The ADHD National Gazette

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ADHD Month began as a global movement to recognise the lived experiences, strengths and challenges of people with ADHD. Each October, Australia joins this international community to raise awareness, reduce stigma and strengthen support for individuals and families.

Over the past year, the ADHD Foundation has continued to evolve in direct response to what our community has told us. Every call to the National ADHD Helpline, every conversation with families, adults, educators and clinicians, and every message received through our statewide pathways has helped shape the services we now provide.

This year, we expanded our support offerings to meet the growing demand for accessible, trustworthy guidance. New referral pathways, strengthened digital systems, and additional community-driven programs have been developed to ensure that individuals across Australia — including regional, rural and remote communities — can access help when they need it most.

At the heart of this growth are the many faces of the ADHD Foundation volunteers. Their contribution is extraordinary. They give their time willingly, passionately and without expectation. They bring professional expertise, lived experience, compassion and resilience. They are the reason our services remain accessible, ethical and nationally consistent.

As we celebrate ADHD Month 2026, we honour these remarkable individuals. Their contribution is monumental. Their impact is national. And their service continues to shape a future where every Australian with ADHD can access support that is compassionate, trustworthy and grounded in understanding.

Dympna Brbich
Chair/Director

Stronger Together in October: ADHD Awareness Month

October is ADHD Awareness Month, a time to come together to strengthen understanding, reduce stigma, and ensure every person with ADHD feels supported, valued, and connected.

This year's theme, "Stronger Together: Building an ADHD-Supportive Australia," reflects a simple truth: meaningful change happens when we act collectively.

Families, schools, workplaces, health professionals, and community organisations all play a role in creating environments where people with ADHD can thrive.

The ADHD Foundation remains committed to leading this national effort with independent, evidence-based support for every Australian, regardless of postcode, background, or financial circumstances.

History of ADHD Awareness Month

In 2004, three major U.S. organisations, including CHADD, ADDA, and the ADHD Coaches Organization, recognised a growing problem.

ADHD was still widely misunderstood, and families were often left to navigate the condition alone.

These organisations joined forces to push for national recognition. Their efforts led to the U.S. Senate officially declaring ADHD Awareness Day, marking the first time ADHD was acknowledged at a national level as a legitimate neurodevelopmental condition.

By 2008, the observance expanded into ADHD Awareness Week, and soon after, into ADHD Awareness Month — a full month dedicated to shining a light on ADHD, challenging myths, and promoting evidence-based understanding.

The colour orange became the symbol of ADHD Month: bright, energetic, and impossible to ignore.

Why Support Matters

ADHD is a neurodevelopmental condition that affects executive functioning, emotional regulation, attention, and impulse control.

It shows up differently in every person, as constant motion in one child, as quiet daydreaming in another, as a lifetime of "nearly" achieving in an adult who was never diagnosed.

What connects every experience of ADHD is this: the right support doesn't "fix" a person. It unlocks potential that was there all along.

A Supportive Australia is One Where:

- Assessment pathways are clear, affordable, and accessible. No family should wait years or travel hours just to get answers.
- Medication supply is stable and equitable across all states and territories, so treatment isn't disrupted by geography or shortages.
- Schools and workplaces understand ADHD and respond with flexibility and inclusion rather than judgment.
- Families receive evidence-based guidance and practical tools they can use every day, not just in a diagnostic appointment.
- Regional, rural, and remote communities are not left behind, even when specialists are hours away.
- People feel connected, not isolated. Because a diagnosis should open doors to community, not close them.

What "Stronger Together" Looks Like in Practice

Real change rarely comes from a single big gesture. It comes from thousands of small, consistent actions across a community:

- **A teacher** who adjusts a classroom routine so a student with ADHD can succeed, rather than asking the student to simply "try harder."
- **A manager** who offers flexible deadlines and clear, written instructions, recognising that this benefits the whole team.
- **A GP** who knows the referral pathways and doesn't dismiss a parent's or an adult's concerns.
- **A parent** who finds, through a support group, that they are not the only one navigating meltdowns, missed forms, and misunderstood children.
- **A friend** who simply says, "That makes sense. How can I help?" instead of "Have you tried a planner?"

