

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.