

ADHD Fact Sheet

ADHD is...

- ✓ An abbreviation for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ A common disorder that can impact focus, impulse control and emotional responses.
- Often diagnosed in childhood but sometimes not until the teen years or later.

ADHD is not...

- All about hyperactivity. Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- A problem of laziness. ADHD is caused by differences in brain anatomy and wiring.
- Something most kids totally outgrow.

 Many kids diagnosed with ADHD have symptoms that persist into adulthood.

Getting and staying organized

Managing emotions

Following directions

Managing time

Kids with ADHD may have trouble with...

Shifting focus from one thing to another

Focusing on what's important

Getting started on tasks

Thinking before saying or doing things

Keeping things in mind (working memory)

Ways to help kids with ADHD



Behavior therapy can help kids get organized and replace negative behaviors with positive ones.



ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.



Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

Success stories



Will.i.am, Grammy-winning singer and producer



Lisa Ling,
Award-winning TV
iournalist



David Neeleman, Founder of JetBlue Airways



For more information on ADHD and how to help, go to u.org/adhd