Get Involved This October

Learn: Take time this month to understand what ADHD actually is, beyond the stereotypes. Share accurate information with your networks.

Talk: Have honest conversations at home, at school, and at work. Stigma loses power the moment it's spoken about openly.

Advocate: Support calls for equitable access to assessment, treatment, and medication across every state and territory.

Connect: Reach out to someone who might be navigating ADHD alone, whether newly diagnosed or long undiagnosed.

Support: Consider donating to or volunteering with organisations providing independent, evidence-based ADHD support.

A Shared Responsibility

No single organisation, school, clinician, or family can build an ADHD-supportive Australia alone, and none of us should have to.

This October, ADHD Foundation Australia invites every Australian to see themselves as part of the solution: as a teacher, a colleague, a neighbour, a friend, or simply someone willing to learn.

Because when understanding grows, stigma shrinks. When communities act together, support becomes accessible to everyone, not just those who can afford it or live close to it.

And when every part of society plays its part, people with ADHD don't just get by. They thrive.

Stronger together. This October, and every month after it.

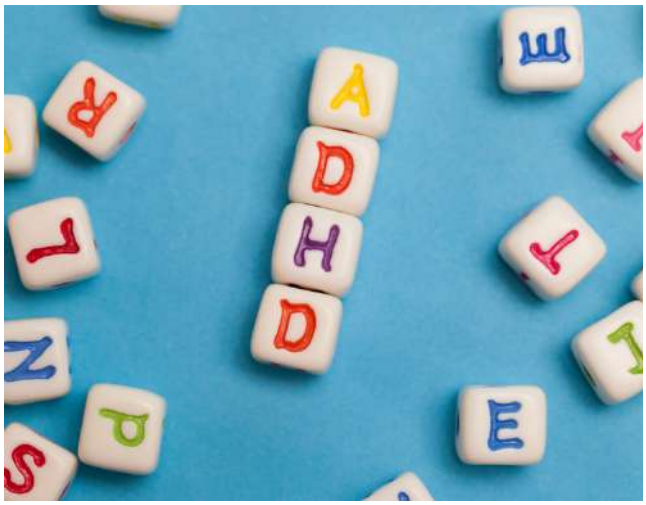
Resources for ADHD Awareness Month:

Australia

- Australian ADHD Professionals Association (AADPA) – National guidelines and resources
- ADHD Foundation Australia – Community education and support
- RANZCP Guidelines – Evidence-based psychiatric practice
- University Disability Services – Study supports and accommodations

International

- NICE Guidelines (UK) – ADHD assessment and treatment standards
- CHADD (USA) – Education and advocacy for adults and children
- Cleveland Clinic ADHD Resources (USA) – Accessible clinical information
- CADDRA (Canada) – ADHD clinical practice guidelines.



The Keeper of Three Keys: A Story of Neurodiversity, Strength and Community Impact

Eamonn Fallow grew up navigating challenges that many children with learning differences face every day. Dyslexia made reading difficult, dysgraphia turned writing into a constant struggle, and dyscalculia made numbers feel impossible to grasp. But on the football pitch, everything changed.

Movement made sense. Patterns were clear. Angles and timing felt instinctive. As a goalkeeper, Eamonn discovered that the same neurodivergent wiring that made reading, writing and maths difficult also gave him exceptional strengths in spatial awareness, creativity and problem-solving.

This realisation became the foundation of the Eamonn Fallow Goalkeeper Charity. The charity's mission is simple and powerful: help children understand that their minds are not broken.

Through movement-based learning, mentoring and strengths-focused programs, the charity provides a safe space where neurodivergent young people feel confident, valued and understood.

Declan Harland: Running for a Reason

In September 2026, Declan Harland, a student of SEDA College WA, set out to complete a remarkable 60-kilometre Run for a Reason.

