ADHD ATTENTION DEFICIT HYPERACTIVITY DISORDER



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WayAhead Mental Health Information Line

Local Early Childhood Centre

WayAhead Mental Health Information Service Level 5, 80 William St

Woolloomooloo NSW 2011

1300 794 991 info@wayahead.org.au www.wayahead.org.au

"The children who need love the most will always ask for it in the most unloving ways

Russel Barkley

What is ADHD (Attention Deficit Hyperactivity Disorder)?

The term Attention Deficit Hyperactivity Disorder (ADHD) describes children or adults who have difficulties in staying attentive or focused, are impulsive, frequently very active (over-active) at levels higher than expected for their age and have difficulties controlling their behaviour. Although the disorder is usually diagnosed during childhood, it may continue into adulthood.

What Are The Symptoms?

- Hyperactivity and restlessness
- Poor impulse control acting without thinking
- Compulsive aggression disruptive at home and in school, disturbs other children, and may behave in potentially dangerous ways
- Excitable, impulsive and unpredictable behaviour frustration may lead to temper tantrums
- Difficulty in dealing with failure or frustration may cry often and easily
- Short attention span difficulty with concentration
- · Poor muscle and eye-hand co-ordination
- Poor sleeping habits
- Normal or high IQ yet experiences difficulties at school.

What Causes ADHD?

The exact causes of ADHD are not clear. Like many other conditions ADHD may develop in response to a combination of biological, psychological and social factors.

What Treatment is Available?

There is no one single treatment for the symptoms of ADHD. However it is thought that a combination of talking treatments, such as psychotherapy, counselling, behaviour therapy, family therapy, parenting skills training, and education support can be used to gain some control over the symptoms. A multi-pronged approach to treatment is most useful, with a variety of interventions available from parents, schools and professionals.

Medication

The most common types of medication used for treating ADHD in Australia are psychostimulant drugs called Dexamphetamine or Ritalin. Although it may seem unusual to treat ADHD with a medication considered a stimulant, it actually has a calming effect on children with ADHD. It is important to learn about the pros and cons of medication and discuss these with your doctor.

Behaviour techniques

Behaviour techniques may help parents and teachers to assist the child to identify and moderate problematic behaviour; additional one-to-one help in the classroom may also prove useful.

Dietary changes

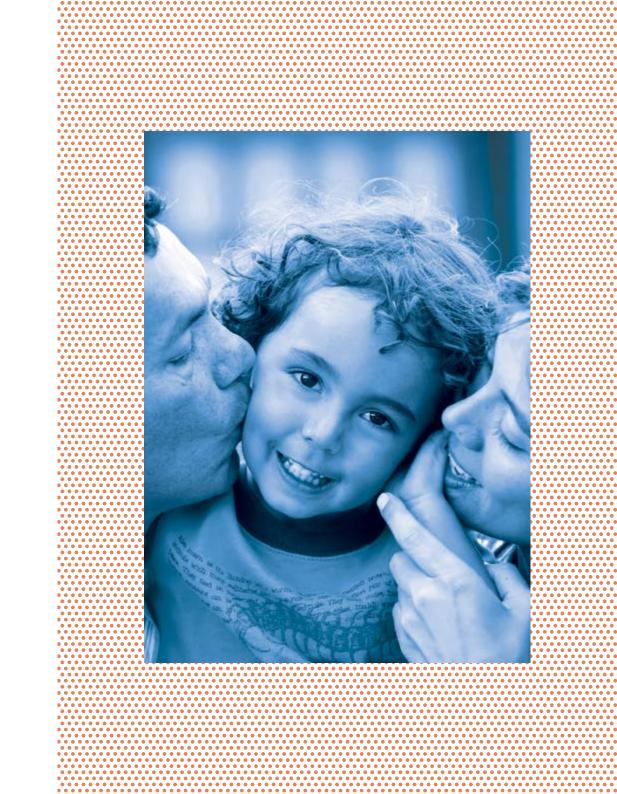
Some parents have found that changing the child's diet improves the symptoms.

What Can I Do to Help Myself/My Child?

- Attend support groups to find other parents dealing with similar difficulties
- Attend training in parenting skills
- Learn how to advocate for your child effectively with schools and health professionals
- Build your own support network of family members, friends, other families with ADHD and professional services don't try to cope alone.

Reference

National Institute for Mental Health, Maryland, USA http://www.nimh.nih.gov/publicat/adhd.cfm



Where do I go for help?

The WayAhead Directory

is an online resource providing a comprehensive list of mental health related services in NSW.

www.WayAhead.org.au

Phone Support and Useful Websites

WayAhead Mental Health Information Line 1300 794 991

Local GP

Local Early Childhood Centre (listed in the White Pages)

Pediatrician

Sydney Developmental Clinic sydneydevelopmentalclinic.com.au 02 9276 6100

ADDults with ADHD (NSW) Inc. www.adultadhd.org.au 02 9889 5977



Translating & Interpreting Service (TIS) 131 450

Please call the Mental Health Information Line through the Telephone Interpreter Service (TIS). Free to Australian citizens or permanent residents. Macquarie University Psychology Clinic mq.edu.au/about/campus-servicesand-facilities/hospital-and-clinics/ psychology-clinic 02 9850 8000

Relationships Australia - Family Skills Program, Penrith 02 4728 4800 02 4728 4802

Junaya Family Development Service - Blacktown 02 9621 3922

Learning Difficulties Coalition of NSW (Inc.) www.ldc.org.au 02 9806 9960 (parent helpline)

Canberra & Queanbeyan ADD Support Group www.addact.org.au 02 6290 1984 02 6287 4608 (A/H: 6pm - 9pm)

Sutherland Shire Learning Difficulties Support Group 02 8544 8604

Disclaimer

This information is for educational purposes. As neither brochures nor websites can diagnose people it is always important to obtain professional advice and/or help when needed.

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The Association encourages feedback and welcomes comments about the information provided.

** Place fact sheet review text here **

" I found people who understood exactly what I was going through "

