

# Module 6: Attention Deficit Hyperactivity Disorder (ADHD)



# Understanding ADHD

Attention Deficit Hyperactivity disorder (ADHD/ADD) is a medical/neurobiological condition which means it affects how the brain works and affects behaviour.

Individuals with ADHD may have difficulties relating to behaviour, learning and self-regulation.



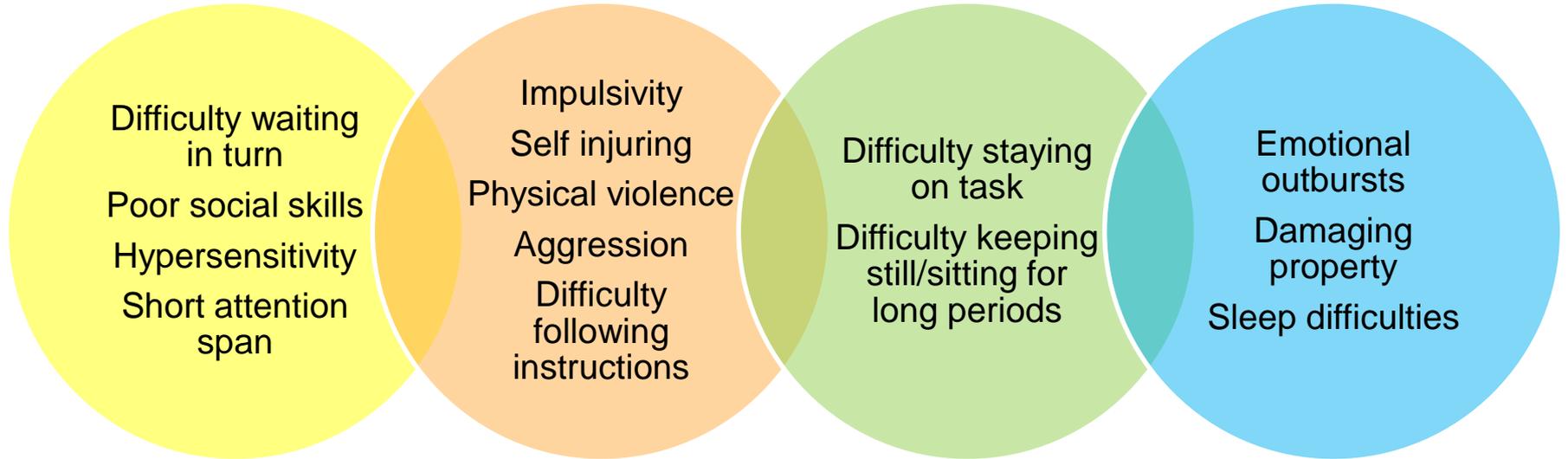
<https://freerangestock.com/photos/59705/yellow-coreopsis-flower-closeup.html>

# Understanding ADHD (continuation)

Impulsivity, hyperactivity and inattentiveness are common with ADHD.

- ✓ Impulsiveness causes the person to react before thinking of what the outcome might be for example crossing a busy road without checking how safe this is.
- ✓ Hyperactivity means that the individual may find sitting still very difficult and may feel the need to jump, run around or move constantly.
- ✓ Inattentiveness means that the person may have difficulty focusing on something for a long time, or staying focused for long enough to complete a task.

# Behaviours to Expect



(ADHD Ireland, 2019)

# Behaviours to expect (continuation)



<https://freerangestock.com/photos/74930/abstract-person-with-cogwheels-thinking-fast-and-slow--with-cop.html>

Accidental injury and intentional self-injury are more common in people living with ADHD.

Your loved one may find it difficult to express themselves calmly if they are upset, and may display aggressive or violent behaviours.

Interacting socially can be challenging for the individual.

# Do you want to learn more?

Our interactive Resource Pack will give you information about

- concerns that you as caregiver might have
- what can be done
- useful tips how to handle the burden of care
- how to avoid stress and burnout
- how to deal with your emotions
- acceptance of the disorder
- and more!

You will also find exercises and activities for YOU and for the care receiver!



**The Resource Pack will be available in May 2020!**