



Nottinghamshire Healthcare
NHS Foundation Trust

Making Sense

Adult ADHD

Attention Deficit Hyperactivity Disorder



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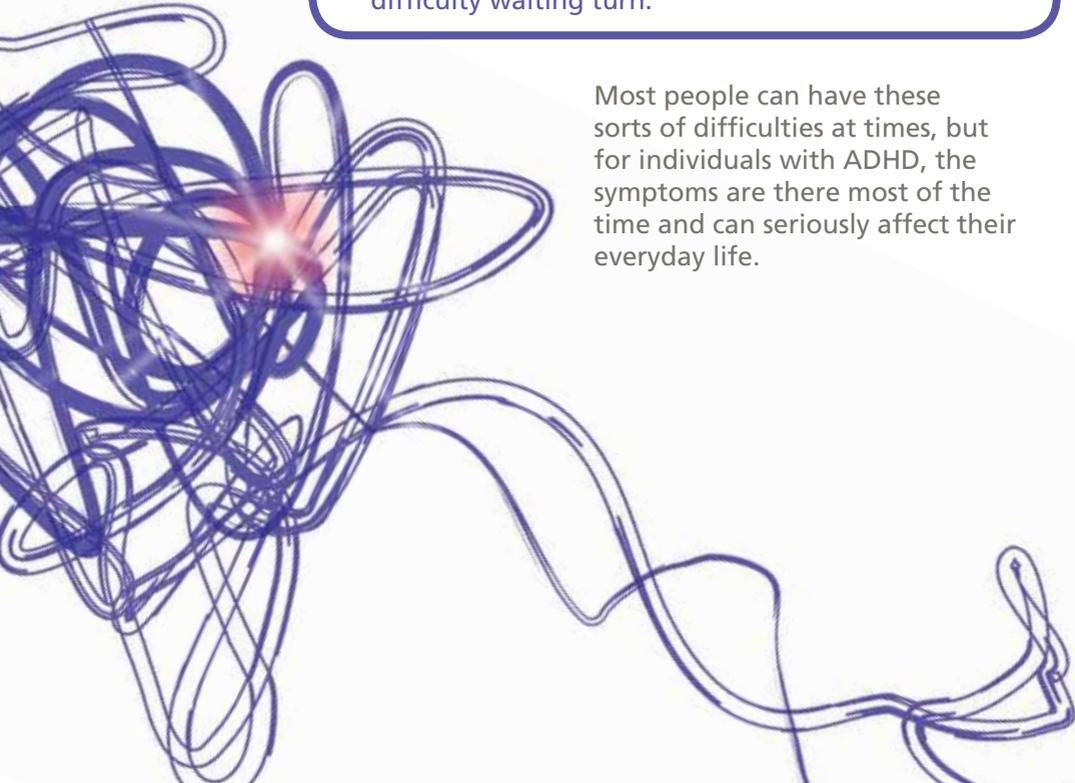
What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition which starts in childhood, and for the majority, continues into adult life.

The symptoms of ADHD can include:

- **Inattention** - difficulty concentrating for very long or finishing a task, disorganised, easily distracted, forgetful, unable to listen when people are talking.
- **Hyperactivity** - fidgety, unable to sit still, talking excessively, always on the go.
- **Impulsivity** - acting quickly without thinking about the consequences, interrupting other people, difficulty waiting turn.

Most people can have these sorts of difficulties at times, but for individuals with ADHD, the symptoms are there most of the time and can seriously affect their everyday life.





How common is ADHD?

Research has found that around 2-5% children have ADHD, and most continue to have symptoms into adult life. Both men and women can have ADHD.

What causes ADHD?

The exact cause of ADHD is not fully understood. ADHD tends to run in families, so it is likely that there is a genetic link. Chemicals in the brain also seem to be affected. This affects how messages to the brain connect.

Who can diagnose ADHD?

- Children can be diagnosed with ADHD by a paediatrician, clinical psychologist, child psychiatrist or nurse specialist who is trained in ADHD.
- For adults who have not been diagnosed in childhood, a specialist diagnostic assessment with a health professional trained in assessing ADHD in adults will be needed.
- GPs do not usually diagnose ADHD.

What are the treatment options for adults with ADHD?

The National Institute of Clinical Excellence (NICE) recommends medication as the first form of treatment for adults with ADHD.

The most common medicines used to treat ADHD are stimulants such as methylphenidate. Non-stimulants such as atomoxetine may be preferable for some individuals.

As well as medication, other treatments can include:

- Information to better understand the condition and its treatment
- Strategies to manage ADHD symptoms such as improving organisational skills
- Practical supports to manage daily living skills

People with ADHD may also have mental health issues such as anxiety and depression, and personality disorder. They may also have other neurodevelopmental conditions such as autism spectrum disorder or Tourette syndrome. It is important that these are also assessed and treated.

Resources

Addiss - national attention deficit disorder information and support service www.addiss.co.uk

Adders - national support group
www.adders.org

NICE guideline -
<http://guidance.nice.org.uk/CG72/NICEGuidance/pdf/English>

Books

Barkley, R. (2010). **Taking Charge of Adult ADHD**. The Guilford Press

Kelly, K & Ramundo, P (2006). **You mean I'm not Lazy, Stupid or Crazy: A Self-Help Book for Adults with ADD**. Simon & Schuster

Pera, G. (2008). **Is it you me or adult ADD? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder**. 1201 Alarm Press

Tuckman, A. (2009). **More Attention, Less Deficit: Success Strategies for Adults with ADHD**. Specialty Press

Local Support Group Nottingham

Adult ADHD Support Group
www.nottinghamadultadhd.co.uk

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

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