

VOL. 1 END OF SUMMER 2022 IN THE LOOP



ADHD
Foundation

"EVERYONE DESERVES A CHANCE TO SHINE"

www.adhdfoundation.org.au



THE ADHD NATIONAL GAZETTE



YOUNG MINDS MATTER and in fact, all minds matter

ARE YOU EMBARKING ON A JOURNEY TO CREATE YOUR FUTURE?

BENEFITS OF ACCOMMODATIONS FOR ADHD

Students who have been lucky enough to have recognition of their ADHD by way of accommodations in high school are more inclined to understand and seek out similar support as soon as they enrol in their chosen line of study. However, the ADHD Foundation National helpline is fielding more calls than would normally be received from students seeking to understand what is available from those who have not been diagnosed or not had support in high school.

Some ADHD students are able to get good grades in high school without accommodations. When they reach university, where the volume of material to study increases and the academic standard is higher, ADHD students often realize they would benefit from some additional support. This might not happen until the second semester or even the second year.

Welcome to Summer and learning to live with COVID

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Keeping our community up to date with accurate information

During the Christmas and new year break, the ADHD Foundation team have been busy planning for 2022. The year is shaping up to be a very busy but exciting one.

The ADHD Foundation Project Committee is busy putting our small but dedicated teams together over the next month or so. We will update our community as projects are formed.

If you have skills and time, are passionate about volunteering your valuable skills we would love to hear from you [CLICK HERE](#) to connect to our Volunteering Link.

The ADHD Foundation who are we

The ADHD Foundation commenced operation in 2017 as a charity and we are determined to provide services and practical support to our 1.5million and growing community. Funding will help us fly, but in the meantime, the steam engine moves on just like "the little red engine that could", we will reach the other side. Passion, determination, dedication and the power of our community to reach the top of the hill is who we are.

Let's get going, ADHD has been ignored for far too long.

The ADHD Foundation Board would like to thank our dedication and supportive Helpline team who respond to many complex enquiries on the Helpline, you can read more later in this newsletter.

Growth has been extraordinary, to say the least over the past year that the National Helpline has been operating. So much so, that we are approaching the time for an upgrade in the IT Infrastructure and hope to secure some much-needed funds to embark on this. We are amazed at the work we can do with the donations we receive from our passionate and committed donors.

However, large or small a donation to the ADHD Foundation is very welcome and carefully managed to ensure all funds are spent to improve services to the community. If you or someone you know would like to donate, we would be very thankful. Donations can be made [HERE](#)



BY EDWINA BIRCH
CHAIR, ADHD FOUNDATION





The long-awaited draft Guidelines are planned to be submitted to the NHMRC (National Health Medical Research Centre) for their meeting in late July. Public comment is now invited for the draft Australian evidenced-based clinical practice guidelines for Attention Deficit Hyperactivity Disorder (ADHD)

WHEN DO I PROVIDE FEEDBACK?

Individuals and organisations are invited to submit feedback on the draft guidelines from;

Monday 7 March 2022 until Tuesday 5 April 2022.

HOW DO I PROVIDE FEEDBACK?

Please use the link below to connect and provide feedback
<https://aadpa.com.au/draft-adhd-guideline/>

Please note that guidelines are in draft form until approved and will then provide recommendations for identifying, diagnosing, treating, and supporting ADHD.

The new guidelines for ADHD in Australia are very important, as they will be THE guide for clinicians in diagnosing and treating ADHD in children and adults.

This is the opportunity to have your say NOW."

Please ensure you provide your feedback before the 5th April 2022



Evidence-based ADHD guideline consultation and feedback process

Review and provide feedback on AADPA's evidence-based guideline for the diagnosis, assessment, and

Comments can be submitted before 5th April 2022:

Remember your comments are critical and valued by the Guidelines Committee.

To register your comments click this link: <https://aadpa.com.au/draft-adhd-guideline/>

Did you know?



During the development of our symbol, the ADHD Foundation team took a considered approach that ensured that people with ADHD are represented in a positive and neurodiverse world.

Our logo is not just a logo; it is the symbol and philosophy that encompasses a meaningful, bright, rare and cheerful representation of a person with ADHD.

We believe that "everyone deserves a chance to shine". As a result, our diamond represents the many colours that represent neurodiversity. A deep dive into our diamond you will see many different shapes and colours.

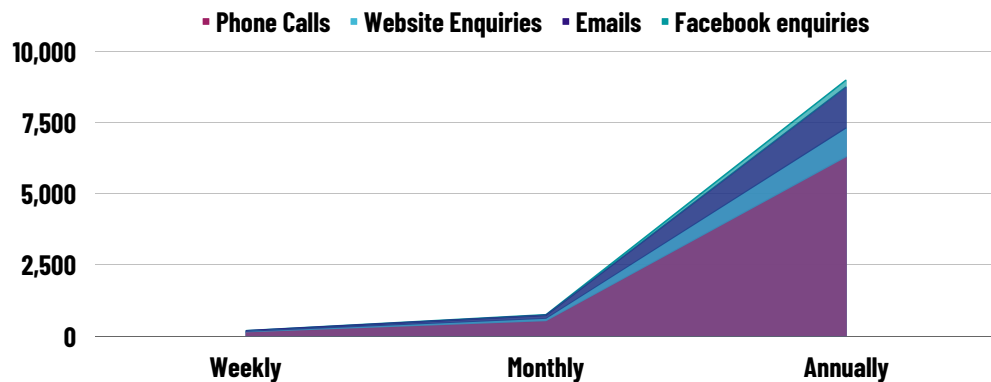
We firmly believe that our ADHD communities are all diamonds, just waiting to be recognised and allowed to shine in their way.

