



Personal and Professional Development
To meet the complex needs of people supported
such as:

- **S**ocial Reform
- **S**ubstances Recovery
- **S**icknesses Prevention
- **S**afety
- **S**ecurity
- **S**kills (Life)
- **S**mart
- **S**elf Development
- **S**atisfactory Life

A Centre for Conscious Care

Part 3A - ADHD



Hyper and Hypo Activity

- Kids are mainly hyper active re. ADHD
- Adolescents and adults are often less hyper - ADD



Brain Waves Underpowered

- **Hyper activity for ADHD and ADD is an adaptive response to stimulate the brain to be more fully 'powered'.**
- **Self medicating drugs are often Nicotine, Cocaine, Speed.**



ADHD Prevalence in People with Autism

- Approximately 50% of people with ASD have ADHD/ADD as a debilitating comorbidity.



Symptoms, Risks and Concerns

- Low regard for personal safety/increased accidental injuries
- Slow development of self care
- Few or no close friends
- Poor peer relationship
- Family stress and conflict
- Slow development of personal responsibilities
- Significantly lower than average school performance



80-85% of People with ADHD Have One or More Comorbidities

Other disorders that commonly occur with ADHD

- **Oppositional Defiant Disorder**
- **Conduct Disorder, e.g. aggression**
- **Learning Disabilities, e.g. delays in reading, spelling, math, writing**
- **Childhood or Adolescent Onset of Bipolar Disorder**
- **Adult Anti-Social Personality**
- **Alcoholism and other addictions**
- **Tick Disorders, e.g. Tourette Syndrome**
- **Autism Spectrum Disorder**



Treatment plans should include:

- **Appropriate medication dosing**
- **Self-management relevant to time and planning**
- **Self-organization and problem solving and working memory**
- **Self-discipline to regulate inhibition**
- **Self-motivation**
- **Concentration and alertness**



Treatments

- **Treatment options must include biomedical interventions offered by Naturopathic Doctors and Registered Nutritionists and Medical Doctors who specialize in ADHD treatment.**



Biomedical Treatments

Main possible contributing factors - deficiencies in:

- **Omega 3 Fatty Acids**
- **Zinc**
- **Vitamin D**
- **Iron**
- **B12 and Folic Acid**



Biomedical Treatments - *continued*

- **Food Intolerance including Opioid like Peptides caused from Gluten, Casein and Soy**
- **Toxins from Yeast**
- **Excess Glutamate and need for GABA**
- **Excess Histamine**
- **Low Blood Sugar because of a diet that is low in Protein and/or high in Refined Carbs**





Traditional Medical Treatment

Medications

- Research shows medications are the most effective treatment currently available for ADHD, being at least twice as effective as non-medication treatments, like counselling or behaviour therapy.
- Proper medications improves symptoms in 70-95% of adults who take them.
- ADHD medications can normalize the behaviour of 60-65% of those with ADHD and result in substantial improvements, if not normalization in another 20-30% of people with the disorder.



ADHD Identification and Treatment – for Staff Members

Probable ADHD Symptoms

☐ Do you have trouble concentrating?	☐ Do people say you talk too much?
☐ Are you easily distracted?	☐ Is it hard for you to listen closely to others?
☐ Do you consider yourself highly impulsive?	☐ Do you jump in and interrupt others when they are talking to doing something?
☐ Do you have trouble getting or staying organized?	☐ Do you struggle to get to the point of what you are trying to say?
☐ Do you find yourself unable to think clearly?	☐ Do you often feel restless inside?
☐ Do you feel like you always have to be busy doing lots of things – but then you don't finish most of them?	☐ Do you find yourself forgetting things that need to get done?

Note: symptoms must have been prevalent for a least 6 months in order to be relevant.



Conclusion

- It is essential that supporters, very carefully track symptoms (as referenced above) and report these to the health care team.
- Always ask the health care team for a symptoms tracking tool.

Note: no treatment should proceed without direction from a qualified health care team member and approved by primary care physicians.