



What is ADHD

ADHD is one of the most common neurodevelopmental disorders. Recent data indicates that up to 8-10% of school age children meet the necessary criteria for a diagnosis of ADHD; and 4% of adults meet the criteria.

Types of ADHD



Inattentive

Adult exhibits significant inattention across multiple domains with no significant hyperactivity or impulsivity. This is what used to be considered ADD.



Hyperactivity

Adult exhibits adequate attentional control; however, presents with significant deficits with activity level and/or impulse control.



Combined

The most common form of ADHD in which the individual struggles with paying attention as well as regulating behavior.

Population that has ADHD

ADHD is more common in males than in females. It is twice as common in the male population.



Treatment



Pharmacological

- ✓ Research indicates that pharmacological treatment is the treatment of choice for ADHD.
- ✓ Focus is on improving attention and behavioral regulation.



Behavioral Therapy

- ✓ Focus is on teaching.
- ✓ Behavioral regulation strategies to improve the frequency and duration of positive, on-task behaviors.
- ✓ Establish a reinforcement schedule.
- ✓ Modify the environment by doing the following:
 - * downsize belongings greatly
 - * contain in transparent or clear containers

For help simplifying your home spaces or workplace environment contact Vicki Winterton,

Utah's Adult ADHD home organizer and efficiency trainer at:

801.623.8411 www.organize-utah.com/contact-us/