Amazing efforts from our team on the Helpline: Statistics

The ADHD Foundation has a BIG ambition to ensure that the National Helpline continues to manage the growth of ongoing enquiries and technology developments.



ADHD Foundation National Helpline
Click the link to send us an enquiry: **Contact Us - ADHD Foundation**
1300 39 39 19



National Helpline Statistics	Phone Calls	Website Enquiries	Emails
Weekly	139	35	27
Monthly	556	140	108
Annually	6672	1680	1296

You may or may not know that the ADHD National Helpline is -

- A not for profit charity
- Not funded by government
- 100% operated by volunteers
- Free to contact
- Funded by our community donations
- Currently fields in excess of 7,000 enquiries a year

- Did you know that our volunteers have managed to assist all callers looking for psychiatrists, who treat ADHD during the current crisis?
- Did you know that the ADHD Foundation National Helpline enquiries continue to increase daily?
- Did you know that every \$50.00 donated covers the cost of operating the ADHD Foundation National Helpline for an additional one hour?
- Did you know that it is because of donations large or small, that allows this organisation provide this critical service?

If you can please donate to the helpline [HERE](#)



ADHD Foundation is registered as a charity with ACNC (16 619 001 848) and approved DGR Status with the ATO. Therefore all donations over \$2.00 are tax deductible.

HELP US GROW AND HELP MORE PEOPLE WITH ADHD
[donate click here](#)



*We believe that
"everyone deserves a chance to shine"*

ADVOCACY ACTIVITIES



The team at ADHD Foundation are involved in advocacy work on behalf of our ADHD community



- This letter is to support the training of GPs as a positive solution to address the current public health crisis in ADHD. Copies have been forwarded to all Ministers of Health and Mental Health and the RACGP.
- During the month of February 2022, and on behalf of our ADHD community, we registered our submission to the Senate inquiry into the NDIS.
- During the last quarter of 2021 the ADHD Foundation took the opportunity to submit our submission to the Proposed National Disability Strategy - Stage 2

You can find more information in regards to this submission [HERE](#)



You may find the information below interesting.

The ADHD Foundation National Helpline team get a number of enquiries for those with ADHD who are looking to the NDIS to support their needs. Currently, our team are reviewing NDIS information, updates etc and will be updating this information on our website as soon as possible. In general there are not many NDIS item numbers that are applicable to those with only an ADHD diagnosis.

However, if you are an approved recipient of NDIS funding are you aware that participants can use their core funding to purchase rapid antigen tests (RAT) where it is required to assess their reasonable and necessary supports. For more information please refer to the NDIS media release [HERE](#) or contact your NDIS provider. The ADHD Foundation is not an NDIS provider.

In the meantime the NDIS information sessions and workshops are being held by various organisations in different part of Australia. You can find more information about these sessions [HERE](#)

Young Adults heading off to University

Should I, or should I not, ask for accommodations for my ADHD?

Over the last quarter, we received many questions from parents of year 11 and 12 students also from your adults embarking on a journey in higher education. Below are a few points that help make decisions around this question.



Benefits of Accommodations for ADHD

Not every school, university or workplace understands the need to accommodate and establish a diverse learning environment that supports and promotes the learning needs of the ADHD community.

Some helpful dot points to highlight the benefits of accommodations

- You will be able to better achieve the level of results that you know are within your capabilities
- Your final grades will highlight a more accurate reflection of the hard work and efforts and therefore will create a feeling of self-achievement and increase your self-esteem
- You will most likely experience much less stress and have a more enjoyable journey to your destination.
- Grades are always reviewed when looking to continue with postgraduate study
- Approval of accommodations will help to secure accommodations at exam time



Reluctance to Request Accommodations

Being labelled, is the reason given by young adults who contact the ADHD Helpline. Generally, they know they should have their ADHD considered to give them the best chance at success, but the reluctance to do so can be the cause of much anxiety and stress.

- Feelings of cheating, or being put at an unfair advantage.
- Losing or being criticized by friends
- Not wanting to be labelled with a disability.
- Being overwhelmed at the process of applying and having accommodations approved

Joining a support group and meeting other students in similar positions will help to realise that you are not alone, and you can share experiences with people who really understand. The Office for Student Disabilities Service in your Tafe or University might run a support group, or will have the details of one held on campus. Make enquiries early.

Young Adults - Sports and Exercise is great for everyone, particularly those with ADHD

Read a true story from one of our young adult members



Normal is not the only option

Exercise can go a long way towards helping manage ADHD but if you're anything like me the idea of running on a treadmill staring at a wall doesn't sound like a lot of fun, and as we know doing things that aren't fun is often not easy and leads to stress and disappointment.