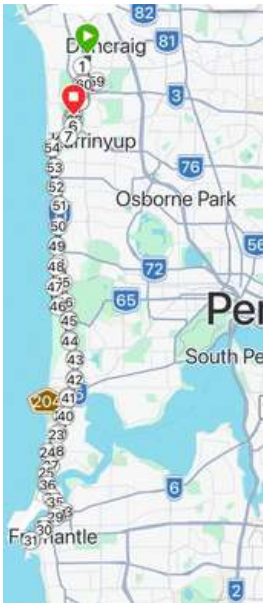
SEDA College's hands-on learning environment has nurtured Declan's resilience, determination and commitment to community service.

Declan chose to raise funds for several charities, and the ADHD Foundation Australia is honoured to be one of them. He wanted his run to make a difference and support causes close to his heart.

By the time you read this story, Declan's run has already taken place.

Every kilometre reflected his compassion, his courage and the values instilled in him by his school and his family.

Declan's Run for a Reason is a powerful message leading into ADHD Month, helping raise awareness for ADHD, dyslexia, dysgraphia and dyscalculia across Australia.



Declan's commitment mirrors Eamonn's mission. Their stories remind us that awareness grows not only through organisations, but through everyday champions who choose to step forward, speak up and give back.

Thank you from the ADHD Foundation

To SEDA College WA, thank you for fostering an educational environment where young people learn through real-world experience, personal growth and community engagement. Your support helped nurture a young man who chose to make a difference in the lives of others.

To Declan's family, thank you for encouraging his compassion, supporting his journey and nurturing the values that inspired him to undertake such an extraordinary act of kindness.

Together, you have helped shine a light on ADHD, neurodiversity and the power of giving back. The ADHD Foundation is profoundly grateful to be part of Declan's journey.

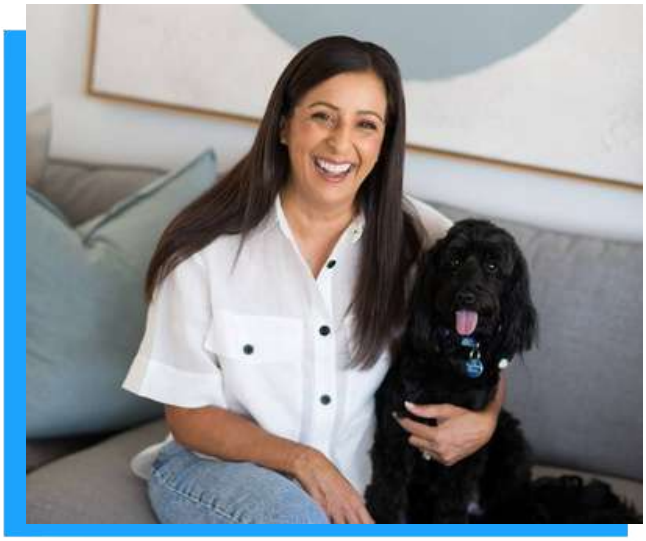
To donate, head to Declan's GoFundMe:

https://gofund.me/31acb5a46

Meet Children's Author and Director at the ADHD Foundation: Katina Nadebaum

Katina Nadebaum is an advocate for neurodiversity and a children's author based in Perth, Australia.

Here she's pictured with Jeff, her faithful editor!



"I'm proud to contribute to the ADHD Foundation and its incredible grassroots legacy. I'm passionate about creating greater understanding and acceptance of ADHD, reducing stigma, and helping neurodivergent people and their families thrive."

Pre-orders open: 'Get Lost, Zoomer!'

Her debut book, Get Lost, Zoomer! will be out **in October 2026**.

The ADHD Foundation is proud to endorse this book as a valuable resource for families and professionals supporting neurodiverse children.

To find out more about Katina and Get Lost, Zoomer! visit her social media and website:

KATINANADEBAUM.COM

@KATINANADEBAUM

KATINA@KATINANADEBAUM.COM

About Katina

After years in the corporate world, Katina now writes picture books for children that explore the messy, marvellous reality of neurodiversity, but without labels.

Her stories share tales of characters with big feelings, misunderstood behaviours, and the beauty of embracing who you are.

