

1. Overview of ADHD

Definition

Neurodevelopmental Disorder

Definition

The name...

Attention

Deficit

Hyperactivity

Disorder

...is almost, but not quite, completely wrong

Definition

The name...

Attention

Self-regulation

Deficit

Dysregulation

Hyperactivity

Restless & impulsive

Disorder

Part of the spectrum of normal

...is almost, but not quite, completely wrong

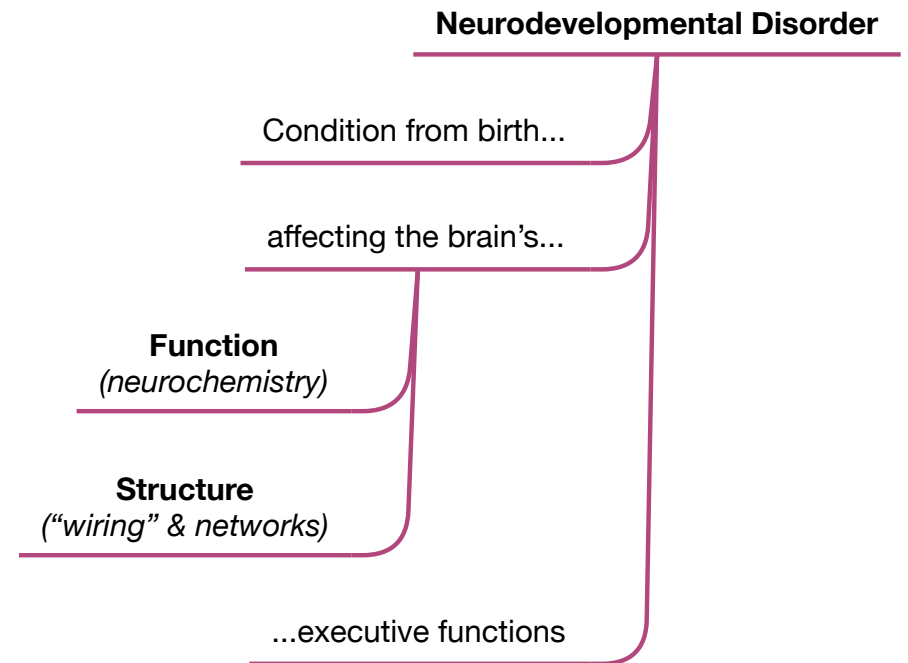
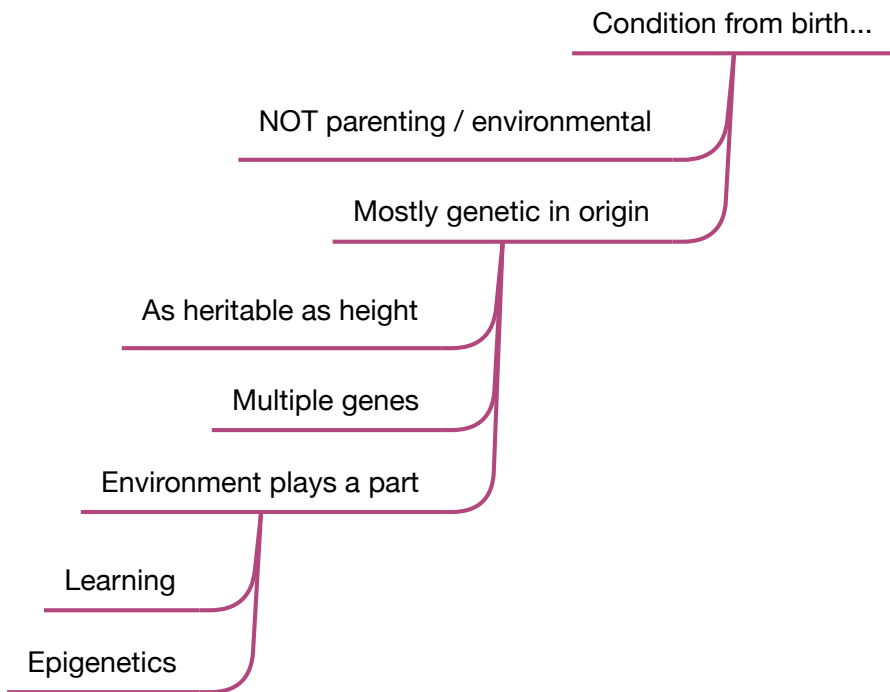
*NB: "ADD" is old term for ADHD
(they are the same thing)*

Neurodevelopmental Disorder

Condition from birth...

affecting the brain's...

