

ADHD

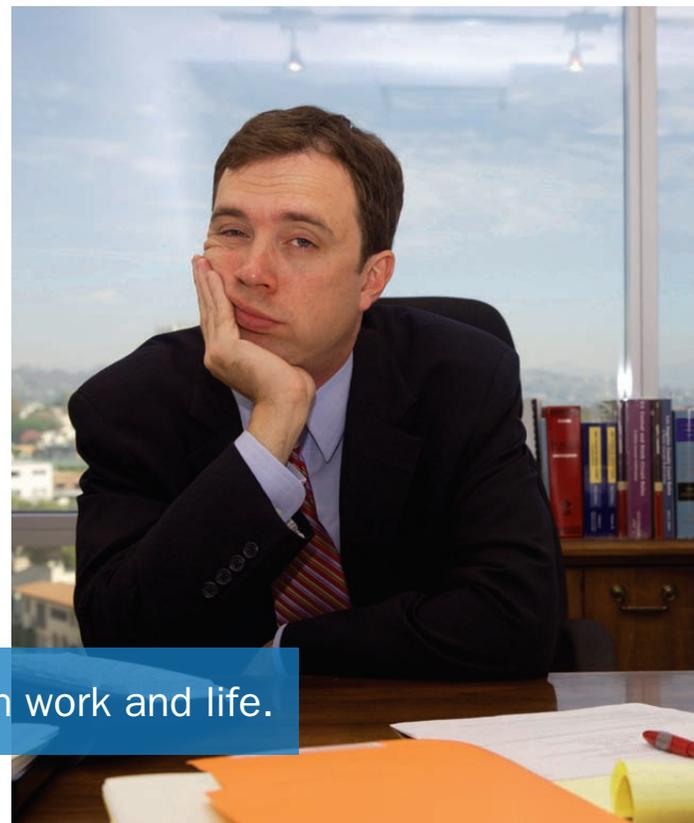
Isn't Only A Childhood Disorder

Based on a survey of adults aged 18-44, it is estimated that 4.4% of adults have ADHD. Many adults believe that they will outgrow ADHD, but experts estimate that up to 65% of children with ADHD experience symptoms into adulthood.

ADHD symptoms	ADHD symptoms in children	ADHD symptoms in adults
Inattention >>>>	Easily distracted, difficulty following instructions >>>>	Not finishing things, poor time management
Hyperactivity >>>>	Squirms or fidgets >>>>	Restlessness, impatience
Impulsivity >>>>	Blurts out answers >>>>	impatience / irritability/ Interrupting others

Individuals with ADHD may:

- Fail to give close attention to detail
- Have work that is often messy and performed carelessly
- Have difficulty sustaining attention in task
- Have work habits that are often disorganized and the materials necessary for doing the task are often scattered, lost or carelessly handled or damaged
- Have feelings of restlessness and difficulty engaging in quiet sedentary activities.



ADHD may lead to potential challenges in work and life.

STAYING ON TRACK

Adults with ADHD: Helping Yourself



Who doesn't have trouble staying focused and organized in daily life? These things can be especially hard for adults with ADHD. Here are some tips to help you at home and at work:

- Educate yourself about ADHD through books, articles, and information from ADHD organizations.
- Everything has a home. To function in a fairly anxiety free state, you need to have a place for most things. It will help simplify matters if you learn to keep certain items in certain places
- Spend 15 minutes a day decreasing clutter. Make time each day or at least each week to organize your stuff. It would be great if your piles of paper would learn to organize themselves, but that won't happen. The longer you delay, the larger those piles will become.
- Develop a system of small tasks and immediate rewards. What's the main project you have to do at work right now? Big tasks may intimidate a person with ADHD and that's why so many waste time on trivial little tasks. So what's the answer? Make your big tasks a series of small tasks. You can decide how small the segments should be based on your usual attention span. For example try working on a report one page at a time, a presentation one slide at a time or other assignments in 30 minute time blocks.

