

ADHD Presentations by Heidi Bernhardt RN

Adult ADHD

Understanding Adult ADHD

For at least 60 % of children with ADHD impairing symptoms continue into adulthood. This presentation will look at what is involved in an adult ADHD assessment, how ADHD impairments are similar and differ from childhood. EF impairments and cognitive impairments continue but often take a larger toll when seen in adults. Factors that influence the degree of impairment that ADHD causes will be reviewed.

Adult ADHD in the Home and Within the Family Relationship

At least 60% of children with ADHD will become adults with ADHD and most children with ADHD will have a parent with ADHD. This presentation will look at how adult ADHD impacts family functioning, parenting and relationships within the family. Adult impairments and functioning in the home setting will also be looked at along with family, home and relationship strategies for adult ADHD.

Understanding ADHD's Impact on Adult Relationships

ADHD can be a significant factor in a variety of relationship problems. However, when those within the relationship understand how ADHD plays a role in the relationship misinterpreted motives and hurt feelings can be mitigated. Find out what to do, what not to do and how to use your new understanding of ADHD to improve your relationship.

Understanding ADHD in the Workplace

This presentation will review potential strengths and impairments ADHD symptoms cause in the workplace and how one can assess these. To disclose or not to disclose, options on how to discuss ADHD with your employer and an employer's responsibilities will be covered. Potential strategies and accommodations that can be implemented for specific impairments will also be discussed at length.

ADHD in the Workplace for the Employer

This presentation will be geared to employers and Human Resource departments. This presentation will review potential strengths and impairments of employees with ADHD and how to turn existing issues into a win for both the employee and employer. The implementation of accommodations and strategies will be discussed in detail and include a review of the employer's responsibilities in accommodating this disability.