Luckily there are other options, physical activity doesn't need to be a drag, it should be something you enjoy.

Sports can be a really easy way to get the exercise you need whilst also being a fun and interesting way to spend your time.

There are so many options when it comes to sports and there's something to suit everyone regardless of your current fitness or personal preferences.

Many people enjoy team sports as they not only provide the dopamine hit that comes from competition, but they also provide a great opportunity to meet new people and build a social network outside of your normal life.

But maybe chasing a ball around a field every weekend really doesn't sound like your idea of a good time, what are the other options?

I've been skydiving now for a number of years and I have to say it provides a level of excitement that chasing a ball just doesn't.

This may not be true for everyone but certainly for me I have found that choosing sports that give me "once in a lifetime" experiences far more than once in a lifetime tend to keep me more engaged and allow me time where my mind is completely clear of everything but the task at hand.



None of this is to say that a daily exercise routine is not important because it is! I go for a push-bike ride along the river each morning and a swim at lunch and it's the 2 hours or so after each that I find I am the most productive and focused.

I recently took up scuba diving and found that swimming around the great barrier reef is an excellent way to put all the stress of adulting out of my mind. Scuba diving is wonderful in that it allows you to be constantly distracted by the amazing things that you are seeing whilst remaining fully immersed in what you are doing, it's a good kind of distraction not like that pile of laundry or the food that you put in the microwave and hour ago and forgot about.



These types of things can become boring after a while and if they don't form part of your daily routine can often become a tomorrow problem indefinitely. That is why it's important to have activities that you look forward to as well.

Playing tennis with a friend, going scuba diving, rock climbing, yoga in the park, whatever it is will help you maintain at least some level of activity which I find improves my motivation making me more active. This forms a positive feedback loop which helps me sustain the motivation through the things which I must but really don't want to do.

I am always looking for new and interesting sports to try and only just discovered that there is a motorbike racing circuit about an hour from my house so I'm guessing that will be the next adventure.



ADHD
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"everyone deserves a chance to shine"
Thank you Zai