Katina's stories are inspired by lived experience, advocacy for neurodiversity, and a belief that every child deserves to feel understood and celebrated.

Through heartfelt storytelling, Katina reframes the traits often viewed as "challenges" into strengths waiting to be understood. Her characters offer comfort, connection, and reassurance, reminding young readers that who they are is enough.

When she is not writing, Katina enjoys spending time with her family, reading, gardening, discovering great coffee spots, and planning new adventures.

She is inspired by the small moments in life that often shape her stories.

F2F & Online Event in Sydney: ADHD & the Risk of Parkinsons Disease or Dementia

Join us for a cuppa with opportunity to connect with other people in the ADHD Community.

Event Details

Date: Saturday, 28 November, 2026
Time: 2 pm - 4 pm
Format: Face-to-face in Sydney, hybrid for Interstate, Regional & Rural

Some studies have found that people with ADHD are more likely to be diagnosed with Parkinson's disease or dementia later in life.

That sounds worrying, but these conditions are uncommon, so even a doubled risk is still a small risk for any one person.

Even in the highest-risk group studied, fewer than 4 in 1,000 people developed Parkinson's. A link between two things also doesn't mean one causes the other. Depression, sleep problems, high blood pressure and other health issues common with ADHD may explain much of the connection.

Genetic studies, which are a stronger test of cause and effect, found no evidence that ADHD causes Parkinson's or Alzheimer's disease. Encouragingly, adults taking ADHD medication showed no clear increase in dementia risk, and treatment is linked to fewer deaths, especially from accidents.

About our Speaker

Dr Mark Kneebone
Psychiatrist

Dr. Mark Kneebone is a consultant psychiatrist with more than 30 years of experience caring for adults and young people. He studied medicine at the University of Sydney and became a Fellow of the Royal Australian and New Zealand College of Psychiatrists in 1994.

Early in his career, Mark worked across Sydney's public hospitals and community mental health services. He helped set up, and later directed, the Acute Adolescent Unit at Redbank House, where he also contributed to the development of an early psychosis program for young people.

For many years since, he has worked in private practice, with a particular interest in youth mental health and in neurodevelopmental conditions such as ADHD and intellectual disability.

Mark has been closely involved in improving care in these areas. He contributed to national guidelines on ADHD, founded and led the ADHD Central Interest Group from 2009 to 2023, and has chaired the College's New South Wales Intellectual Disability Interest Group since 2009.

He has spoken widely to doctors and at community forums about ADHD and youth mental health.

To register and learn more, click below:

https://www.trybooking.com/DQIYA

All proceeds support the National Helpline:
www.adhdfoundation.org.au/helpline

Leading Australia's ADHD Advocacy: National Action for Better Outcomes

ADHD Foundation Responds to Victorian Government's ADHD Care Reforms:

In August 2026, the ADHD Foundation made a submission to the Victorian State Government Department of Health responding to proposed amendments to the Drugs, Poisons and Controlled Substances Regulations 2017. The reforms aim to expand ADHD diagnosis and treatment to trained GPs and ease psychostimulant medication prescribing rules to address long wait times and high costs currently associated with psychiatrist- and paediatrician-only pathways.

The Foundation broadly welcomed the move to expand GP involvement, supporting it as a way to improve access and reduce costs.

However, the submission drew a firm line on regulatory oversight: **the Foundation does not support loosening prescribing regulations for non-drug-dependent patients**, arguing trained GPs should be held to the same Schedule 8 and real-time monitoring standards as psychiatrists — not a reduced standard.

The Foundation also opposed extending diagnostic authority to nurse practitioners, and recommended a minimum diagnosis age of six (rather than four), given the difficulty distinguishing ADHD from normal developmental variation in very young children.

The submission's recommendations are backed with data on the broader cost of inaction — citing the $20.42 billion annual economic and social cost of ADHD in Australia, and Queensland youth justice figures showing a sharp rise in ADHD prevalence among young people in custody and under supervision.

The Foundation urges the Victorian Government to work toward national consistency in ADHD care standards and medication access across states, and the Foundation reaffirms our willingness to support implementation going forward.