...executive functions



affecting the brain's...

Function
(neurochemistry)

Dopamine

[Medscape Psychiatry](#) says: Dopamine is "...involved in ...brain regions that mediate emotion and sensitivity to rewards. This connection is related to interest that is highly integrated with attention. "

Noradrenaline
("norepinephrine" in USA)

[Wikipedia](#) says: "...norepinephrine increases arousal and alertness, promotes vigilance, enhances formation and retrieval of memory, and focuses attention; it also increases restlessness and anxiety."

[Medscape Psychiatry](#) says: "[Norepinephrine] is considered to be a mediator of executive function including problem solving, priority setting, and selective attention"

Structure
("wiring" & networks)

Networks linked to self-regulation

Fewer connections

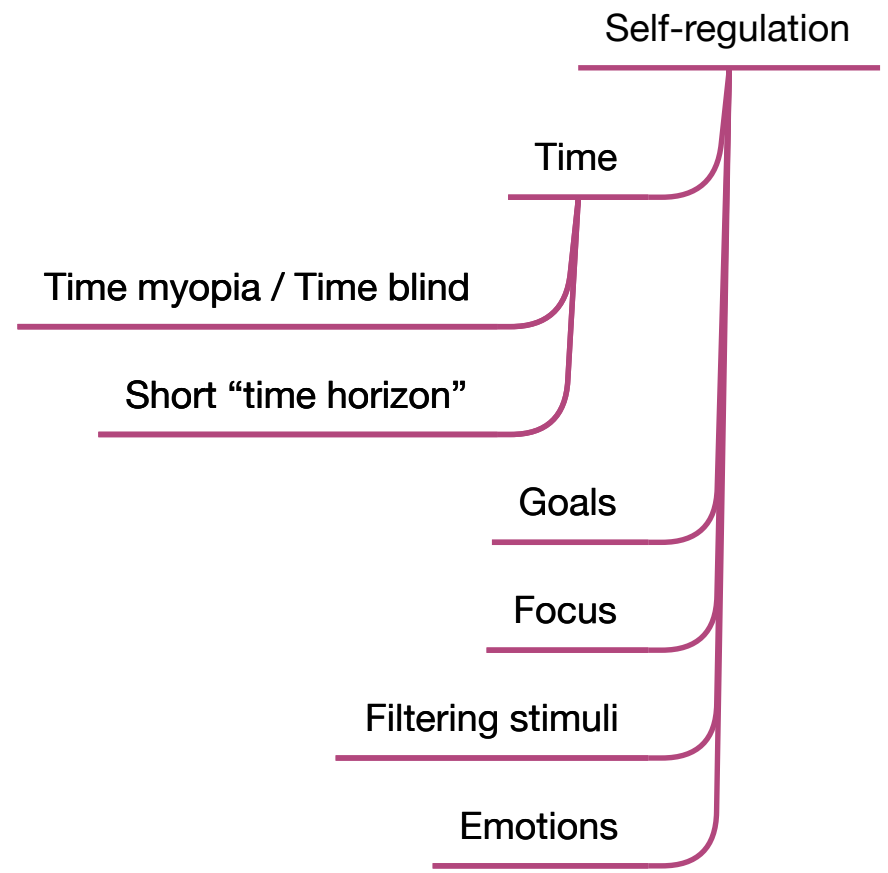
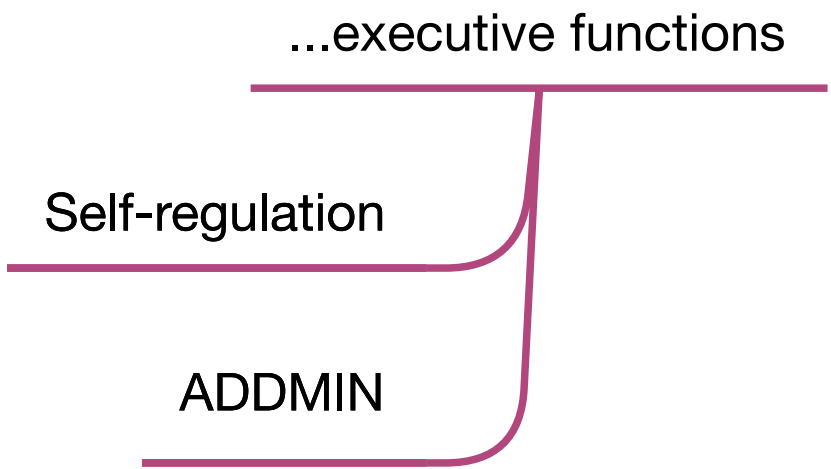
Some brain regions are smaller

