

## Neuro Developmental Conditions Pathway (NDC)

# What is Attention Deficit Hyperactivity Disorder (ADHD)?

### *Top tips – things to consider*

- ✓ Ask for it in writing
- ✓ Ask questions
- ✓ Sound off or on
- ✓ Stay active
- ✓ View video in increased playback speed
- ✓ Take a break
- ✓ Check understanding

### *Introduction to ADHD*



**What it is**  
*and*  
**What it isn't**



## What is ADHD?

**A**ttention  
**D**eficit  
**H**yperactivity  
**D**isorder

*ADHD is also known as Hyperkinetic Disorder*

## Attention

There are lots of things that can interfere with attention such as anxiety, stress, tiredness but the inattentiveness that can be observed in ADHD is distinct from these as it is a failure of persistence towards a goal.

ADHD is not a problem of perception, of filtering or processing but rather an issue with the motor part of the brain. Sustaining action towards a goal to enable them to attain that goal.

Difficulty in resisting distractions; they are more likely to respond to distractions; like they are compelled to react to the distraction. Most people when they get distracted by things are able to easily go back to what they were doing but for someone with ADHD they may also struggle with working memory so they may end up forgetting what it was they were meant to be doing.

Forgetful, Distracted, Disorganised, takes ages to start something, unable to listen, unable to complete tasks.

## Hyperactivity



## Hyperactivity



## Hyperactivity



# Hyperactivity

Always on the go



# Impulsivity

Do things without thinking



# Impulsivity

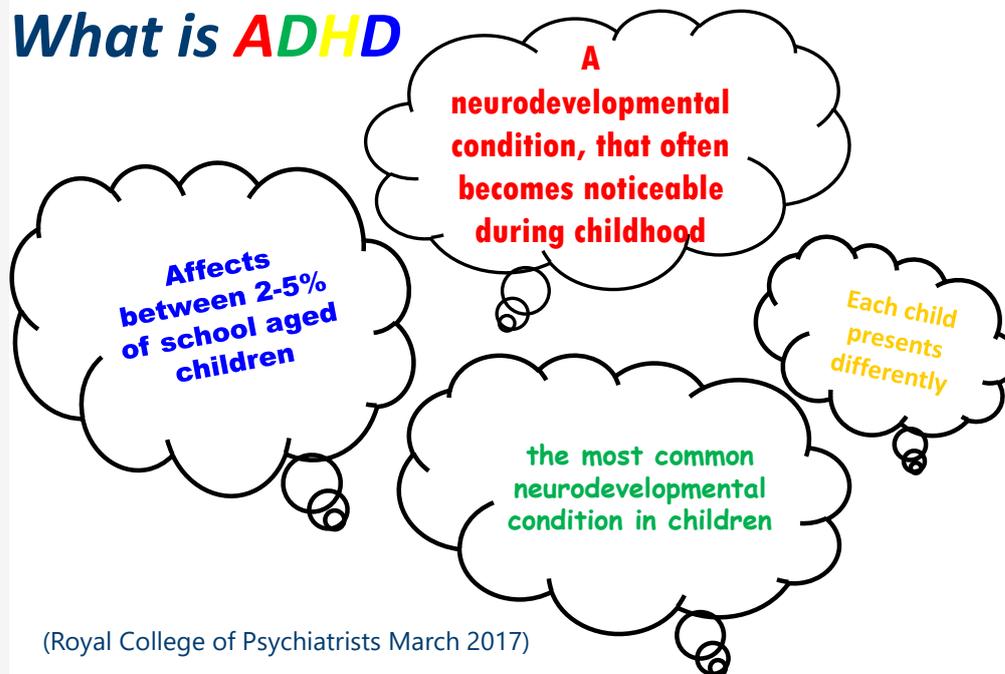


## Impulsivity

Have difficulty waiting their turn

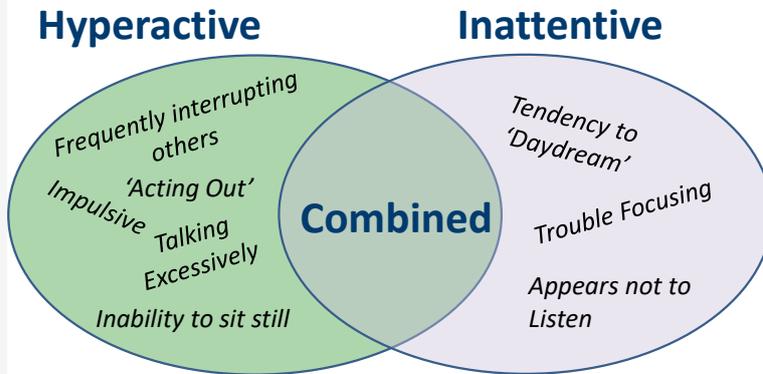


## What is ADHD



(Royal College of Psychiatrists March 2017)

