



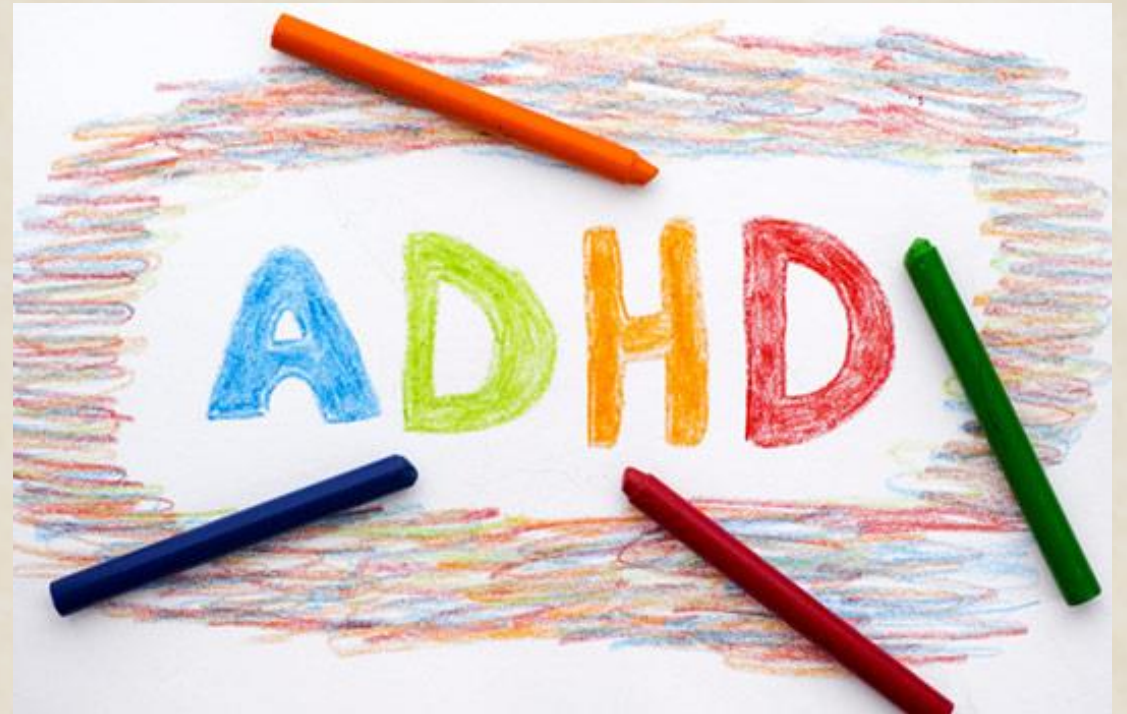
ATTENTION-DEFICIT HYPERACTIVITY DISORDER



What is ADHD?

Attention-Deficit Hyperactivity Disorder (ADHD) is a condition characterized by inattention and/or hyperactivity and impulsivity and which compromises the individual's ability to process cognitive information and to learn.

-E.B. Raymond, *Learners with Mild Disabilities: A Characteristics Approach*, 5th Edition





Video Overview of ADHD

Click the picture to view the
video or follow this link:

<https://www.youtube.com/watch?v=5I2RIOhDXvU>

Three Types of ADHD

Inattentive Type

- Makes careless mistakes/ misses details
- Difficulty sustaining attention on tasks or activities
- Does not listen
- Lacks follow-through
- Difficulty organizing tasks and activities
- Dislikes/avoids tasks
- Loses things necessary for tasks and activities
- Easily distracted
- Forgetful

Hyperactive-Impulsive Type

- Fidgets
- Difficulty remaining seated
- Runs and climbs excessively
- Difficulty playing quietly
- Driven by a motor (always on the go)
- Talks excessively
- Blurts out answers
- Difficulty waiting their turn
- Interrupts or intrudes

Combined Type

- Any combination of six (6) or more symptoms from Inattentive and Hyperactive-Impulsive Types



Walk in my Shoes: ADHD

In this short video Lindsey, a student with ADHD, shares what she has learned about her disorder and shares information about some of the treatment options available. Just click on the picture to watch!

<https://www.youtube.com/watch?app=desktop&v=FE0pYsmmego>

CLICK



Why is it important to get help?

- 100% increased link to substance abuse among teens with untreated ADHD
- Up to 58% of children not medicated for ADHD fail a grade in school
- As many as 30% of adolescents with ADHD fail to complete high school
- 38% of young adults with untreated ADHD have been pregnant or have caused an unwanted pregnancy
- 17% of young adults with untreated ADHD have contracted a sexually transmitted disease
- Nearly two thirds of children with ADHD have at least one other condition
 - 51.5% of children with ADHD have behavioral or conduct problems
 - 32.7% have anxiety problems
 - 16.8% have depression
 - 13.7% have been diagnosed with autism spectrum disorder (ASD)
 - 1.2% have Tourette syndrome
 - About 45% have a learning disorder



EARLY INTERVENTION IS CRITICAL TO IMPROVING THESE POTENTIAL OUTCOMES

For more details & statistics visit:

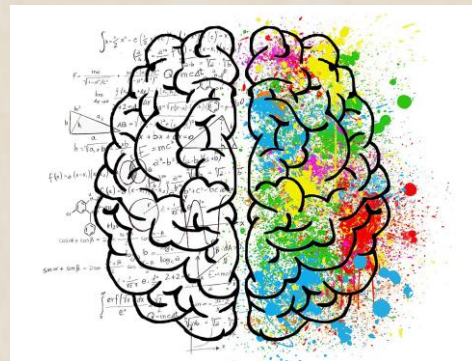
<https://www.additudemag.com/statistics-of-adhd/>

Possible Causes of ADHD

There is no single cause of ADHD

Biological Factors

- Brain structure differences
- Chemical imbalances/deficiencies
- Genetic factors
- Deficits in neurotransmitter functioning
- Thyroid abnormalities
- Glucose metabolism



Psychosocial Factors

- Relationships
- Anxiety
- Conduct disorders
- Frustration
- Personal space needs



Teaching Tips

- Use Explicit Instruction
 - Model with clear explanations
 - Verbalize the thinking process
 - Provide opportunities to practice
 - Give feedback
- Peer Tutoring
- Productive Physical Movement
- Structure & Organization
- Alternative Tasks/Choice
- Proximity
- Visual Cues



Self-Management

Self-management interventions identify desirable target behaviors for students and allow them to record their progress. Over time self-management leads to improved cognitive control and executive functioning skills.



A great “how to” article:

[Teach Students to Change Behaviors Through Self-Monitoring](https://www.interventioncentral.org/node/961544)

<https://www.interventioncentral.org/node/961544>

Positive Behavioral Strategies

- Functional Behavior Analysis
 - Identify the ABCs (Antecedent, Behavior, Consequence) to determine the function of the negative behavior
- Behavior Contract
- Token Reward System (reward appropriate behaviors)
- Praise, praise, praise (students with ADHD need lots of encouragement and support)



Have you ever thought you might have ADHD?

How many of us have ever had trouble with attention and focus? From time to time we all forget things, lose things, have trouble focusing on tasks, and have emotional outbursts. Should it worry you? Check out this online ADHD Symptom Quiz for Adults!

[Do I Have ADHD?
Symptom Test for
Adults](https://www.additudemag.com/adhd-symptoms-test-adults/?src=test)



<https://www.additudemag.com/adhd-symptoms-test-adults/?src=test>

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