

# ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

## What is ADHD?

ADHD is a Neurodevelopmental Disorder.

ADHD is characterised by persistent difficulties with inattention and or hyperactivity-impulsivity that impacts daily life.

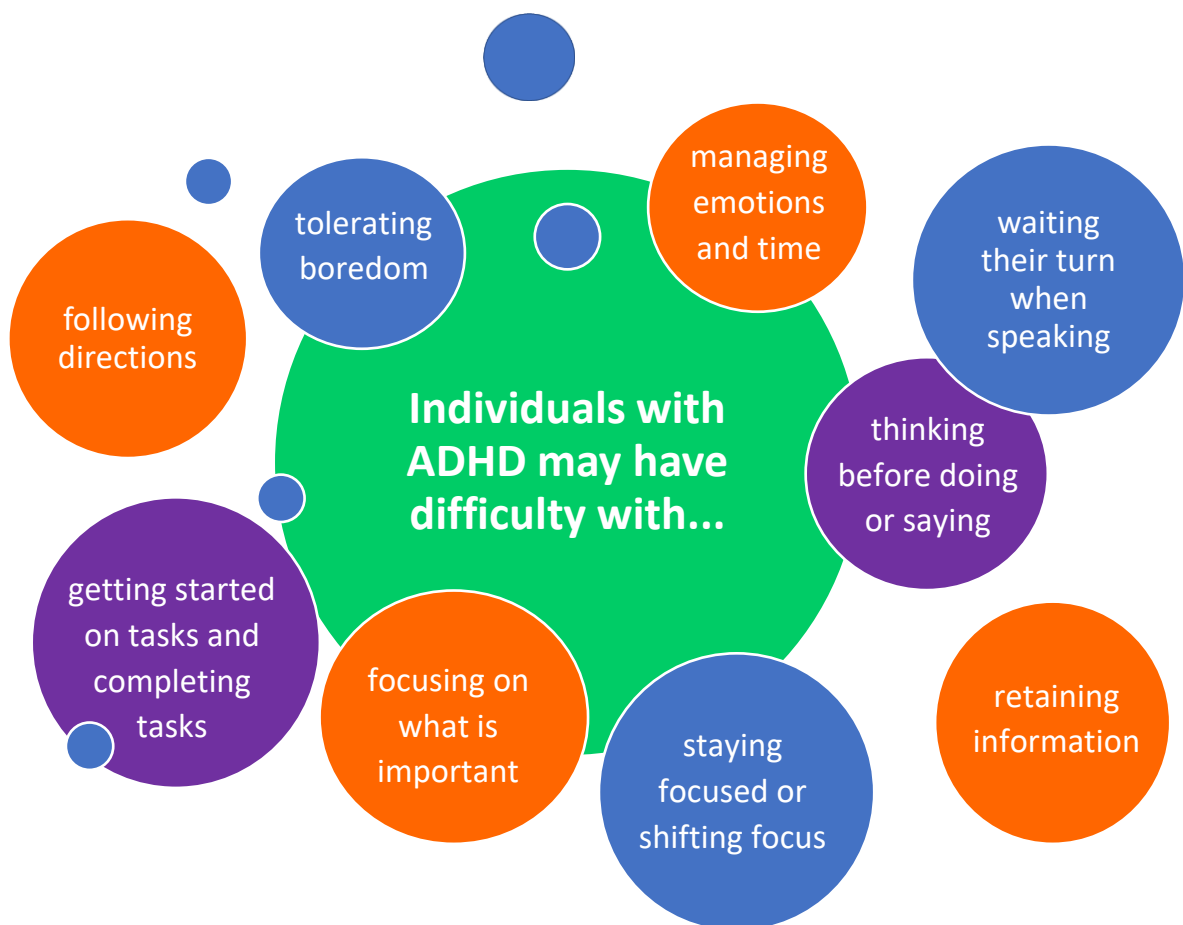
ADHD affects a person's ability to self-regulate, focus, remember information and plan – a group of cognitive skills known as executive functions.

*ADHD is an abundance of attention*

## ADHD is not....

Laziness, troublemaking, or just being naughty.

There is no evidence that ADHD is caused by gaming, watching too much TV, eating sugar, family stress or traumatic experiences.



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## I think my child has ADHD, where to from now?

Diagnosing ADHD requires a comprehensive assessment conducted by a paediatrician, psychiatrist or clinical psychologist. Feedback is also collected from parents, teachers, carers.

After collecting information, a professional analyses the results to determine if a person's behaviour meets the diagnostic criteria for ADHD.

Only one quarter of people living with ADHD have been diagnosed

ADHD affects around one million Australians

If left untreated, ADHD can lead to poor self-esteem, peer rejection or difficult family relationships

2 in 3 individuals with ADHD also suffer from anxiety, depression, or a learning disability

## Why diagnose?

Management of ADHD can avoid negative outcomes such as school failure, inappropriate social skills, and deflated confidence.

With evidence-based treatment and support, people with ADHD can embrace their strengths and interests, learn to manage their challenges, and live a full and rewarding life.

Resources:

Learning Links Australia [Attention Deficit Hyperactivity Disorder \(ADHD\) in children • Learning Links](#)

ADHD Australia [Observed behaviours of ADHD – ADHD Australia](#)

Understood [Understood - For learning and thinking differences](#)