

ADHD Info

From @drcorteswrites

Definition of
ADHD:

ADHD is characterized by a persistent pattern of inattention and/or hyperactivity/impulsivity that interferes with functioning or development.

Diagnosis
criteria:

Inattentive-Type Diagnosis criteria:

- Difficulty with listening skills
- Loses and/or misplaces items needed to complete activities or tasks
- Sidetracked by external or unimportant stimuli
- Forgetful during daily activities
- Difficulty regulating attention / diminished attention span
- Difficulty completing schoolwork, assignments, or following instructions
- Difficulty focusing on details and/or makes careless mistakes in everyday assignments

Hyperactive/Impulsive Diagnosis Criteria:

- Need to fidget or move body when seated
- Restlessness that is difficult to control
- Appears to be driven by “a motor” or is often “on the go”
- Difficulty playing and engaging in leisure activities quietly
- Difficulty staying seated in class or at work for long periods of time
- Talkative
- Difficulty waiting turn
- Interrupts or intrudes into conversations and activities of others
- Impulsively blurts out answers before questions completed

Combined Type Diagnosis Criteria:

- Patient meets both inattention and hyperactive/impulsive criteria for the past 6 months.

Additional requirements for diagnosis:

- Symptoms present prior to age 12
- Symptoms not better accounted for by a different disorder

ADHD Screener:	How do you go about getting a diagnosis? First thing to do is talk to your doctor. Make them aware of the ADHD-like symptoms that you've been experiencing. They will likely refer you to a psychologist that can do further testing to determine if it is ADHD or if your symptoms can be attributed to something else. Here's an ADHD Screener you may find helpful.
ADHD Iceberg:	THE ADHD ICEBERG @FINUCCINIALEFREDO WHAT PEOPLE THINK ADHD IS: WHAT ADHD ACTUALLY IS:
Causes of ADHD:	First, ADHD is not caused by: • Bad parenting • Too much sugar • Too many video games Brain imaging studies and other research have shown differences in ADHD brains versus non-ADHD brains. They suspect that a gene involved in the creation of dopamine, a neurotransmitter that controls the brain's ability to maintain regular and consistent attention may be tracked back to ADHD.

	Research has also shown that a child with ADHD is four times as likely to have had a relative also diagnosed with the condition.
How does ADHD impact the brain:	• A deficiency in dopamine in the <u>frontal cortex</u> can cause inattention, problems with organization, and/or impaired executive functioning. Executive functioning includes skills like self-control, planning, organization, task initiation, flexibility, planning, and time-management, etc. • A dopamine deficiency in the <u>limbic system</u> can cause difficulty with regulating emotions. This can result in restlessness, inattention, or emotional volatility. Our ADHD friends can experience emotions very strongly. • A dopamine deficiency in the <u>basal ganglia</u> can cause issues with communication resulting in attention or impulsivity. • A dopamine deficiency in the <u>reticular activating system</u> can cause inattention, impulsivity, or hyperactivity. From @drcorteswrites
How to support someone you love that has ADHD:	• Be patient. A lot of what we do is beyond our control. Patience and empathy can go a long way in helping us manage our symptoms. • Avoid phrases like: “Are you even listening?” “You’re not paying attention again.” “You forgot again.” “You’re such a spaz.” “How come you don’t know this?” “How many times do I have to tell you?” “Why didn’t you finish this?” • Instead work on clear communication, so the ADHD person knows exactly what to do and what the expectations are. • Understand that they will get distracted and will need gentle redirections back to the main task. • Use visual timers or visual checklists to assist them. • Visual reminders on a dry erase board in different locations of the house, in the car, or at school. For example: -Dry erase sticker at the front door with what they need to take -Hook/Table with all of those materials in plain sight.

	• Model and provide support for executive functioning skills like planning, organization, flexibility, task initiation and persistence. Providing support doesn't mean forcing them to a routine the way you would, but rather supporting them as they discover what works for them. • Help them pack/organize in clear containers so they can easily see what's inside • Set alarms on their phone or device to remind them of appointments or encourage them to do this. • Be kind.
Social Media Accounts to Follow:	@drbrianftw @adhd lite @thepyschdoctormd @speechdude @brainchat @learningwithdr.k @haley.honeyman @connor.dewolfe
Books to Read:	• Lost and Found by Ross Greene • Managing ADHD in School by Russel Barkley • ADHD 2.0 by Edwardy M. Hallowell and John J. Ratey
Resources:	• DSM-5 Diagnostic Criteria for ADHD • What is ADHD from the National Institute of Mental Health • Is ADHD Genetic? Yes and no. • ADHD Myths From @drcorteswrites