

ADHD Information Event



CHILDMINDING IRELAND
Supporting Ireland's Childminders; Minding Ireland's Children

What to expect from today?

- * What is ADHD
 - * How you can help your young person
 - * Who are ADHD Ireland and what we do for you
-
- * Hi, I'm Nicola

Overview of ADHD

- ▶ **ADHD affects approximately 5% of children and 3% of adults. In Ireland, ADHD is estimated to affect 230,000 people, and ADHD is the most commonly diagnosed condition by Child and Adolescent Mental Health Services (CAMHS, 2014) accounting for 30-50% of referrals.**
- ▶ Significant numbers of children continue to meet criteria for ADHD during their teenage years and many symptoms persist into adulthood.
- ▶ Co-morbidity is the rule rather than the exception – behavioural difficulties (33%); anxiety (25%); depression (20%) and learning difficulties (22%)

What is ADHD?

- * DSM-V: neurodevelopmental condition
- * Recognising the role of genetics
 - Twin studies suggest up to 90% heritability
- * Prevalence of around 3% - 5% (how many are actually diagnosed, who knows!)
- * Diagnosed in boys 3-4 times more often than in girls?
- * Diagnosed most commonly pre-adolescence
- * Persists in 30-50% of patients into adolescence and adulthood (symptom profile may change)
- * DSM-V: Adults can be diagnosed now too

What is ADHD?

Difficulty Sustaining Attention



Inattention

- Fails to give close attention to details or makes careless errors in schoolwork, or other activities
- Difficulty organising tasks/activities
- Avoids, dislikes or reluctant to engage in tasks that require sustained mental effort
- Loses things necessary for tasks
- Easily distracted by extraneous stimuli
- Forgetful in daily activities
- May daydream a lot
- * Theory – problems screening out distracting elements of the environment

What is ADHD?

Impulsivity



I have to say it, and
I have to say it NOW!

- * Inability to see consequences of actions
- * Excitable
- * Blurts out answers
- * Has trouble taking turns
- * Interrupts or intrudes on others
- * Has a hard time resisting temptation
- * **This can lead to social difficulties**
- * Theory – inhibiting mental and behavioural responses to specific elements of the environment

What is ADHD?

Overactivity



- * High rate of activity
- * May squirm or fidget
- * Excessive risk taking
- * Leaves seat in classroom or other setting in which sitting is expected
- * Runs about, climbs excessively in situations in which it is inappropriate (restless)
- * Difficulty playing in activities quietly
- * **'On the go' or 'driven by a motor'**
- * Talks excessively
- * Theory – problem with inhibiting motor activity

**IF YOU EVER WANT TO KNOW
WHAT MY BRAIN IS LIKE...
IMAGINE HAVING 239 TABS
OPEN ON YOUR LAPTOP...**

ALL THE TIME.

#YELLOWLADYBUGS

Types of ADHD

Predominantly inattentive presentation

It is hard for the individual to organise or finish a task, to pay attention to details, or to follow instructions or conversations.

The person is easily distracted or forgets details of daily routines.

Predominantly hyperactive-impulsive presentation

The person fidgets and talks a lot. It is hard to sit still for long (e.g., for a meal or while doing work). The individual feels restless and has trouble with impulsivity.

Someone who is impulsive may interrupt others a lot, grab things from people, or speak at inappropriate times.

It is hard for the person to wait their turn or listen to directions. A person with impulsiveness may have more accidents and injuries than others.

Combined presentation

- * (this is the most prevalent presentation)

Symptoms of the above two types are equally present in the person.

- * Because symptoms can change over time, the presentation may change over time as well.

Other Characteristics

- * Poor internalisation of rules of social conduct
- * Interpersonal adjustment problems -
Relationship difficulties with parents, medical professional, teachers, friends & work colleagues
- * **Emotional maturity delay**
- * Low self esteem

Co-morbidity

- * 70% of ADHD meet criteria for one other disorder
- * 32% for 2 other disorders
- * 11% have at least 3 other disorders

Associated school problems

- * Language impairment 15-75%
- * Learning Disability 15-40%
- * **Low Self esteem**
- * **Poor social skills**
- * Labelled the 'trouble maker'

Strengths

Imaginative

Determined

Visual

Insightful

Open-Minded

Athletic

Fun-Loving

Artistic

Passionate

Sensitive

Creative

Behaviour Management

- * **Create a routine.** Try to follow the same schedule every day.
- * **Get organised.** Put items like schoolbags, clothing, and toys in the same place every day so a person with ADHD will be less likely to lose them.
- * **Avoid distractions.** Turn off the TV, radio, and computer, especially when attention is required for a specific task.

Behaviour Management Cont'd

- * **Limit choices.** Offer a choice between two things (this outfit, meal, etc., this or that one) so that an individual with ADHD isn't overwhelmed and overstimulated.
- * **Change your interaction style.** Instead of long-winded explanations and cajoling, use clear, brief directions to remind an individual with ADHD of responsibilities.
- * **Use goals and rewards.** Use a chart to list goals and track positive behaviours, then reward their efforts. Be sure the goals are realistic—baby steps are important!
- * **Discipline effectively.** Use timeouts or removal of privileges as consequences for inappropriate behaviour.

Who are ADHD Ireland?

- * Founded in 1980
- * Mission is to make life better for people affected by ADHD
- * We are a support group for those affected by ADHD
 - Parents
 - Carers
 - Siblings
 - Relatives
 - Teachers/School Staff
 - Community Organisations
 - Professionals
 - Those with ADHD, Children and Adults



ADHD Ireland Services

Services we offer:

- * Source of information on ADHD for parents, professionals, educators and community
- * Parenting Courses
- * Teacher Training
- * Informative Events / talks / research projects
- * Parent support groups once a month –
- * Suggestions?

Parent Support Groups

- * Primary School Children 15/12
- * Parents of Teens – 2022
- * Adult Mindfulness
- * Adult Drama

Upcoming Events - YP

- * Fun child creative classes
- * Teen creatives & social groups
- * 18+ groups
- * CBT group training – teens & adults
- * Coaching – Teens and adults

Parent Training

- * Look out on Facebook or on our website in 2022

Teacher Training

New Schools ADHD Accreditation
Process

ADHD Teacher Tips Infographics

Teacher training

Websites & Resources

- * Events page – adhdireland.ie
- * ADDitudemag.com
- * CHADD.org

Thank you!

- * People can and do call us 01-874 8349
- * Email info@adhdireland.ie
- * Web site www.adhdireland.ie
- * Facebook, Twitter, LinkedIn
- * Or call into us at Coleraine Hse, Coleraine Street, Dublin 7