

## **Attention Deficit Hyperactivity Disorder, (ADHD)**

### **ADHD, Inattentive Type**

- .. Inattention to details
- .. Makes careless mistakes in school or work
- .. Easily distracted by extraneous stimuli
- .. Difficulty in organizing tasks or activities
- .. Failures to complete tasks
- .. Loses necessary items for tasks or activities
- .. Forgetful

### **ADHD, Hyperactivity-Impulsive Type**

- .. Excessive activity and physical restlessness
- .. Unable to sit still
- .. Constant running or climbing
- .. Acts as if “drive by a motor”
- .. Extremely talkative
- .. Impaired impulse control and delay of gratification

### **ADHD, Combined Type**

-Significant combination of symptoms from both types

For a diagnosis, behaviors must be excessive, long-term, pervasive, and continue for at least 6 months

### **Treatment of ADHD**

- The most effective method is a combination of medication and counseling.
- .. Medications to help normalize brain activity (Ritalin, Adderall, Concerta, Stratera)
- .. Counseling to learn coping skills and adaptive behaviors
- .. Behavioral therapy
- .. Cognitive therapy

ADHD manifests itself in behaviors we cannot always change, correct or “punish.”

ADHD is not:

-bad behavior, poor parenting skills, or something you outgrow

It is:

- experienced by children, adolescents, and adults
- manageable with medication and psychological counseling

### **Helping people with ADHD**

- .. Consistency.
- .. People with ADHD need a sense of external structure because they tend to lack internal structure.
- .. People with ADHD have two types of time.....plenty and none.

- “ Help break tasks down into small elements, as they tend to lack organization skills. Use shapes and color to help them to organize
- “ Change the type of work frequently.
- “ Provide a distraction-free area to work or study
- “ Children with ADHD tend to get other children around them to fight.
- “ AVOID the blaming or accusing mode.
- “ People with ADHD are VISUAL and TACTILE learners.
- “ DO NOT take their behavior personally.
- “ Because most cases it is not directed at you.

**\*Please Note\***

If you are concerned about someone that is presenting these symptoms or behaviors, be aware that many facilities and counselors are available to help individuals with ADHD. If you are a University of Louisiana at Lafayette student seeking help with ADHD, please contact the Counseling and Testing Center at 337-482-6480 for more information. The center offers unlimited confidential sessions free of charge to all university students and staff.