ADHD Fact Sheet

ADHD is ...

- **An abbreviation** for attention-deficit hyperactivity disorder. It is 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.** Pupils with the inattentive type of ADHD may appear 'daydreamy' or off in their own world.
- **A problem of laziness.** ADHD is caused by differences in brain anatomy and wiring.
- **Something most pupils totally outgrow**. Many pupils diagnosed with ADHD have symptoms that persist into adulthood.

Pupil's with ADHD may have trouble with ...

- Getting and staying organised
- 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 pupils with ADHD

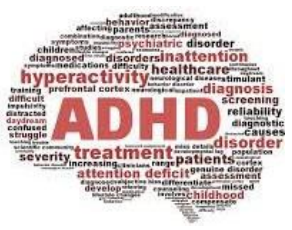
Behaviour therapy can help pupil's get organised and replace negative behaviours with positive ones.

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.

Other Information ...

NHS INFORMATION: https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/

ADHD Foundation: https://www.adhdfoundation.org.uk/

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