

ADHD Information Guide

What is ADHD?

According to the Centre for ADHD Awareness Canada (CADDAC), Attention-Deficit/Hyperactivity Disorder (ADHD) is a lifelong neurodevelopmental condition that affects how the brain manages attention, activity level, and impulse control. These differences in brain functioning can make it harder for people to focus, stay organized, follow instructions, or manage time. ADHD is not caused by poor parenting, lack of discipline, laziness, or too much screen time. It's related to how the brain develops and works, and it often runs in families. ADHD symptoms can look different from person to person and may become more noticeable as a child grows. It's estimated that about 5%-9% of children and 3%-5% of adults in Canada have ADHD. Having ADHD doesn't mean someone isn't capable or motivated, they may just need different supports, strategies, and understanding.

Want to Learn More?

Watch:

- What is ADHD? (<https://www.youtube.com/watch?v=YeamHE6Kank>)
- What it's Like to Have ADHD for Kids and Youth (https://www.understood.org/en/through-my-eyes#Attention_challenges:_Videos_of_kids)
- CADDAC's Youtube videos (<https://www.youtube.com/@adhdvid>)

Listen:

- ADHD Experts Answering Parent Questions About School and Family Life (<https://podcasts.apple.com/ca/podcast/adhd-experts-podcast/id668174671>)

Read/Learn:

- Smart But Scattered Series (<https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2591275&R=2591275>)
- The Conscious Parent's Guide To ADHD (<https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3431744&R=3431744>)
- ADHD Parent Guardian Caregiver Presentation (<https://tinyurl.com/kn47sh29>)
- ADHD Classroom Strategies Presentation (<https://tinyurl.com/yc6mbtj6>)

How is ADHD Diagnosed?

The DSM-5-TR is a manual used by certain regulated health professionals to identify the official symptoms and criteria for diagnosing ADHD. It groups ADHD symptoms into two categories:

Inattention: Trouble focusing, being forgetful or disorganized, avoiding challenging tasks, losing things, and making careless mistakes.

Hyperactivity & Impulsivity: Fidgeting, talking a lot, interrupting, always being “on the go,” difficulty sitting still, and trouble waiting or playing quietly.

Based on these symptoms, there are three types of ADHD:

- **Predominantly Inattentive:** Mostly challenges with focus and attention.
- **Predominantly Hyperactive-Impulsive:** Mostly challenges with movement and impulse control.
- **Combined Type:** A mix of both inattentive and hyperactive-impulsive symptoms (the most common).

Supporting People with ADHD

- **Embracing ADHD Differences**
(<https://www.additudemag.com/understanding-adhd/>)
- **Inspiring ADHD Role Models**
(<https://www.additudemag.com/slideshows/famous-people-with-adhd/>)
- **Treatment Options for ADHD** (<https://www.cdc.gov/adhd/treatment/index.html>)
- **Importance of Healthy Habits**
(<https://www.additudemag.com/adhd-lifestyle-changes-food-sleep-exercise-genetics-environment/>)
- **Routines and Schedules**
(<https://www.additudemag.com/sample-schedule-adhd-morning-after-school-bedtime/>)
- **Making it Visual** (<https://www.additudemag.com/adhd-working-parents-schedule/>)
- **Building Executive Functioning**
(<https://developingchild.harvard.edu/resources/handouts-tools/activities-guide-enhancing-and-practicing-executive-function-skills/>)
- **ADHD and the Classroom**
(<https://www.pearsonclinical.ca/en/blog-webinars/blog/2023/10/educators-guide-to-creating-an-adhd-friendly-classroom.html>)
- **Everyday Activities**
(<https://www.healthline.com/health/adhd/activities-for-children-with-adhd#24-activities>)

- Social Skills and ADHD (<https://chadd.org/for-adults/relationships-social-skills/>)
- Life Skills (<https://chadd.org/adhd-weekly/life-skills-to-help-your-childs-growth/>)
- Emotion Coaching (<https://www.youtube.com/watch?v=E8fCMbTp8-s>)
- Mental Health for Children
(<https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>)
- Collaborative & Proactive Solutions Model
(<https://livesinthebalance.org/parents-and-families/>)

Supports & Resources

- Centre For ADHD Awareness Canada (CADDAC) (<https://caddac.ca/>)
- Canadian ADHD Resource Alliance (CADDRA) (<https://www.caddra.ca/>)
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
(<https://chadd.org/>)
- SNAP Programs (<https://snap.childdevelop.ca/snap-programs/>)
- TDSB Psychological Services
(<https://sites.google.com/tdsb.on.ca/psychologicalservices/understanding-assessments-diagnoses>)