Letter from Hon Bridget Archer MP, Minister for Health, Mental Health and Wellbeing, Tasmanian Government:

The Foundation appreciates this recognition from Hon Bridget Archer MP in response to our correspondence regarding the House of Assembly Standing Committee's "Inquiry into the assessment and treatment of Attention Deficit Hyperactivity Disorder (ADHD) and support services."

"The ADHD Foundation's ongoing advocacy for people living with ADHD, their families and carers is greatly valued. Through raising awareness, providing support and sharing lived experience perspectives, the Foundation has made an important contribution to efforts to improve ADHD care and support.

The Foundation's constructive engagement throughout this process, and the opportunity to discuss the challenges and opportunities facing Tasmanians living with ADHD, has been greatly appreciated.

I look forward to continuing to work with the ADHD Foundation and other stakeholders as reforms progress to improve outcomes for people living with ADHD in Tasmania."

- Hon Bridget Archer MP, Minister for Health, Mental Health and Wellbeing, Tasmanian Government

Learn more about the ADHD Foundations advocacy work on our website:
https://adhdfoundation.org.au/

ADHD Foundation Awards & Recognition

The ADHD Foundation's achievements in 2026 reflect the strength of our national mission, the dedication of our volunteers and the vision of our founding directors, Dympna Brbich and Joy V. Toll OAM.

As a fully volunteer-run organisation operating without government funding, our recognition at both national and state levels demonstrates what is possible when innovation, governance and community purpose come together.

National Technology for Social Justice Award (Winner)

In 2026, the ADHD Foundation was honoured to be selected as the overall national winner at the Technology for Social Justice Awards, hosted by Infoxchange and proudly sponsored by Microsoft.

This prestigious Australian award recognises organisations that demonstrate innovation, accessibility and community impact through technology.

Our sincere thanks go to Infoxchange and Microsoft for sponsoring this national award and for recognising the impact of community-driven innovation..

iAwards 2026 NSW Non-Profit & Community (Finalist)

The ADHD Foundation was also proud to be shortlisted for the iAwards as the New South Wales Finalist.

This nomination highlights the strength of our statewide support pathways and the dedication of our volunteers across New South Wales.

Supporting Parents & Grandparents with ADHD: Decluttering, Downsizing & Moving into Care

Helping a parent, grandparent or great-grandparent downsize or move into care is rarely simple — and it can be even more complex when ADHD, hoarding tendencies, anxiety or related conditions are part of their lived experience.

Many older Australians grew up in an era when ADHD wasn't recognised, was misunderstood, or was frequently misdiagnosed.

Over a lifetime without support, they often built their own coping strategies and ways of managing information, memory, and emotion that made complete sense to them, even if those same strategies now create challenges for safety and daily living.

Approaching this life transition with empathy, patience and understanding can make an enormous difference. And when emotions run high, knowing when to pause, rather than push through, can prevent shame, conflict, and burnout for everyone involved.

You are not alone in this. ADHD Foundation Australia is here to support you and your family with guidance, resources, and understanding at every step.

Understanding ADHD, Hoarding and Anxiety in Older Adults

For decades, ADHD was viewed almost exclusively as a childhood condition. Generations of older Australians were never assessed, and many have lived their entire adult lives without understanding why organisation, clutter, emotional regulation, and unfinished projects were such persistent struggles. For many, it is only now that they're discovering these lifelong patterns were never personal failings.

For someone with ADHD, belongings can carry meaning that isn't obvious from the outside. What looks like clutter to one person may represent a creative project, a cherished memory, an unfinished dream, or information they're afraid to lose.

Anxiety can turn simple decisions into overwhelming ones. Hoarding-like tendencies often grow out of emotional attachment, fear of scarcity, or genuine difficulty organising tasks and possessions — not carelessness, and not a character flaw.