### 3 different presentations



### Why are boys more likely to receive an ADHD diagnosis than girls?

Typical symptoms in boys are easy to recognise due to them being externalised – Impulsive and hyperactive



**VS**

Girls typically display internalised symptoms – Inattentive and forgetful



## Other difficulties

### Difficulty with controlling emotions

Struggling to sleep

Brain is less developmentally  
mature than the body

Not able to learn easily  
from own consequences

Struggles to set goals, plan  
and get things done

Possible learning difficulties

Mental health problems –  
Anxiety, low self-esteem

Struggles to work with  
new information

Loses track of time

[https://www.youtube.com/watch?v=YvIs3Ja2V\\_Y&t=2s](https://www.youtube.com/watch?v=YvIs3Ja2V_Y&t=2s)

<https://youtu.be/rg8wkjklYl8>

## ***What ADHD isn't***

- Poor parenting
- The same in all children
- A negative label
- A child just being 'difficult' or 'naughty'

A question that is often  
get asked -  
***What is the cause of  
ADHD?***

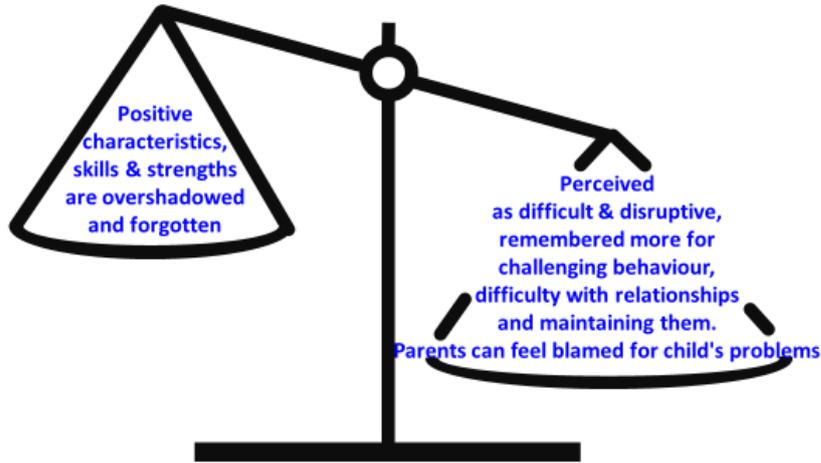


**It is thought that ADHD  
may be a combination of  
genetic  
and environmental factors**

What we mean by genetic is that this can be passed down from generation to generation via the parents genes; something that is inherited similar to hair colour and temperament. Some research such as studies on identical and non identical twins and children parented by mothers who are genetically unrelated such as through egg donations has shown ADHD to be highly heritable which means that there is a higher chance that it is carried in your families genes rather than via the environment.

However, despite ADHD being highly heritable condition we know there are also certain environmental factors that can influence the development of ADHD in a child.. Examples of these environmental factors are being born with a very low birth weight or being born premature. Also children who are exposed to drugs and alcohol during pregnancy have an increased chance of developing ADHD.

## The impact of ADHD?



## Role Models with ADHD



Jamie Oliver: *Manages his ADHD symptoms with a healthy diet*



Justine Timberlake: *'I have ADHD & OCD, trying living with that combination'*

All images on this slide were taken from <https://commons.wikimedia.org>



Simone Biles: *"I was built this way for a reason, so I'm going to use it"*



Michael Phelps: *"I had a teacher tell me that I would never amount to anything and I would never be successful. So it was a challenge and it was a struggle..."*



Will.i.am: *"I've got all this stuff in my head at the same time as I'm doing stuff and I don't know how to stop or slow down"*



Rory Bremner: *"I sometimes think of ADHD as being my worst enemy and my best friend – it's not fun having this noticeable impairment, but it allows me to make leaps of logic and think outside of the box"*

Sir Richard Branson:  
"You don't learn to  
walk by following the  
rules, you learn by  
doing and by falling  
over"



Louis Smith: "I didn't sleep at all –  
I'd be awake all night. I had no  
sense of time management and  
was very impulsive. I never  
thought of the consequences  
before I acted and was extremely  
hyperactive"



### The next Q and A session we would like you to tell us about your child!

- Their name
- An image – drawn or a photo
- Significant others in their lives
- Age
- Strengths and challenges
- Characteristics
- The values and hopes for them in the future



For more information an excellent resource by Dr  
Russell A Barkley – 30 essential ideas you should know  
about ADHD.

<https://youtu.be/BzhaAK1pdPM>

<http://www.russellbarkley.org>

<https://www.oxfordhealth.nhs.uk/camhs/oxon/service/ndc/>