

What is ADHD?

Children's Services

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What is ADHD?

You have probably heard people say that you have got ADHD – Attention Deficit Hyperactivity Disorder. We call it ADHD because it is easier to say.

You are probably wondering what it all means? Well, it affects everyone differently and you might hear people saying that you cannot concentrate on anything for very long, you are easily distracted, impulsive, disorganised, have poor coordination and are overactive.

But what do all these things mean?

Hyperactivity



At school and home you might find it difficult to sit still for a long time and everyone probably tells you that you are always fidgeting or fiddling. This is probably because you have lots of energy.

Poor concentration



An example might be at school: the teacher asks you to write a story and you have so much to write, but it all takes such a long time and you get fed up. You do not finish the story or picture or you write it down so quickly that you miss half the story out.

It maybe that when your mom or teacher is telling you something, you try to listen but are easily distracted. For example, if someone walks by the window, you might watch what they are doing and do not listen to what you are being told. Maybe you set off going to a friend's house, stop to talk to someone on the way and end up going to the shops instead of to your friend's house. At school you probably forget where you have put things like your spelling book or pencil case, for example, and at home your bedroom is always messy (this is called disorganised).

Impulsivity



If you hear people say that you are impulsive this just means that you do things without thinking first. Perhaps you know you should not go across the road, but you are playing ball with your friend and the ball goes into the road and you do not stop and look first, like you know you should, you just rush out into the road for your ball (and this is dangerous). Or you know at school to put your hand up to answer a question but you may just keep quiet, or shout the answers out.

Having poor coordination just means that you are probably clumsy, knock things over all the time and bump into things, and you might find things like football or tennis difficult to play.

All these things may mean that you are always in trouble at school and at home. You probably feel that you can never do anything right and that everything you try goes wrong. We call this having a low self-esteem – you might have heard teachers, parents or doctors talk about this.

Why do all these things happen to me?



It is in the part of the brain which is called the control centre. The front part of the brain is the boss. It keeps the other parts in order. In children with ADHD the front part of the brain is not working hard enough. As you get older the front part usually gets better. At the moment you need help in overcoming the difficulties. Your family and school will help you. The doctor may prescribe medications to make the front part more active. Unfortunately, the doctors cannot fix the system but they can sometimes help it with tablets. There are different types of tablets, but the one we use the most is called Methylphenidate.

Methylphenidate is a Dopamine enhancer (Dopamine is one of the chemicals produced in the brain and the doctors think that people with ADHD probably do not produce enough Dopamine). Methylphenidate increases the amount of Dopamine in the brain, which allows it to receive the correct messages in the right order and at the right time.

Methylphenidate will not change the person you are but it might improve the way your brain works and it will probably make you feel much calmer. It is very important to tell your parents how taking the tablet makes you feel. The tablets the doctor gives you will help to control your ADHD symptoms, enabling you to always try your best. You will learn more about the ways your brain works as you get older and hopefully “learn” ways of helping yourself. This may mean you do not need to take the tablets anymore.

It is very complicated, but hopefully this will help you to understand what ADHD is and how it can affect you.

Other medications we use are Elvanse, Atomoxetine and Guanfacine. These can also help improve your attention and reduce your impulsivity and hyperactivity.

Sometimes it helps to explain what ADHD is to your friends so that they can begin to understand YOU a little better. Remember that having ADHD usually means that you have a sparkling personality, you are good fun to be with, you have lots of energy and are enthusiastic and funny.

Things to Love About Your ADHD!

Don't mistake your ADHD strengths for symptoms! They are unique traits and abilities that make you more creative, spontaneous, caring, and energetic than anyone you know. Here are a few of our favourite benefits of ADHD.

A Strong Sense of Fairness



A Great Sense of Humour!



Compassion



Superstar Creativity



For more benefits of ADHD please scan the QR code:



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。