

HANDLING ADULT ADHD

Navigating and Overcoming its Challenges

WHAT IS ADULT ADHD?

Attention Deficit Hyperactivity Disorder

A neurological condition that impacts the attention span and over-activity in an individual

Commonly associated with just being a childhood condition, but tendencies of this condition can continue into adulthood

Symptoms from childhood may not have been clear or detected and become visible/more prominent in adulthood

Symptoms can be **mild** to **severe**

Can make it difficult to **focus** and **prioritise**

Needs to **severely** impact daily functioning

Inattention

- difficulty paying attention
- disorganization
- problems with prioritizing tasks
- poor time management skills
- trouble multitasking
- issues following through and completing tasks

Hyperactivity

- restlessness
- impulsivity
- excessive activity

Mood

- hot temper
- low frustration tolerance
- frequent mood swings
- trouble coping with stress

Symptoms should be **persistent, disruptive, and trace back from childhood**

COMMON ADULT ADHD SYMPTOMS

THREE TYPES OF ADHD

Hyperactive-Impulsive

- fidgeting, squirming, struggling to stay seated
- frequent talking, interrupting others, blurting answers

Inattentive

- primary issues with attention
- issues with sustaining attention, following detailed instructions, and organizing

Combined

- shows 6+ inattention and 6+ hyperactivity/impulsivity symptoms

DID YOU KNOW?

ADHD is one of the most common neurological conditions in Canada

It affects around 4-6% of adults

It is under recognized, diagnosed, and misdiagnosed in Canada

NEED an assessment from an appropriate health professional to get a formal ADHD diagnoses i.e. psychologist, psychiatrist, or family doctor

The ADHD Clinic

- Psychoeducational workshops, cognitive behavioural therapy, ADHD coaching, CogMed Memory Training, supportive group psychotherapy

Possibilities Clinic

- ADHD testing, diagnosis, and treatment effectiveness review, ADHD coaching

Frida

- Online format, ADHD diagnoses, treatment, team of clinicians specialized in working with ADHD clients

Dig a Little Deeper

- Psychological ADHD assessments, individual psychotherapy, ADHD-adapted psychotherapy, lower cost counselling

DO I HAVE ADHD?



Scan the QR code to learn more about these resources!

WHAT CAN I DO ABOUT MY ADHD?



Access all resources listed here!

Planners/Worksheets

- **The Emergent Task Planner**
 - Daily planning sheets
 - Free downloads or purchase on Amazon
- **TREES Daily Planner**
 - Daily planner - reasonable price
 - Time blocks, to-do list, day summary/priority section
- **Mastering Your Adult ADHD Client Workbook**
 - Variety of worksheets that help with procrastination, reducing distractibility, and thought records

Counselling/Workshops

- **Attention Deficit Disorder Association**
 - Virtual support groups, workshops, directory of professionals
- **Centre for ADHD Awareness, Canada**
 - Conferences/webinars, support groups, group coaching, ADHD Resource Navigator
- **Psychology Today** and **Therapy Tribe**
 - Search for mental health professionals who specialize in ADHD treatment in Peel Region

Books

- **Thriving with ADHD** - Phil Boissiere
 - Evidence-based skills to strengthen executive functioning, memory, attention, organizing, and impulse control
- **Scattered Minds** - Gabor Maté
 - Provides new perspective on ADHD and new perspectives on helping adult ADHD with personal insights

Medications

- ADHD medications are prescribed by a **family doctor, nurse practitioner, or psychiatrist**
- Medications do **NOT** cure ADHD but can **improve** symptoms
- Most common medications are **stimulants**, which help increase number of **neurotransmitters** in the brain and can **improve** attention and decrease hyperactivity
- ADHD medications can affect people **differently** depending on the individual

Please consult with your doctor to see if medications are right for you and which medications suits your lifestyle