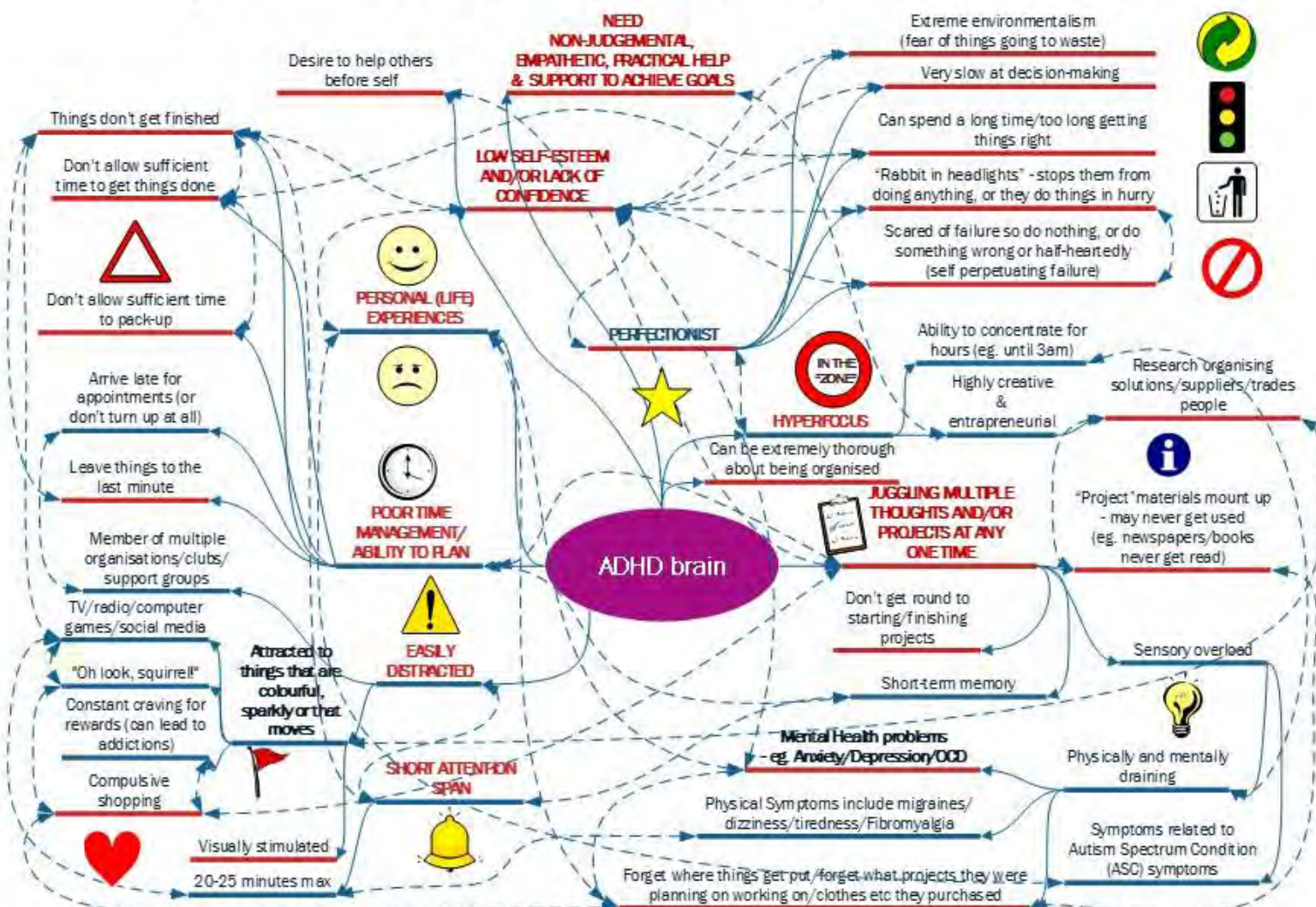
ADHD, Clutter and Hoarding



Over the next 2/3 pages we focus on ADHD Clutter and Hoarding as this has been a topic that has been raised over and over again on the ADHD Helpline. Clutter and Hoarding are not unique to those who have ADHD however, recent research has indicated that Hoarding may be more prevalent in those with ADHD than those without ADHD.

Executive functioning can be impaired in those with ADHD to different degrees, and this in turn can affect the clutter we store in our home. To avoid clutter becoming a hoarding issue it is important to implement management strategies to manage an overabundance of clutter in the home, office or anywhere else. The diagram below shows the connection how we can become disorganised especially when we have ADHD.

The ADHD brain (in the context of organising, clutter, disorganisation & hoarding)



By Cherry Rudge – www.rainbowred.co.uk

From "Understanding Hoarding" by Jo Cooke (Sheldon Press) – published May 2017 – ISBN 978-1847094537

ADHD and Hoarding

Feature Article by ADHD Foundation Helpline



Adults with ADHD are prone to disorganization and clutter, but sadly new research has found that significant numbers are likely to also exhibit 'hoarding' behaviors, which can have a serious impact on their quality of life. A new study The study, published in the Journal of Psychiatric Research and funded by the British Academy and the Leverhulme Trust, found that almost one in five people with ADHD exhibited clinically significant levels of hoarding, indicating there could be a hidden population of adults struggling with hoarding and its consequences. More on that research [HERE](#)



While ADHD and hoarding are separate mental health conditions, research suggests that people with ADHD may be at an increased risk for hoarding tendencies. In fact, according to the Anxiety & Depression Association of America (ADAA), ADHD is listed as one of the conditions most commonly associated with hoarding.

These factors often make conditions at home overwhelming - for the adults themselves, who don't know how to manage the problem, their children, or the partner without ADHD.

Tension can also result within the extended family as a whole.

Many complain that they cannot have visitors because they can't get ahead of the mess and the unfinished projects around the house. Some even arrange to entertain visitors at the homes of friends or neighbours' to avoid embarrassment. (see link to research article below).

<https://www.sciencedaily.com/releases/2022/02/220225135652.htm>

The reason why people hoard and the items they hoard are different for each person with this condition.

On the following page we hear one of those stories, a true story from a valued volunteer, an older woman who has suffered this condition virtually for the whole of her life, despite attempts to cease.

ADHD and Hoarding - a true story

"I feel it goes back to a very early time in my life. When I was 4yrs old my parents moved house, but they didn't take me with them, they took my baby brother and left me with neighbours . Although the neighbours were very good to me, and had a daughter the same age, I always wanted to know where and why my parents disappeared. My father also threw all my toys away, including my precious baby doll "dib dib", a soft cuddly rag doll who had been my constant companion. I missed her terribly - I was left with absolutely nothing of my own. One night, when I was about 5yrs old, an older cousin decided I needed to see my mother and drove me to the country town where they now lived. It was very dark as there were no street lights there in those early days, and to my terror my father answered the door with a shot gun demanding to know who was there! He did not make me feel welcome at all, and his attitude towards me never did change. I don't know why I never came up to his standards, or why I was an embarrassment – I'll never know. I do know that my dad was diagnosed ADD in the 60's by the famous psychiatrist Dr. John Ellard, and I was diagnosed in the 70's, also by Dr. Ellard.

I have suppressed those feelings of being unwanted and unloved for 75 years. Once working and having my own money, I seemed to console myself by purchasing items that made me feel good about myself, items that I chose myself for myself, and even though I didn't need them - in some strange way it gave me pleasure just to have this odd collection of things around me.

Consequently I have a well stocked house, an overflowing garage, two storage sheds, three chickens, a rescue dog, and five rescued cats – all of whom I love dearly. Every now and then I make an attempt to sort through items and take some to a charity organization, or give things to friends and acquaintances – all lovely and new and well received, but very hard to part with.

Maybe I should ring that nice counsellor with "Space Invaders" on TV to come and help me. I couldn't bear it if something happened to me, and some distant relatives came to my home and threw all my precious 'things' away. 'Things' that have happy memories and 'things' that have given me pleasure for so many years - because I would like to make that final choice.....



A true story from the ADHD National Helpline one that is often misunderstood. If you or a loved one would benefit from more information on Hoarding and ADHD you can find more information in the links below.

