



ADHD

Attention-Deficit/Hyperactivity Disorder, or ADHD, is a neurodevelopmental condition that affects how a person pays attention, controls impulses, and manages energy levels. ADHD often impacts a person's ability to focus, stay organized, follow through on tasks, and regulate emotions — which can affect school, work, relationships, and daily life.

There are three main types of ADHD:

PREDOMINANTLY INATTENTIVE PRESENTATION

The individual has difficulty organizing tasks, staying focused, following instructions, and is easily distracted.

PREDOMINANTLY HYPERACTIVE-IMPULSIVE PRESENTATION

The individual shows high levels of activity and impulsive behavior, such as fidgeting and struggling to stay seated, talking excessively, interrupting others, or acting without thinking.

COMBINED PRESENTATION

Symptoms of both inattention and hyperactivity-impulsivity are present.

While people with ADHD may struggle with certain aspects of daily life, they also often have unique strengths, such as creativity, resilience, problem-solving skills, and the ability to hyperfocus on topics they find engaging.

With understanding, support, and appropriate strategies, individuals with ADHD can thrive.



SUPPORTING PEOPLE WITH ADHD

Supporting someone with ADHD requires understanding, flexibility, and consistency. ADHD affects each person differently, so there is no single approach that works for everyone. However, there are several effective strategies that can help:

USE CLEAR, DIRECT COMMUNICATION

Break down instructions into small, manageable steps. Be specific and avoid vague language. For example, instead of saying "get ready," say "put on your shoes and grab your backpack."

SUPPORT EMOTIONAL REGULATION

Work on emotional awareness and teach emotional regulation strategies. Respond calmly to outbursts or mistakes — avoid shaming or harsh punishment.

CREATE STRUCTURE AND ROUTINE

Establish predictable routines for daily activities like homework, meals, and bedtime. Use visual schedules, timers, or checklists to help with organization and time management.

PROVIDE POSITIVE REINFORCEMENT

Celebrate successes, even small ones, to build confidence and self-esteem. Use rewards or incentives sparingly to motivate and encourage task completion or positive choices.

MINIMIZE DISTRACTIONS

Offer a quiet space for focusing on tasks, especially during schoolwork or reading. Limit background noise, clutter, or other sensory distractions that may divert their attention.

PROMOTE INDEPENDENCE AND RESPONSIBILITY

Assign ability-appropriate responsibilities and offer guidance rather than doing tasks for them. Encourage problem-solving by asking questions like, "What do you think could help here?"

ENCOURAGE MOVEMENT AND PHYSICAL ACTIVITY

Allow for regular breaks to move around and release energy. Incorporate movement into learning activities — using a standing desk, walking while practicing spelling words, or doing math problems while bouncing on a stability ball.

BE PATIENT AND KIND

Supporting someone with ADHD can be challenging at times, but your patience and compassion make a big difference. Remember that behavior is often a form of communication — try to understand the "why" behind it.

By embracing their unique way of thinking and learning, we can help them become important contributors to society.