

Understanding ADHD in the Home, School and Workplace

Workshop Abstracts

EXECUTIVE FUNCTIONING AND ADHD: KEEPING THE BALLS IN THE AIR

Executive functioning (EF) refers to a number of important, brain-based processes that allow us to do what we need to do to get things done and meet our goals. It includes skills that allow us to control our actions and emotions, pay attention, avoid distractions, set and prioritize goals, plan, organize, get started, monitor our progress, stay motivated, and finish tasks. People with ADHD struggle with some, or many, of these skills, and EF deficits can cause them, and their loved ones, many problems and a lot of frustration. In this workshop, we will provide information about what these skills are, why they are important, and what we can do to support children and adolescents (and even adults) with ADHD, who struggle with them.

SELF-REGULATION AND ADHD: FROM CHAOS TO SMOOTHER SAILING

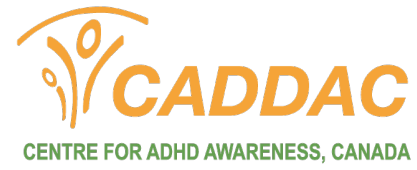
Self-Regulation is critical to our well-being, and ADHD is, essentially, a disorder of self-regulation. Self-regulation allows us to control our thoughts, feelings, and emotions, and achieve an overall state of well-being. Unfortunately, self-regulation difficulties are often mistaken for “behavior problems” or negative character traits, leading people to respond in ways that very often contribute to further dysregulation. This seminar will provide important information about self-regulation, including the factors influence it, and how we can help those who struggle with it.

ADHD GOES TO SCHOOL

This workshop will explore the impact of ADHD on children at school, and the strategies and supports that can be implemented to help students with ADHD be successful. We will consider how ADHD impacts learning skills, achievement, and actions of students, and specific accommodations and interventions that can help improve their functioning in these areas.

ADDVENTURES AT HOME

This workshop will explore the ups and downs of parenting children and adolescents with ADHD, with a focus on the types of challenges families may face, and the types of strategies that can help families address these difficulties.



ADULT ADHD AND THE FAMILY

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. Family, home and relationship strategies for adult ADHD will be reviewed and discussed in detail.

UNDERSTANDING ADHD IN THE WORKPLACE STRENGTHS AND IMPAIRMENTS

This presentation will review the potential strengths and impairments ADHD symptoms could cause in the workplace, how to assess these and if and how the employee might discuss this with their employer. How adult ADHD symptoms present in a workplace setting and what potential strategies and accommodations can be implemented for specific impairments will be discussed at length.

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