Structure
("wiring" & networks)

Networks linked to self-regulation

Fewer connections

Some brain regions are smaller



ADDMIN

Affect (Emotions)

Directed attention (Focus)

Deliberate exertion (Effort)

Memory (Working memory)

Initiating action (Activation)

Noticing behaviour (Action)

Affect (Emotions)

Staying calm, "smoothing" emotions

Emotional regulation (i.e. display of emotions)

Frustration tolerance

Deliberate exertion (Effort)

Sustaining effort

Thinking speed

Time awareness

Directed attention (Focus)

Sustaining focus

Switching focus

Filtering information (focus on the right things)

Memory (Working memory)

Short term memory (holding things in mind)

Working memory (manipulating things in mind)

Recall of long term memory

Initiating action (Activation)

Starting tasks

Planning, organising, prioritising

Estimating time

Noticing behaviour (Action)

Monitoring and regulating self-behaviour

Adult ADHD

1. Overview of ADHD

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Neurodevelopmental Disorder

2. Common features of ADHD in adults

3. General approaches to managing ADHD

4. Principles for managing ADHD

2. Common features of ADHD in adults

The obvious

Less obvious

Common co-diagnoses

The obvious

Inattention

Hyperactivity/Impulsiveness

Inattention

Distractible

Work not done to the standard capable

Chronic procrastination

Poor organising

Distractible

Forgetful (buy groceries, work, bills, appointments, pick up the kids)

Difficulty sustaining attention

Can seem not to listen ("Spacey")

Easily distracted

Work not done to the standard capable

Incomplete

“Careless” errors

“Vagues out”

“Lacks detail”

Chronic procrastination

Avoids *perceived* difficulty

“Force field”

Poor organising

Loses things

Inefficient work practices

Slow

The obvious

Inattention

Distractible

Work not done to the standard capable

Chronic procrastination

Poor organising

Hyperactivity/Impulsiveness

Hyperactivity/Impulsiveness

Restless

Chatterbox

Impatient/Impulsive

Restless

Fidgety

Moves about

Difficulty settling

Chatterbox

Loud

Excessive talking

Impatient/Impulsive

Struggles to wait

Interrupts

Blurts out answers / talks over others

Interrupts

Conversations

Activities of others

Others' private space / personal items

Blurts out answers / talks over others

With family members

With friends

Can appear rude, selfish or attention seeking

2. Common features of ADHD in adults

The obvious

Inattention

Hyperactivity/Impulsiveness

Less obvious

Common co-diagnoses

Less obvious

Poor social skills / ostracised

Hypersensitive

Moody

Hypersensitive

Sound

Touch

Light

Emotions

Moody

Irritable (can appear to be oppositional)

Excitable

Stressed / Distressed

2. Common features of ADHD in adults

The obvious

Less obvious

Common co-diagnoses

Common co-diagnoses

Behavioural

Chronic / Developmental

Acute / Episodic

Learning

Positives

Behavioural

Oppositional Defiant Disorder

Conduct Disorder

Physical injuries

Chronic / Developmental

Obsessive Compulsive Disorder

Autism Spectrum Disorder

Motor / Vocal Tics

Bipolar Disorder

Developmental Coordination Disorder (DCD)

Acute / Episodic

Depression

Anxious

Learning

Learning

Dyslexia & other reading disorders

Dyscalculia

Dysgraphia

Speech

Positives

Creative

Sensitive to others

Independent

Can be good in a crisis

Can be exceptionally talented...

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3. General approaches to managing ADHD