Why Clutter Happens

Clutter in older adults with ADHD is rarely about carelessness. It often reflects:

- Emotional attachment to belongings and what they represent
- Difficulty recognising clutter as clutter, rather than as meaningful or useful
- Decision fatigue, where each item requires a small decision that adds up quickly
- Avoidance, driven by the sheer size or emotional weight of the task
- Fear of losing memories or information if an item is let go of

These patterns are distinct from hoarding disorder and call for a compassionate, ADHD-informed approach — not a one-size-fits-all decluttering method.

ADHD-Friendly Checklist for Downsizing or Moving Into Care

1. Before You Begin
- Choose a quiet, comfortable space.
- Set time limits.
- Gather supplies: rubbish bags, storage boxes, labels.

2. Emotional Preparation
- Acknowledge that emotional attachment is normal, not a problem to fix.
- Choose one or two trusted helpers, not a large group.

3. Easy Wins
- Clear rubbish and broken items first.
- Sort into: Keep, Donate, Recycle, Rubbish, "Not Sure Yet."

4. Declutter With Purpose
- Use donation as motivation. Letting go is easier when an item helps someone else.
- For each item, ask: Does this bring me joy?

5. Manage Sentimental Items
- Photograph items you want to remember but don't need to keep.
- Keep a few genuinely meaningful pieces.

6. Prepare for the Move
- Gather essentials: ID, medical records, medication list, legal documents, key contacts.
- Check the new space for accessibility, lighting and flooring.
- Confirm staff understand ADHD-related needs.

7. Extra Help
- Bring in professional support if belongings feel unmanageable, decisions become distressing, or safety hazards emerge.
- If family conflict builds, or your loved one feels ashamed or stuck, ADHD counselling or other therapeutic services could be considered.

8. Settling In
- Build routines, checklists, medication reminders, and visual cues.
- Keep the space simple with clear containers, labels, and one small hobby zone.
- Celebrate progress. Every step counts!

A Different Way of Seeing Belongings

Where others might see a pile to be cleared, an older adult with ADHD may see:
- Creative aspirations, still waiting to be finished.
- Preserved information they feel they might need.
- Memories, held physically because letting go feels like losing them.
- Unfinished projects that still represent hope and intention

Understanding this perspective rather than dismissing it is often the difference between a process that builds trust and one that triggers shame or conflict.

You Don't Have to Navigate This Alone

Supporting a parent, grandparent or great-grandparent with ADHD through downsizing or a move into care is one of the more emotionally complex journeys a family can face — but it doesn't have to be faced without support.

ADHD Foundation Australia offers guidance, resources, and connection to ADHD-informed professionals who understand this journey.

If your family is navigating this transition, reach out to our team. We're here to help!

Erica's Story: ADHD & Hoarding

Adults with ADHD are prone to disorganisation and clutter, but recent research has 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.

These factors often make conditions at home overwhelming - for the individual trying to manage the problem, their children, and their partner.

We found out late last year a valued volunteer with the Foundation, had passed away. We're resharing Erica's story to bring greater awareness to the impacts of hoarding, as she suffered this condition for the whole of her life.

Erica's 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 her country town. 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 - 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 organisation, or give things to friends and acquaintences – all lovely and new and well received, but very hard to part with.

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.....

Resources

If you or a loved one would benefit from more information:

- ADHD linked to hoarding behaviour - study
- Anglia Ruskin University, (February 2022)
- Buried in Treasures 2ed, Book. Help for Compulsive Acquiring, Saving, and Hoarding by David Tolin
- Keep Your ADHD From Turning Into Hoarding Disorder, additudemag.com, (March, 2023)
- What is the link between hoarding and ADHD?, The British Academy (June, 2020)

Support for ADHD at University

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.

Firstly, ADHD is a neurodevelopmental disorder that can affect a person's ability to concentrate, pay attention, and control impulsive behaviour. These difficulties can make it challenging for students to stay focused during lectures, complete assignments on time, and stay organised with their study materials.

Navigating university life with ADHD can present its own set of challenges, but with the right strategies and support, it can also be a rewarding experience.

Management Strategies

Here are some tips to help you thrive academically and personally while pursuing your higher education with ADHD:

Create a structured routine
Set specific times for studying, attending classes, taking breaks, and getting enough rest.

