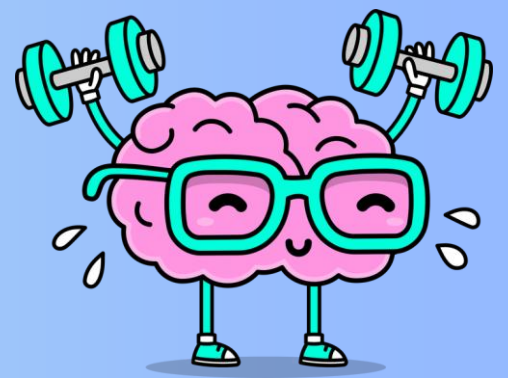




WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a Neurodevelopmental Condition.

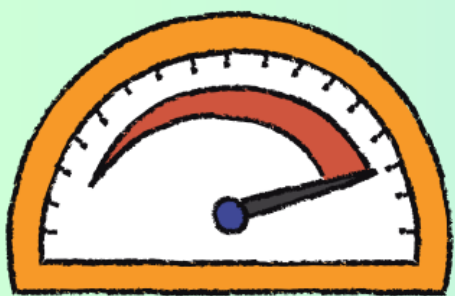
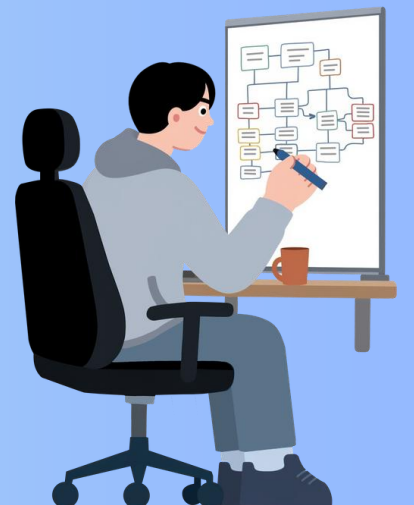
People have ADHD because of how their particular brain functions. It is **not** a choice or 'bad behaviour'.



It begins in childhood and continues to adulthood, although impact and challenges can be supported with different strategies.

Some people do not get diagnosed until they are adults, and they can then understand some of their behaviours and challenges as children.

ADHD can cause challenges with attention and focus. This can mean that the person can find it difficult to concentrate for long periods of time; be unable focus on one thing; be easily distracted; struggle with planning and organisation; be forgetful.



Some people with ADHD suffer from hyperactivity. They may have an overwhelming need to be moving or fidgeting. Hyperactivity can also impact on their cognitive thinking, meaning that they may overthink, are constantly planning, questioning and feel like their minds are in overdrive.

People with ADHD may suffer from impulsivity. This means an uncontrollable urge to act in a certain way; say something; interrupt conversations; find it hard to wait or take turns or act without thinking of the consequences first.





STRATEGIES TO SUPPORT

There is no 'one size fits all' approach to supporting someone with ADHD. We are all unique individuals with our own personalities, traits, likes and dislikes. These are suggestions of what may help.

Exercise

Fidget Toys

Sleep

Movement Breaks

Limit distractions in the environment

Establish routines

Healthy Diet

Break down tasks.

Medication

Mindfulness

Therapy

Use planners, calendars, apps, to do list, reminders.

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