Christmas this is the time of the year to show empathy and thoughtfulness.

Are you worried about an aged family member or neighbour? Did you know about the My Aged Care Helpline?

My Aged Care is the starting point to access Australian Government-funded aged care services. The phone line and website can help older Australians, their families and carers to get the help and support they need.

Tel: 1800 200 422 (1800 numbers are free from landlines and from some mobile phones)

Web: <https://www.myagedcare.gov.au/about-us>

Christmas Reminder

Do you need your prescription renewed to see you over the Christmas/New year period?

If unsure, check with the pharmacist where your prescription is held.

If you need a new script, make sure you have an appointment organized with your paediatrician, psychiatrist or specialist GP well before Christmas.

Whilst traditionally this is the time when they take family holidays, they are the only ones authorized to write prescriptions for ADHD medication.

Remember - hospitals and public health units do not acknowledge or treat ADHD, and certainly will not write scripts for ADHD medication





Holiday travelling

It is important to be aware of regulations around medication whilst travelling overseas – stimulants in some countries are illegal, i.e.: Indonesia.

Only take what you need and carry in your hand luggage.

When driving in Australia, be aware that every state has different legislation. Check it out before you leave.

Our website www.adhdfoundation.org.au has a lot of information about medications and legislation in every state of Australia.

One recommendation is to ask your GP or psychiatrist for an official letter stating your diagnosis, and the medication that has been prescribed for you. Carry this with your driver's licence. A bottle of pills thrown in your glovebox will not do!

Have a glass of water beside your bed and take your meds when you wake up, preferably followed by breakfast.

You need to allow 50mins to 1hr for your medication to be fully digested before you drive. Don't become a statistic.

the ADHD foundation





Do you have a little one starting school in 2022?

Kids with perceptual difficulties have extreme difficulties learning to tie shoe laces. Some schools mandate lace ups (as opposed to Velcro.) So "I'm buying these for all kids at my school" - says a teacher in country school.

Known as: No tie elastic shoelaces. No Tie Elastic Silicone Shoe Laces, Screw Shoelaces, Lazy Shoe Lace, Unisex No Tie,

Quick Tie Lace 38 Silver - The Athletes Foot | After Pay Available

"Change your life!"

**Kids 24/7 Helpline: Phone Counselling Service,
1800 55 1800.**

**Phone/email/webchat.
Ad-<https://www.kidshelpline.com.au/>**

**Do you have a loved one who may also struggle to do up
shoelaces?**

Also helpful for adults with arthritis or following a stroke.

\$10 from Athlete's Foot, and less from ebay!



Isn't it great to take a break?

What about 2021 and Zoom and Online: 80% of those we speak to on the ADHD Foundation National Helpline tell us they are SO looking forward to less screen time. Are you?

Everyone who has ever gone online or used an app knows the feeling of lost time. But for people with ADHD, the spell of the smartphone or the computer can be even harder to break.

**Stay informed for new
events in 2022 Check out
our calendar page
HERE
Register
HERE**

**MERRY CHRISTMAS AND A
HAPPY NEW YEAR**

**WE LOOK FORWARD TO SEEING
YOU IN THE NEW YEAR**

from the team at ADHD Foundation

www.adhdfoundation.org.au