Seek academic accommodations
If you require additional support due to your ADHD, reach out to your university's disability services office.

They can provide accommodations such as extended test-taking time, note-taking assistance, or access to specialised resources to help you succeed in your studies.

Build a support network
Surround yourself with understanding friends, family members, or classmates who can offer encouragement and assistance when needed. Consider joining a support group for students with ADHD to connect with others who can relate to your experiences.

Reluctance to Request Accommodations

Being labelled is the reason given by young adults who contact the ADHD Helpline.

They know they should have their ADHD considered to provide them with the best chance at success, but the reluctance to do so can cause much anxiety and stress.

Here are some of the fears we hear regularly:

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

Benefits of Accommodations for ADHD

Reaching your Potential

By seeking support for ADHD, students can develop strategies to manage their symptoms, such as improving their time management skills, staying organised, and breaking down assignments into smaller, more manageable tasks.

These strategies can help students to be more effective and efficient in their studies, leading to better grades, more extraordinary academic achievement, and a more fulfilling university experience.

Self-Achievement and Self-Esteem

Students with ADHD may struggle with tasks that seem easy for others. As a result, they may feel like they are not meeting their expectations or the expectations of others, which can erode their self-confidence and self-esteem.

Seeking support for ADHD can help students better understand and accept their condition. This can lead to a more positive self-image and self-acceptance, boosting self-esteem and confidence.

By understanding that ADHD is a neurodevelopmental disorder affecting many people, students can shift their focus away from feelings of shame and towards feelings of self-acceptance and self-compassion.

A More Enjoyable University Experience

Students can develop a more robust support network, boosting self-esteem and confidence.

By working with academic advisors, disability services, and mental health professionals, students can create a sense of community and support that can help them to feel more confident in their ability to manage their symptoms and succeed in their studies.

Students can develop new skills, meet new people, and build a community outside the classroom. This can help them to feel more engaged in the university experience and more connected to the broader community.

By joining clubs, sports teams, or volunteering opportunities, students with ADHD can develop a sense of purpose and accomplishment.

Increasing Opportunities for Postgraduate Study Later

By accessing support resources and developing effective strategies to manage their ADHD symptoms, students can improve their academic performance.

This can be particularly important for postgraduate study, where the academic demands are often more intense and challenging than undergraduate study.

By improving their grades and developing strong academic skills, students with ADHD can increase their chances of being accepted into postgraduate programs.

Securing Future Support

By accessing support resources and services, students can establish a track record of their ADHD diagnosis and their university support.

This can be important if they need to apply for accommodations or aid in the future, such as in postgraduate study or the workplace.

By having a documented history of their ADHD diagnosis and the support they received, they can provide evidence of their needs and make it easier to access support in the future.

How to Get Started

Remember, having ADHD is just one aspect of who you are, and it doesn't define your potential for success. By implementing these strategies and seeking support when needed, you can navigate university life with ADHD and achieve your academic goals.

Joining a support group and meeting other students in similar positions will help you realise that you are not alone and can share experiences with people who 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!

Connect with us

ADHD Foundation

The ADHD Foundation Australia is devoted to offering community services at the most reasonable and affordable prices. We acknowledge that the cost of ADHD treatment and support can be prohibitive for many who need it.

We offer low-cost support services to our community, in addition to the National ADHD Helpline. We encourage you to check out the services we currently have on offer.

Psychology

We collaborate with reputable psychologists who offer psychological support and conduct an initial, cost-effective ADHD screening process.

Learn more

Counselling

Our counsellors work with you to improve your mental health, understand yourself better, develop strategies and work towards goals.

Learn more

Helpline

We provide a support service to help you find solutions and assist with ADHD Referrals. You can enquire via our website to request a call.

Contact

Donate

With generous financial and volunteer support we have achieved many milestones. If you are able, we greatly appreciate it.

Support

Contact the office for media enquiries, partnerships, admin and other enquiries.
Email: office@adhdfoundation.org.au
www.adhdfoundation.org.au

REGISTERED CHARITY
acnc.gov.au/charityregister