

WHAT IS ADHD?

Description

Attention Deficit Hyperactivity Disorder (ADHD) is a neurological (brain) disorder where the person has ongoing patterns of inattention and/or hyperactivity and impulsivity.

How is ADHD diagnosed?

A clinical diagnosis relies on observed and reported behaviors. If you suspect that you or someone you care for has ADHD, your family doctor may refer you to a neuropsychologist for further evaluation.

What are some of the common signs/symptoms?

- **Inattention:** person loses things, is easily distracted, does not complete school work/ tasks.
- **Hyperactivity:** seems to move constantly; fidgets, talks constantly and interrupts.
- **Impulsivity:** interrupts, makes decisions without thinking about long-term consequences, socially inappropriate.
- The person may engage in risky behaviors, such as dangerous driving, criminal activity and substance abuse.
- ADHD may look different between males and females. Females with ADHD tend to show more symptoms of inattention and less hyperactivity/ impulsivity compared to males

Do symptoms change over time?

ADHD is a life-long condition. With ongoing support and practice, the person may learn to manage the symptoms at home, with friends, at school and at work.

How is ADHD treated?

Professional support is individualized and may include:

- Counselling (cognitive behavioral therapy)
- Training for social skills
- Medication

Support can be provided before getting a diagnosis. For case management, education and strategies, local health professionals may refer the client to social services, community resources, and available rehabilitation services (SNE, OT, psycho-education, etc.).

What disorders are related?

Other conditions common with ADHD may be: anxiety, depression, oppositional defiant disorder, conduct disorder, obsessive compulsive disorder, tic disorder, borderline personality disorder, substance abuse disorder.

Where can clients and caregivers get more information?

Talk with your doctor about concerns you may have about your child, family member or yourself. Go to your local clinic/Community Miyupimaatisiun Centre (CMC) and ask for a case manager. (click on the links)

- [ADHD: Information, tips, tricks](#)
- [Disability Programs Specialized Services](#)

Prevalence

5-9% for children and adolescents and 3-5% for adults, worldwide.

- This fact sheet is based on the medical model. It is for general information only and does not replace professional medical advice. If provided to clients and their family, it must be reviewed with them to ensure understanding and address any questions or concerns.
- Please keep in mind that a disability is only one part of a person. Identifying and fostering their strengths will be critical for supporting the person to reach their goals.
- For more information and/or support, please visit your local clinic/Community Miyupimaatisiun Centre (CMC) and ask to be connected with a case manager.