- **Buried in Treasures 2ed, Book. Help for Compulsive Acquiring, Saving, and Hoarding by David Tolin | 9780199329250 | Booktopia**
- **Space Invaders | Channel 9 TV Show [Links to previous TV programs](#)**
- **Keep Your ADHD From Turning Into Hoarding Disorder (additudemag.com)**
- **[Get sorted](#) - Other programs available**

Programs for people struggling with Hoarding.

- **[Home Care Services Overview \(catholichealthcare.com.au\)](http://catholichealthcare.com.au) See Commonwealth home support programs Free Buried in Treasures 15 week program Enquiries 1800 623 886**
- **Salvation Army run a Buried in Treasures program in Victoria <http://www.ehn.org.au/>**
- **[Woden Community Service](#) also have a Buried in Treasures program in the ACT (wcs.org.au)**



"Is it ADHD? Cognitive Decline? Dementia? or simply just that the brain is ageing?"

A snapshot from the ADHD Foundation National Helpline fields calls from people from all walks of life, age, culture and nationalities. A pressing concern coming to light in the first quarter of 2022 is from adults concerned about their parents who may be showing signs of ADHD, cognitive decline or dementia.

Identifying ADHD can be tricky at any age. There is no blood test or brain scan that reveals latent ADHD. Instead, behavioral markers gathered through in-depth intake interviews are the gold standard for clinicians evaluating ADHD (as well as other psychological disorders). For a clinical diagnosis of ADHD, the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) requires six impairing symptoms in children and adolescents age 17 and younger. For adults over the age of 17, only five symptoms are required. ADHD may present differently in old age, leading some researchers to suggest that even fewer symptoms might be appropriate for diagnoses of the 40-plus crowd.

There is a lack of hard data on the aging ADHD population. Most researchers are reluctant to add the confounding factor of age (50+) to ADHD studies. A few pioneering studies from around the world indicate that the prevalence of ADHD among older adults (ages 45-85) is probably about 3 percent, slightly lower than the estimated 4.4 percent prevalence among adults up to age 44. The prevalence for children is estimated at 8 to 9 percent.

"Clinicians working with older adults who have trouble focusing tend to overlook ADHD as a contributing factor," said Anthony Rostain, M.D., professor of psychiatry and pediatrics at the University of Pennsylvania. "The salient feature is the difference between someone who has never had ADHD symptoms but now is more forgetful versus someone who has always been distracted."

This issue is becoming more prevalent as a result of lack of understanding, recognition and diagnosis of ADHD over the past 50 years.



ADHD in older age: Is it too late for me?

Older adults who suspect they have ADHD wonder is it worth getting a diagnosis

There is a growing number of older adults who are seeking to determine if they have ADHD and the National ADHD Helpline is fielding more calls from those aged 60 plus or from concerned family members. Primarily, this increase is due to the reduction of the stigma, more research and acceptance that ADHD is a neurodevelopmental condition. Adults who grew up in the 1940s, 1950s and 1960s did not have the opportunity to be diagnosed, as ADHD was rarely recognised in children let alone adults. However, the absence of an ADHD diagnosis in childhood does not preclude diagnosis later in life.

Link to article: Published in Dare Magazine a Seniors Magazine From chaos to calm - ADHD Foundation Australia [SEE LINK](#)

Link to video: ADHD & Older Adults - Bing video - presented by Dr Kathleen Nadeau

Link to video: A Pattern of struggles ADHD and the Older Adult - presented Dr Martin Wetzel

Research shows that most adults with ADHD were never diagnosed as children, perhaps because the disorder was so poorly understood in decades past. In some cases, symptoms may manifest or become unmanageable during the transition to middle or late adulthood, where unique challenges and demands overpower available coping strategies. Most clinicians follow the guiding principle that a patient reporting cognitive challenges as a result of physiologic and environmental changes likely does not have ADHD unless the cognitive difficulties predated these changes. But how do you effectively gauge the longevity of a challenge.

Ref: Old Age and ADHD: Diagnostic and Treatment Considerations (additudemag.com)

"It was Alzheimer's research that revealed the effect of estrogen on the brain," said Patricia Quinn, M.D., a developmental paediatrician and founder of ADDvance, for ADHD women and girls. "If you lower estrogen, you lower dopamine and norepinephrine, which, in turn, lowers cognitive function. That holds true for all women. For ADHD women, lower estrogen means their symptoms get worse. They aren't just imagining it; it's a biological fact."

Quinn reports that many women are diagnosed with ADHD in their late 30s or 40s during perimenopause, the years before actual menopause. At perimenopause, estrogen abandons its regular monthly ebb and flow and does an erratic fan dance. As time goes on, estrogen goes missing more often, bringing ADHD symptoms front and centre.

