

## What about medications?

- ◆ There are several medications which can be used to help people with ADHD.
- ◆ Your GP will need to refer you to an adult psychiatrist with expertise in ADHD for a fuller assessment.
- ◆ He or she will discuss the options and the pros and cons of different medications. However, he or she may think that medication is not right for you.

## Where can I find out more?

- NICE** Guidelines on ADHD in children and adults <http://guidance.nice.org.uk/CG72/>
- Addis** The National Attention Deficit Disorder Information and Support Service <http://www.addiss.co.uk/>
- Adders** A national support group which has an online forum <http://www.adders.org/>
- Splash** This is a support group in Sheffield for people affected by ADHD <http://www.adhdsupportsheffield.org.uk/>  
Tel: 07890595335
- UKPPG** There is more information about medications here <http://www.choiceandmedication.org.uk/>



# Adult ADHD



## Information and advice

## What does it mean?

- ADHD stands for Attention Deficit Hyperactivity Disorder.

## What is it?

- ADHD starts in childhood with behaviours such as hyperactivity, inattention, distractibility and impulsivity.
- These are present to some degree in all children and adults, but in ADHD they must be severe enough to interfere with the ability to function in different aspects of life (e.g. at school, college, work and at home).
- Symptoms tend to reduce with age, but some people continue to have difficulties when they are older.
- Hyperactivity usually reduces, but impulsivity, poor concentration and risk taking may become more of a problem, interfering with work, training and relationships.

## Who can diagnose adult ADHD?

- Children with a diagnosis of ADHD may be referred on to an adult psychiatrist with experience in ADHD if they continue to have problems or need medication on reaching adulthood.
- In adults who have not been diagnosed in childhood, a specialist psychiatric assessment will be necessary to make a diagnosis. This may also involve questionnaires for both the patients and relative.

## I've got ADHD - what can I do?

- Some people find practical ideas helpful:
  - making lists
  - keeping diaries
  - sticking up reminders
  - planning and prioritising

- Some people cope better by finding outlets for frustrations (such as exercise or relaxation).
- For some people, pressure, conflict, drugs and alcohol can make things worse.

## Who else can help?

- Your teacher, tutor or employer may be able to help you if you discuss your problems with them.
- You could discuss your difficulties with a self help group or use a web - based chat room for people with ADHD.
- Your GP may be able to help, for example, by referring you for counselling or giving you a prescription for the gym.
- If you are very distressed or depressed because of your symptoms, your GP or psychiatrist may refer you to your local community mental health team.
- Specialist cognitive behavioural therapy may be helpful for some people.

Are these issues for you?



I act without thinking <input type="checkbox"/>	I get angry easily <input type="checkbox"/>	I don't achieve my full potential at work or school <input type="checkbox"/>	I use alcohol or drugs to help solve my problems <input type="checkbox"/>
I've got little self-confidence <input type="checkbox"/>	I find it difficult to sit still <input type="checkbox"/>	I don't get things finished on time <input type="checkbox"/>	My emotions seem to control me <input type="checkbox"/>
I find it hard to solve problems efficiently <input type="checkbox"/>	How I am causes problems with others <input type="checkbox"/>	I easily get distracted or side-tracked <input type="checkbox"/>	It's hard to give tasks my full attention <input type="checkbox"/>