

I have ADHD... but what does that mean?

Hard to focus

ADHD

I shout things out

Hyperactivity

Inattention

ADHD

Inattention

Impulsivity

I can't sit still

Hyperactivity

Impulsivity

ADHD

Neurodevelopmental



Pride in our children's, young people's and families' services

Guide to ADHD

We know that sometimes young people with ADHD can find that they are a bit confused about what it means and thought this booklet might help to answer some questions you might have about it...

What are the symptoms of ADHD?

What does ADHD stand for?

How do you know that I have ADHD?

Can only boys have ADHD?

Does this mean I am a bad kid?

Do you grow out of ADHD?

So what does ADHD stand for?

ADHD stands for **A**ttention **D**eficit **H**yperactivity **D**isorder.

It is a neurodevelopmental condition which means that your brain is developing and works in a slightly different way to other people.

ADHD has three main symptoms (on the next page you can see what these might look like)

1. **Inattention**
2. **Hyperactivity**
3. **Impulsivity**

How do you know if someone has ADHD?

You can't always tell someone has ADHD by looking at them (especially if they have more of the inattentive than hyperactive symptoms) and you can't tell by an x ray or a blood test.

We also know that sometimes there can be other reasons why young people find it hard to concentrate or sit still so we want to know what it is to help you have the right support.

For us to say that you've got ADHD we have to answer these questions:

Did these signs start before the age of 7?

Do you have these symptoms at school and at home?

Is there anyone with ADHD or conditions like ADHD in your family?

Is there anything else that might be making it hard for you to sit still and do your work?

We get these answers by talking to you and your parents and we ask your school for some feedback.

We often ask young people to do the Qb test (the test on the computer) as this can help us measure how hyperactive, attentive and impulsive you are.

Does this sound like you?

I am always losing things

I can sometimes get in trouble for interrupting

People say it is like I am driven by a motor or batteries that never run out!

I might shout things out

In lessons I find what is happening outside more interesting

I try to get out of doing things I find hard

Taking turns is hard for me

I am usually fiddling with something

I sit and daydream

I find it hard to do what I'm told

I am always 'on the go'

I can't sit still

I find it hard to stay on topic I might jump from one thing to another

I talk a lot – I can sometimes get in trouble for talking too much

True or False?

We know that there are a lot of beliefs out there about ADHD and some are not true so thought it would be helpful to share some of these with you.

ADHD is not real; it is just an excuse for naughty kids or bad parents.

TRUE

FALSE

This is not true there is proof to say that people's brains with ADHD work differently to people without ADHD so will need some more support in some areas.

Only boys can have ADHD

TRUE

FALSE

Both girls and boys can have ADHD but it might be more difficult to notice the symptoms in girls.

Everyone is a little ADHD

TRUE

FALSE

There are times when other people might be forgetful, struggle to pay attention or might be more fidgety but this wouldn't mean that they would be diagnosed with having ADHD.

I can't do well because I have ADHD

TRUE

FALSE

It can feel really tough when you find things in school difficult when it seems easy to other people but there are lots of things that can help.

What do Jamie Oliver, Richard Branson, Jim Carrey, Michael Phelps and Emma Watson all have in common?

They have ADHD!

Michael Phelps holds the record for the most Olympic medals of all time – his extra energy would have been helpful for all his training.



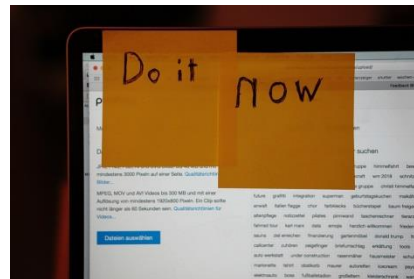
What helps ADHD?

Help with organisation

It may not be exciting but when you have a busy brain having structure and routine can help you feel more in control.

Some people use visual reminders, alarms on their phones or lists to help.

It is also helpful to break down things into more manageable tasks this might be helping to get through your school work or tidying your room!



Praise and encouragement

It is important that it is celebrated when you do things well and when you try hard.

This could also be you rewarding yourself with doing something you enjoy after you have finished your homework!



Knowing the limits



Sometimes you might need some reminders of what the rules and expectations are and sometimes when you might need to stop.

Chance to move around



Having the chance to be active or having something to fiddle with when you need to sit still can be helpful.

What helps in school?

Thinking about where you sit in the classroom – sitting next to a window is not ideal!

Prompts to write important things down like what the homework is!

Support to break down tasks in to chunks



Asking for help if you don't understand the work (or started daydreaming when the teacher was explaining it)

A time out or exit card if you need time away from the classroom

Having an understanding of what is and isn't due to your ADHD and what you can do to help manage it.

Movement breaks

Some people are prescribed medication to help to pay attention at school

Managing emotions



We know that people with ADHD can sometimes find that they feel that their emotions are all over the place they might feel that they get angry quickly or feel sad or worried.

There is lots of support available to help you with things like this and lots of strategies you can try, if these are worrying you ask about them in your appointments.

Available support

You might find some of these are useful for you

Keep your head www.keep-your-head.com/cyp

This website has lots of information about mental health and links to other websites.

Mood juice www.moodjuice.scot.nhs.uk

Mood Juice has a selection of self help guides on topics like anger, stress and sleep.

Chums www.chums.uk.com

A service offering support for young people up to 25 and there is also useful advice and strategies on their website

ADDISS www.addiss.co.uk/

For more information about ADHD

Kooth <https://kooth.com/>

A free online counseling service for young people

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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



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