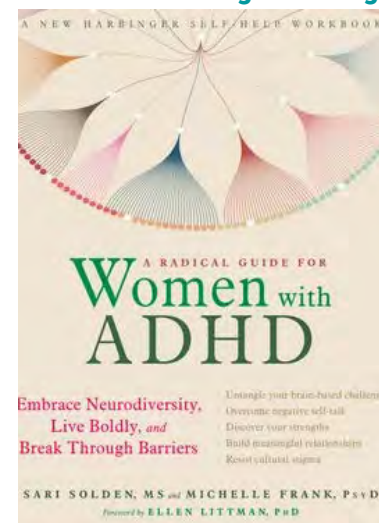
Further reading: ADHD in Seniors: Diagnosis and Treatment for Older Adults (additudemag.com)

ADHD Foundation recommended book list to read further about topics covered in this Newsletter

Books selected for this summer edition, relate to topics that have been prominent on the National Helpline during this quarter. Calls regarding ADHD and Hoarding about issues associated with getting a diagnosis as an older adult. We are also hearing more from women who as young people has slipped through life without realising or having a diagnosis and the emotion that comes with being diagnosed. We have listed some interesting books on these topics below.

A Radical Guide for Women with ADHD is the first guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting belief that brain differences are character flaws. In this unique guide, you'll find a groundbreaking approach that blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life.

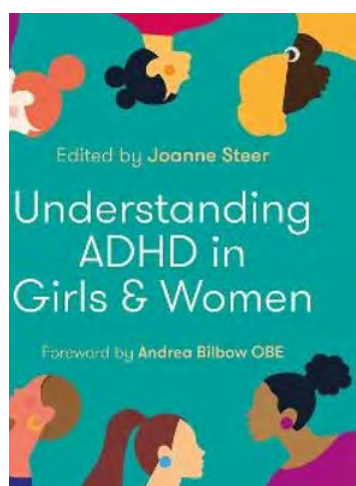
Ref: Radical Guide for Women with ADHD, Embrace Neurodiversity, Live Boldly, and Break Through Barriers by Sari Solden | 9781684032617 | Booktopia



Published: 1st July 2019

ISBN: 9781684032617

Number Of Pages: 216



Published: 21st April 2021

ISBN: 9781787754003

Number Of Pages: 360

The symptoms of ADHD are no less impairing in females than males, but can be missed or misunderstood. This book arms professionals, parents, and women themselves as it maps out where to go for information, who can help and how to understand ADHD better. It explains routes to assessment and diagnosis for girls and young women, how to access support in education, available treatments, and the impact of living with ADHD on overall mental health. It explores the benefits of ADHD coaching for girls to help develop their unique strengths and talents. Joanne Steer is a chartered clinical psychologist with over 14 years' experience and is Associate Director for Emotional Health Services at Achieving for Children, based in Kingston and Richmond, UK. She is the co-author of Helping Children and Teens with ADHD in School.

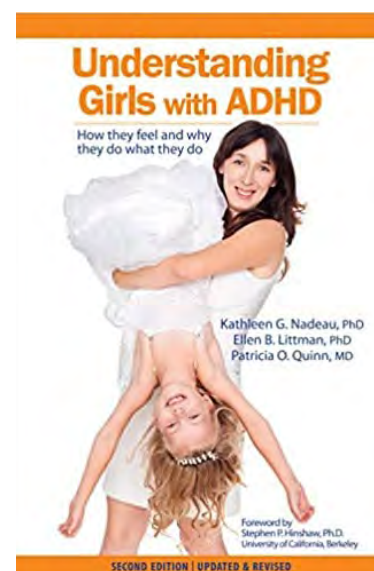
Ref: Understanding ADHD in Girls and Women by Joanne Steer | 9781787754003 | Booktopia

Kathleen G Nadeau PhD, Ellen B Littman, PhD , Patricia O Quinn MD

Patricia O. Quinn, MD, is the author of the award-winning Attention, Girls! A Guide to Learning about Your ADHD and 100 Questions and Answers about ADHD in Women and Girls.

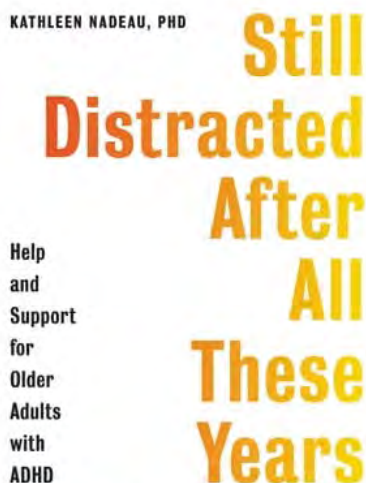
On the ADHD Foundation National Helpline more and more enquiries are coming from women who themselves have discovered in their later years that they have had ADHD all of their lives. Or many times when they get their daughter diagnosed the realise, they also have ADHD. We are often asked to recommend reading for women. This book (although written for the American audience) has been updated in 2015 and provides excellent information for girls.

The authors take us on a journey from preschool all the way into adulthood and provide a synthesis of the kinds of treatment strategies needed to intervene with the complex issues faced by girls and families who struggle with ADHD.



ADHD Foundation recommended book list to read further about topics covered in this Newsletter (page 2)

KATHLEEN NADEAU, PHD



A Practical Guide for Those With and Without a Diagnosis

A groundbreaking book (in print and audiobook) on ADHD in adults over 55 by one of the foremost ADHD experts, the first guide offering practical help for older adults with or without a diagnosis.

