

Attention Deficit Hyperactivity Disorder (ADHD)

Information for parents, carers and young people



Key Points

Attention Deficit Hyperactivity Disorder is sometimes called ADHD.



People with ADHD can find it hard to concentrate.



People with ADHD often can't sit still for long and are constantly moving.

Attention Deficit Hyperactivity Disorder (ADHD) what is it?

Attention Deficit Hyperactivity Disorder is also known as ADHD and affects between 0.5-5% of children in the United Kingdom.

It is more common in boys than girls.

Someone with ADHD will struggle in different situations for many reasons. These include:

- finding it hard to concentrate for very long
- being easily distracted
- fidgeting and complaining of being bored.

This can cause problems at school because they might disrupt classes and get into trouble.

At home, someone with ADHD might find it hard remembering and following instructions, and can overreact to situations or

throw temper tantrums.

Some young people with ADHD find it difficult to sleep and it seems like they are constantly on the go.

It might appear that they don't stop to think before they act which can make them impulsive and take risks.

The main characteristics of ADHD are:

- **Inattention**
 - cannot listen or concentrate for long
 - cannot finish tasks
 - can be easily distracted
 - forgetful
 - disorganised.
- **Overactive**
 - unable to sit still
 - fidgety
 - restless
 - running about most of the time
 - constantly talking
 - difficulty doing quiet activities.



Key points



People with ADHD find it difficult to wait their turn or wait to speak.

• Impulsive

- unable to wait or take turns
- speaking without thinking about the consequences
- interrupting other people.

We might come and observe your child so we can see how things look outside of the clinic.

Treatment

Sometimes we will recommend you complete a parenting course that is aimed at managing challenging behaviour in children.

These are provided by the parenting services in Portsmouth and Southampton.

If it is felt that your child or young person needs to take some medication this will be discussed with your doctor.

What should I do?

If you think this sounds familiar, go to your GP and ask them to refer you or your child to Child and Adolescent Mental Health Services (CAMHS).

It will help to speak to your your child's teachers to see if the behaviour is the same at school.

Children with ADHD respond best to clear boundaries and consistent expectations, but this can be very difficult to maintain under the stress and strains of parenting.

Assessment

It is important to do a full assessment to make sure there isn't another explanation for your child's behaviour. A member of the CAMHS team will meet with your family and go through lots of questionnaires. These will also be sent to school so we can see if the behaviour is the same there as it is at home.


Please tell us how you feel about the services we provide.

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