Increase Dopamine

Manage lack of Dopamine

Address ADHD's companions

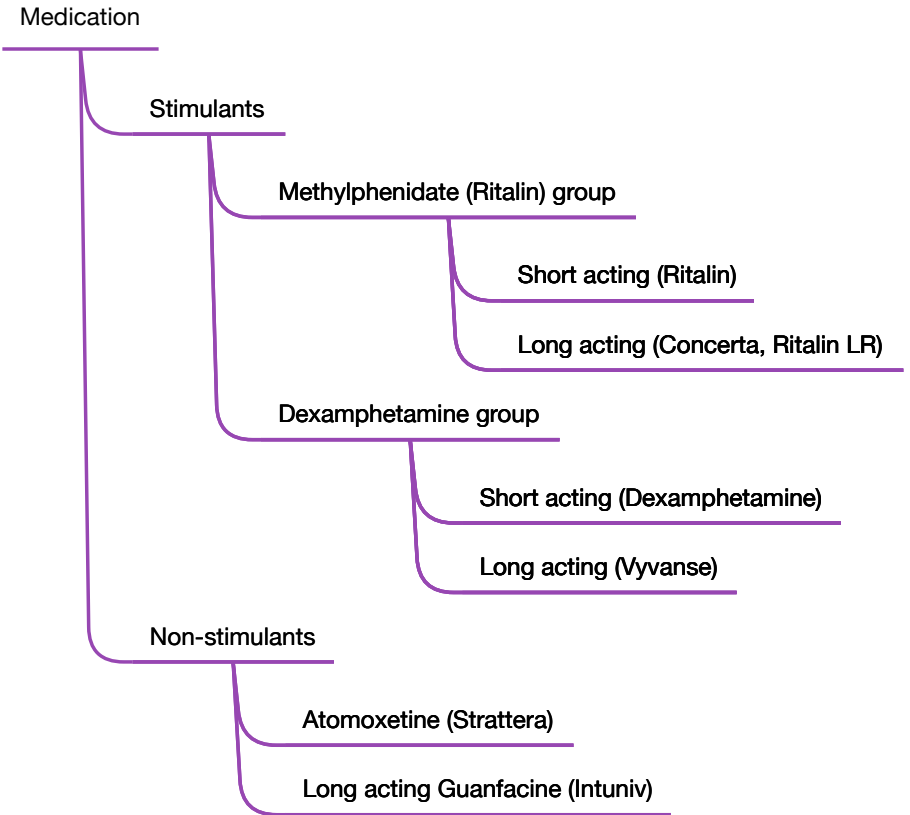
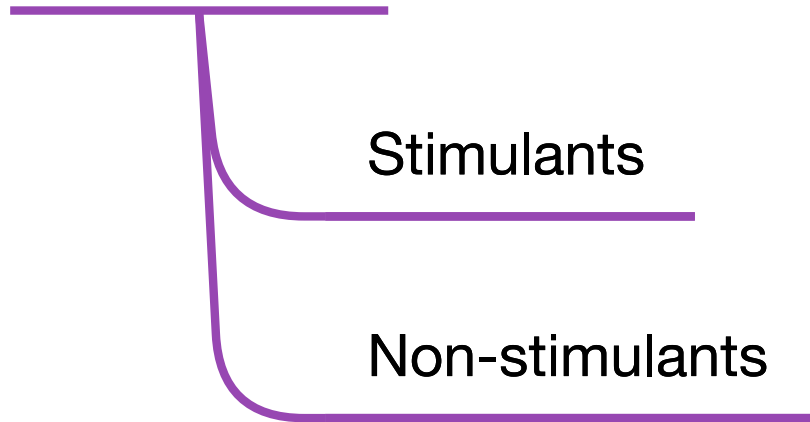
Increase Dopamine

Interest/Reward

Urgency/Threat

Medication

Medication



3. General approaches to managing ADHD

Increase Dopamine

Manage lack of Dopamine

Address ADHD's companions

Manage lack of Dopamine

Scaffold executive functions

Performance Prompts

Mood regulation skills

Address ADHD's companions

```
graph TD; A[Address ADHD's companions] --- B[Co-diagnoses]; A --- C[Self-beliefs]; A --- D[Nurture strengths];
```

Co-diagnoses

Self-beliefs

Nurture strengths

Self-beliefs

```
graph TD; A[Self-beliefs] --- B[Lazy]; A --- C[Stupid]; A --- D[Incompetent]; A --- E["Don't care"]; A --- F[Unlovable];
```

Lazy

Stupid

Incompetent

“Don't care”

Unlovable

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4. Principles for managing ADHD

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Mind is smart, Brain is dumb

Reduce friction

Time does not exist

Be you, be unique

Plan for wrogn

Important is not interesting

Healthy life, healthy mind

Mind is smart, Brain is dumb

Mind is not brain

Outsource your brain

Reduce friction



Minimise decisions

Create structure

Time does not exist



Beware of Now/Not-now
(change the time horizon)

Make the invisible visible

Be you, be unique

Focus on what really matters

Change the rules

Plan for wrogn

Prompts, prods, & reminders

If it's not written down, it doesn't exist

Important is not interesting

Change the focus: What, How, Why, Who, Style

Multitasking is a fairy story
(minimise distractions)

Healthy life, healthy mind

Sleep, diet, exercise & meditation
(who knew?)

Emotions matter

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