Kathleen Nadeau, PhD is the founder and clinical director of the largest private ADHD specialty clinic in the US. An internationally recognized thought leader in the field of ADHD, she has turned her attention to the needs of older adults, explaining how they are impacted by ADHD in retirement years and guiding them through the complicated maze in search of accurate diagnosis and effective treatment.

Whether you suspect that you may have ADHD, have recently received a diagnosis, or were diagnosed years ago, Still Distracted After All These Years will provide you with the information you need to build a more satisfying life in your later years.

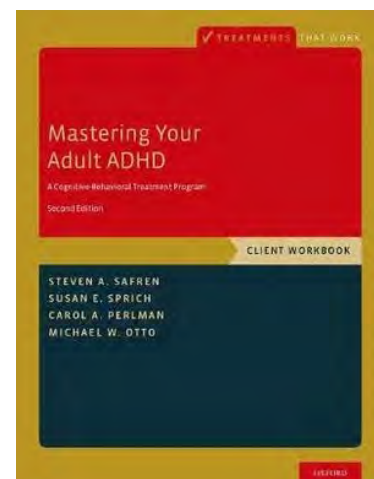
Ref: Still Distracted After All These Years, Help and Support for Older Adults with ADHD eBook | 9780306828935 | Booktopia

Available: 4th October 2022

Publisher: Hachette Audio

This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD. The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD. The program has been updated to include the optional use of technology and smart phones to improve organization and planning. Core modules cover the development of systems for keeping track of appointments and tasks, reducing distractibility, and improving adaptive thinking skills, and there's an optional module on reducing procrastination.

Ref: Mastering Your Adult ADHD, A Cognitive-Behavioral Treatment Program, Client Workbook by Steven A. Safren | 9780190235567 | Booktopia

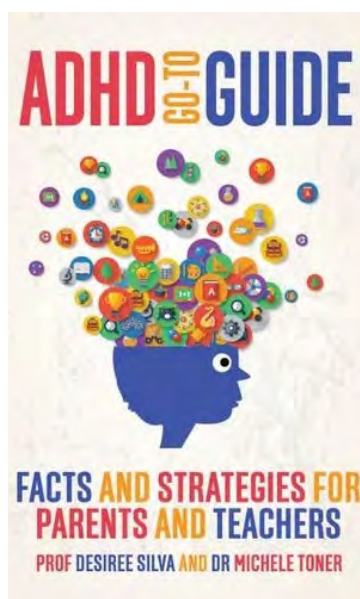


Edition Number: 2

Published: 15th June 2017

ISBN: 9780190235567

Number Of Pages: 144



This book is a go-to guide for parents and teachers, providing up-to-date knowledge in a simple, easy-to-read format. It is filled with information a doctor would like to provide but is often unable to do so in the limited appointment times available. This book also gives a framework and practical tips for how you can manage and advocate for your child in different settings, with or without medication. It summarizes evidence to date for medication and alternative therapies, examines commonly held beliefs about ADHD, and debunks myths.

This book is written by a developmental pediatrician, Desiree Silva, and an ADHD coach, Michele Toner, both of whom are passionate about improving the lives of children with ADHD and their families. They both have over 20 years of experience in the field and recognize the need for this practical guide.

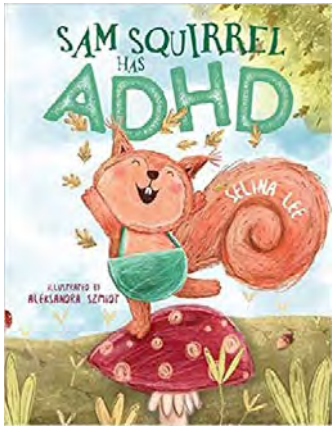
Published: 1st August 2017

ISBN: 9781742589480

Number Of Pages: 170

Ref: ADHD Go-To Guide, Facts and Strategies for Parents and Teachers by Desiree Silva | 9781742589480 | Booktopia

ADHD Foundation recommended book list to read further about topics covered in this Newsletter (page 3)



A beautifully illustrated picture book about ADHD, (Attention Deficit Hyperactivity Disorder) and squirrels. See the significant effects the disorder has on the individual, their family and friends, and how with extra knowledge and understanding, the extremely common and well-known negative experiences can be changed to positive ones. Fall in love with the extremely cute, fun, creative and energetic Sam Squirrel, as he experiences his frustrating 'roller coaster' journey in life, at school, and at home with his friends and family. Watch how they persistently try to follow the right path and do the right thing, whilst being confronted with life's many hurdles. Have admiration for Sam Squirrel and his parents as they all learn to understand and support each other, through the challenging circumstances they face, through no fault of their own. Have hope in the love that Sam Squirrel and his parents have for each other and join them in their celebrations as their relationships improve for the better Sam Squirrel has ADHD (littlesteps.com.au)

