

ProcrAstination
Disorganized
Hinders Productivity
AcaDemic Difficulty

ADHD is **more** than just inattention.

*It is a serious mental health disorder
that impairs daily functioning.*

Know the facts.



Facts about ADHD

- ADHD is a neurodevelopmental disorder that has been clinically observed for more than 200 years
- ADHD is the most prevalent childhood psychiatric disorder in Canada
- There are three presentations of ADHD
 1. Predominately inattentive (previously referred to as ADD)
 2. Predominately hyperactive (very rare)
 3. **Combined (most prevalent)**



How ADHD affects individuals

- ADHD affects all aspects of one's life - work, school, finances, and relationships
- Individuals with ADHD struggle in the following areas:
 - **Executive Functioning** – planning, time management, organization, procrastination, motivation
 - **Emotional regulation** – trouble regulating their emotions (can overreact to a situation, emotional outbursts)
 - **Attention** – trouble regulating their attention (over focus/hyperfocus or under focus)

- **Hyperactivity** – may include fidgeting, tapping, excessive talking, extreme restlessness, racing thoughts
- **Impulse control** – React without pausing to think, or poor inhibition control

ADHD Assessment

There are a variety of medical professionals that can assess/diagnose ADHD:

- Psychiatrist (Adult, Child and Adolescent) (with ADHD training)
- Psychologist (with ADHD training) – Psychologists do not prescribe medication
- Family Physician (with ADHD training)
- Pediatrician and/or Developmental Pediatrician
- Neurologist (with ADHD training)

Psychiatrists, Pediatricians and Neurologists require a referral from your family physician or a walk-in clinic. [CHILD](#) [ADULT](#)

ADHD Treatment

ADHD Treatment should always be multi-modal, meaning more than one treatment. Treatments include

- Psychoeducation – learning as much as you can about ADHD is an important first step to treatment
- Pharmacological – ADHD medication ([READ MORE](#))
- Cognitive Behavior Therapy
- ADHD Coaching
- School and workplace Accommodations
- Mindfulness, Exercise, and Nutrition

For more information on Treatments use the following links [CHILD](#) [ADULT](#)

