



CENTRE FOR ADHD AWARENESS, CANADA
CSTC - Centre de sensibilisation au TDAH Canada

Ontario Election Toolkit:

**Help make ADHD an election
issue on June 2nd!**

2022

Introduction

Voters and candidates are going to be focused on post-pandemic recovery promises during the lead up to Ontario's provincial election on June 2. Let's ensure that political party platforms include individuals and families living with ADHD so that there is better access to:

- assessment, diagnosis and comprehensive treatment;
- educational supports; and
- workplace accommodations.

The Toolkit



Three action sheets related to ADHD and how it impacts mental health, education and the workplace are included in this toolkit. Each action sheet contains key facts and a series of questions to ask political candidates to gauge their level of support for ADHD. Pick the action sheet(s) that are most relevant to your lived experiences.

Share the facts and ask the questions when:

- your local candidates canvass you by door or phone;
- you attend a candidates' meeting or debate;
- you email candidates; or
- you have requested a meeting with your candidates and/or elected MPP.

To deepen the impact of your actions, you can also:

- organize a group of families or individuals interested in ADHD to attend candidate meetings and debates so ADHD is raised by more than one person;
- share CADDAC information documents or policy papers when you e-mail or meet with candidates or MPPs; or
- print out the action sheets, and keep them posted near your door or phone for when candidates contact you.

Why your voice matters

Every time you ask a question about ADHD – whether that's at your front door, in an email or at a local community event – you are raising awareness about ADHD, reducing stigma and creating connections for those who may not yet feel safe to share their own story. You are also helping to build relationships for future advocacy efforts and keeping governments accountable.

If a political candidate makes any commitments for action or expresses specific interest in ADHD, please contact CADDAC's Director of Advocacy and Education, Heidi Bernhardt at heidi.bernhardt@caddac.ca.

ADHD Action Sheets for 2022 Ontario Election

Action Sheet #1: ADHD in Mental Health

Did you know?

- ADHD, the most common childhood neurodevelopmental disorder, persists into adulthood 90% of the time.
- Eighty percent of adults and 44% of children with ADHD have at least one coexisting mental health disorder.
- One in four women with ADHD have attempted suicide.
- ADHD symptoms are often misdiagnosed as other mental health conditions, especially in women.
- Untreated ADHD, even when coexisting mental health disorders are treated, leads to poor outcomes.
- Most family physicians and many adult psychiatrists are untrained in ADHD.
- Ontario's mental health clinics and hospitals do not treat adult ADHD.
- Wait times for an ADHD assessment in Ontario can exceed two years.
- ADHD assessments and treatments are often not covered by OHIP.



Top 3 questions to ask your local candidates

1. Would you commit to ensuring that ADHD is recognized within Ontario mental health, included in government working groups, and approved for mental health funding?
2. Would you commit to increased training in ADHD for family physicians and professionals working in mental health, to reduce misdiagnosis, and wait times for assessment and treatment?
3. Would you commit to ensuring that all appropriate treatments covered for other mental health disorders are also covered for ADHD, including caregiver and patient training?



ADHD Action Sheets for 2022 Ontario Election

Action Sheet #2: ADHD in Education

Did you know?



- Almost a third of students with ADHD do not graduate high school, but post-secondary students with ADHD who receive proper treatment and educational supports, are successful.
- It is discriminatory that the Ontario Ministry of Education does not recognize ADHD in its categories of exceptionality, even though other neurodevelopmental disorders are recognized.
- There is no consistency across Ontario school boards in, if and how, they support the disabilities of students with ADHD.
- The newly released Kindergarten to Grade 12 (K-12) education standards recommend that the Ontario's education system be changed so it can serve students with any kind of disability, and not be limited to student's recognized through an "exceptionality".
- Most educators are untrained in recognizing or supporting the significant learning risks caused by ADHD.

Top 3 questions to ask your local candidates

1. Would you commit to improving the current Ministry of Education Special Education System by implementing the recommended Kindergarten to Grade 12 (K-12) education standards?
2. Would you commit to ensuring that students with ADHD have the same guarantees to special education resources and supports for their disability as do students with neurodevelopmental disorders such as Autism and learning disabilities?
3. Would you commit to ensuring that educators in Ontario are trained in recognizing ADHD impairments, understanding how ADHD impairs learning, and implementing appropriate teaching strategies and accommodations for students with ADHD?

ADHD Action Sheets for 2022 Ontario Election

Action Sheet #3: ADHD in the Workplace

Did you know?

- Individuals living and working with ADHD are:
 - 20% less likely to be employed and earn 16% less than their neurotypical counterparts;
 - 61% more likely to be fired and 33% more likely to be laid off; and
 - 53% more likely to quit their job than those without ADHD.
- ADHD still remains significantly under diagnosed in adults.
- Employees and employers are often unaware of how ADHD impacts productivity.
- Implementing simple workplace strategies and accommodations can often be a triple win for the employee, employer and the economy.
- Employers are unaware that the Ontario Human Rights Commission (OHRC) recognizes ADHD as a disability and therefore requires them to implement accommodations.

Top 3 questions to ask your local candidates

1. Since the OHRC recognizes ADHD as a disability, would you commit to ensuring that employers are made aware that they must accommodate for ADHD impairments?
2. Would you commit to ensuring that funding for both employee and employer training on ADHD and appropriate workplace accommodations?
3. Would you commit to reviewing the possibility of screening for adult ADHD in provincial employment training programs?