Number Of Pages: 36
Published: 19th June 2020
Country of Publication: AU

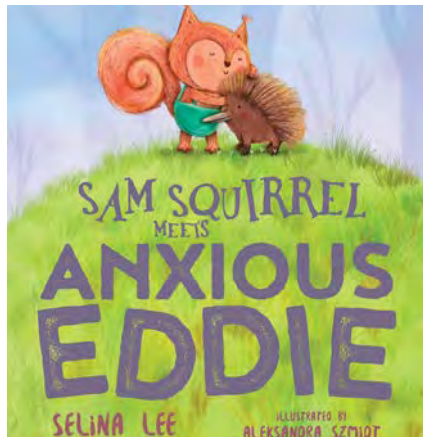


Just released

As Sam Squirrel grows and learns about his ADHD, he recognises feelings, in his friends, that he has had and experienced. ADHD rarely comes alone. Anxiety can play a huge role and is a common co-existing condition. Sam's friend Eddie displays uncomfortable feelings when a new student arrives at school. Eddie describes his feelings to Sam. Eddie is helped by Sam, by talking with each other about their experiences. Sam gives Eddie practical tips on how to help himself.

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Strategies for parents, teachers and health professionals

LDC no have their latest Tool Kit on Executive Functions available to purchase.

This will be a fabulous resource for parents, teachers and health professionals. Also, to celebrate the launch we have a 'School Support Bundle' on sale.

This bundle includes the 'Executive Functions' tool kit, the 'Literacy and Numeracy' tool kit, the 'Classroom Support' tool kit and the 'Reading and Writing Difficulties' tool kit. Please see the flyer attached for further details.

SCHOOL SUPPORT BUNDLE: SAVE 20%



LDC Member Price **\$38** plus P/H LDC non-member Price **\$54** plus P/H

 Learning Difficulties Coalition

P: 02 9806 9960 E: info@ldc.org.au W: www.ldc.org.au

Sale ends 8.4.22

www.ldc.org.au info@ldc.org.au 02/9806 9960

SCHOOL HOLIDAY ACTIVITIES FOR KIDS 5 TO 17 YEARS

Ditch the devices in the school holidays

Learn hands-on skills with the Bear Grylls Survival Academy at NRMA Parks and Resorts



Kids Vs Wild With The Bear Grylls Survival Academy At NRMA Parks

Learn more here!

 Family Holiday Destinations / Mar 17

The Bear Grylls Survival Academy will initially be offered at the following NRMA holiday resorts from 9th April:

- Gold Coast, Queensland - NRMA Treasure Island Holiday Resort
- Coffs Coast, NSW - NRMA Darlington Beach Holiday Resort
- North Coast, NSW - NRMA Southwest Rocks Holiday Resort
- Central Coast, NSW - NRMA Ocean Beach Holiday Resort
- The Grampians, Victoria - NRMA Halls Gap Holiday Park
- Guests at NRMA Parks can book into The Bear Grylls Survival Academy via the NRMA Parks and Resorts website. There is a special introductory rate of \$15 per child, per mission.

For more information Kids Vs Wild With The Bear Grylls Survival Academy At NRMA Parks (familyholidaydestinations.com)



ADHD
Foundation

"everyone deserves a chance to shine"



SPECIAL NOTE TO OUR EXISTING MEMBERS

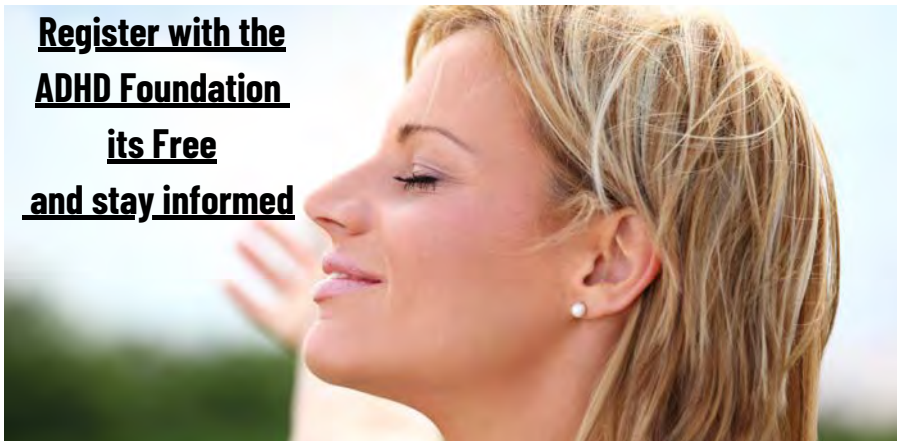
Our new membership portal is open and we are busy creating content for our members. If you have already registered prior to 1st February please log on and update your information. Thank you for being part of our community.

EXCITING NEWS
MEMBERSHIP IS NOW OPEN
AND
IT'S FREE TO JOIN
REGISTER HERE

EVENTS FOR 2022

- We will be updating our calendar with events for 2022 shortly so keep an eye out [HERE](#) for new opportunities
- If you didn't get a copy of our Spring Newsletter, you can access it [HERE](#) send us an email to office@adhd.foundation.org.au and we will deliver a copy to your [email](#) box.

Register with the
ADHD Foundation
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Contact the office for media enquiries, partnerships, admin, etc office@adhd.foundation.org.au

Postal Address: PO Box 22 Epping NSW 1719

ADHD National Support line: [Contact Us - ADHD Foundation](#)