



# ADHD Fact Sheet

## ADHD is...

- ✓ **An abbreviation** for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ **A common disorder** that can impact focus, impulse control and emotional responses.
- ✓ **Often diagnosed in childhood** but sometimes not until the teen years or later.

## ADHD is *not*...

- ✗ **All about hyperactivity.** Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ **A problem with laziness.** ADHD is caused by differences in brain anatomy and wiring.
- ✗ **Something most kids totally outgrow.** Many kids diagnosed with ADHD have symptoms that persist in adulthood.

### Kids with ADHD may have trouble with...

Getting and staying organized

Managing emotions

Following directions

Managing time

Shifting focus from one thing to another

Focusing on what's important

Getting started on tasks

Thinking before saying or doing things

Keeping things in mind (working memory)

## Ways to help kids with ADHD



**Behaviour therapy** can help kids get organised and replace negative behaviours with positive ones.



**ADHD medication** can reduce ADHD symptoms, but only when the medication is active in the body.



**Classroom accommodations**, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

## Success stories



**Emma Watson**, Award-winning actress and activist



**Heston Blumenthal OBE**, Three star Michelin celebrity chef



**Simone Biles**, Olympic Gold gymnast



**Zayn Malik**, Award-winning singer and songwriter

For more information and support around ADHD, visit [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)