

ADHD

Attention deficit hyperactivity disorder (ADHD) is a common condition that mainly affects behaviour. It is usually diagnosed in children but can affect adults. Symptoms include persistent restlessness, impulsiveness and/or inattention. The diagnosis is made after a detailed assessment by a healthcare professional.

- The prevalence of ADHD is estimated to be around 2.4% of children in the UK.
- ADHD is most often diagnosed in children aged 3-7 years, but it may not be recognised until later in life and sometimes not until adulthood.
- ADHD is more commonly diagnosed in boys than in girls.

Comorbidity

Young people and adults with ADHD may have associated problems - e.g., self-harm, a predisposition to road traffic (and other) accidents, substance misuse, delinquency, anxiety states and academic underachievement.

ADHD is a part of a spectrum of disorders. 70% also have other conditions such as generalised or specific learning difficulties (e.g. dyslexia, language disorders, autistic spectrum disorder, dyspraxia, Gilles de la Tourette's syndrome or tic disorder).

Oppositional defiant disorder or conduct disorder is present in most children with ADHD; other associated disorders include mood disorder, anxiety disorder and specific developmental disorders such as dyslexia or dyspraxia.

Diagnosis and Management

NICE (National Institute for Health and Care Excellence)

Guidelines for ADHD

This guideline makes recommendations for the diagnosis and management of attention deficit hyperactivity disorder (ADHD) in children, young people and adults. The guideline does not cover the management of ADHD in children younger than 3 years.

<https://www.nice.org.uk/guidance/qs39>

RC PSYCH - Royal College of Psychiatrist

This is one in a series of factsheets for parents, teachers and young people entitled Mental Health and Growing Up. This factsheet looks at attention-deficit hyperactivity disorder (ADHD) and hyperkinetic disorder, the signs to look for and where to get help.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx>

PatientPlus

PatientPlus articles are written by UK doctors and are based on research evidence, UK and European Guidelines. They are designed for health professionals to use, so you may find the language more technical than the condition leaflets but it is really informative and follows the process right from the beginning and heavily endorses parenting programmes and strategies to help support children with pre and post diagnosis ADHD

<http://www.patient.co.uk/doctor/attention-deficit-hyperactivity-disorder-pro>

ADDISS

ADDISS provide an information sheet that gives a description of the symptoms and gives a description of the process for diagnosis of ADHD

<http://www.addiss.co.uk/>

Support Tools for children, parents and carers

Living with ADHD

This website has been developed to support those whose lives are affected by Attention Deficit Hyperactivity Disorder (ADHD) - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.

This site offers key information, downloadable tools, hints and tips, and useful contact points. It has a sections for teenagers, children and parents and carers.

<http://www.livingwithadhd.co.uk/>

NHS Choices

This website gives an overview of all spectrum disorders but this page in particular gives some advice on supporting positive behaviour

<http://www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder/Pages/LivingwithADHDpage.aspx>

ADHD Partnership

The material contained within this programme has been developed in collaboration with ADHD-Europe and an expert European ADHD Awareness Taskforce. Their range of professional expertise ensures the material has been developed for parents and teachers by their peers, with practical advice based on each taskforce member's wealth of experience.

This is a really useful tool and gives a really crammed full of information that parents, carers and professionals will find useful.

<http://adhdpartnershipsupportpack.ie/>

ADDvance – (Answers to your questions about add and adhd)

You may be a parent searching for information to help your child, an adult experiencing problems at work, a high school or college student struggling to keep up, a young adult trying to take charge of your own life, a woman whose daily life feels overwhelming, or a professional looking for information to help your clients with AD/HD. Whoever you are, whatever your questions, we are here to assist you in finding the answers you're looking for.

<http://www.add-vance.org/>

The Neuro assessment and learning care centre

The Centre specialises in the multi-professional assessment and management of children, adolescents and adults with complex neurodevelopmental difficulties particularly Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Difficulties (ASD) in addition to people with specific learning difficulties, Tourette's syndrome, and other complex difficulties.

Check out the therapies page and there's a section on Parent strategies that may be useful

<http://www.lanc.uk.com/>

ADDERS - ADDers.org ADD/ADHD Online Information

Our objective is to promote awareness to Attention Deficit/Hyperactivity Disorder and to provide information and as much free practical help as we can to sufferers, both adults and children, and their families in the UK and around the World via this website.

<http://www.adders.org/>

The Hyperactive Children's Support Group

The Hyperactive Children's Support Group (HACSG) is a registered charity which has been successfully helping attention deficit hyperactivity disorder (ADHD) and hyperactive children and their families for over 35 years. Their specialism is advocating a dietary approach to the problem of hyperactivity and they have a great deal of information available related to food additives, food intolerance, omega fatty acids, vitamins & minerals and how they can impact on hyperactivity and ADHD

71 Whyke Lane, Chichester, West Sussex, PO19 7PD

Tel: 01243 539966

www.hacsq.org.uk

For those people wishing to test out the theory that certain foods can affect and even help to modify behaviours there is a link to a food diary and on line support above

<http://www.hacsq.org.uk/blogimages/HACSG%20Food%20and%20Behaviour%20Diary.pdf>

AADD-UK – The site for and by adults with ADHD

The main aims of AADD-UK are raising awareness of ADHD in adulthood, advancing the education of professionals and the public at a national and local level in the UK to ensure that all adults with ADHD regardless of age, health, ethnicity, socio-economic status, and religion have fair and equitable access to health, social, employment, and other services as needed, and to promote and support research in the field of adult ADHD.

<http://aadduk.org/>

ADDISS (Attention Deficit Disorder Information and Support Service)

ADDISS is a registered charity providing information, training and support for parents, sufferers and professionals in the fields of ADHD and related learning and behavioural difficulties.

They support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication, always keeping an open mind and trying to help families find their own, most appropriate approach to intervention.

Premier House, 112 Station Road, Edgware, HA8 7BJ

Tel: 020 8952 2800

www.addiss.co.uk

Useful tools

Sorted: The daily organiser is made by Janssen in association with UK physicians and is available on iPhone, iPod Touch and iPad. Download it for free from the [App Store](#) today.



'How's today been?' is a smart phone app that has been developed by Janssen to help parents and carers of children with ADHD keep track of how their child's day has been.

How's Today Been? is available on the [iPhone](#) and [Android](#) Smart phones.

Apps for Kids with ADD/ADHD

No child with ADD/ADHD should have to suffer in social situations. Smartphone and Tablet technologies have been a game-changer for people with ADD/ADHD when it comes to improving social skills and self-confidence. We're very proud that The Social Navigator is

having a positive impact on the lives of children with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder.

The Social Navigator	http://www.socialnavigatorapp.com	Social skills guide and brain trainer
iHomework	http://itunes.apple.com/us/app/ihomework/id302786560	Homework tracker
ReQall	http://www.regall.com/	Record your reminders by voice and see them in text
iStudiez	http://itunes.apple.com/us/app/istudiez-pro/id310636441	Convenient study planning tool
Home Routines	http://itunes.apple.com/us/app/homeroutines/id353117370	Create checklists and reminders
Routines	http://itunes.apple.com/us/app/routines/id370297791	Chores and daily living planner
IEP Checklist	http://itunes.apple.com/us/app/iep-checklist/id348702423	IEP Checklist for parents and educators

Super ADHD-friendly iPhone Apps For Adults With ADHD

<http://adhdmanagement.com/6-super-adhd-friendly-iphone-apps-for-adults-with-adhd/>

Books on ADHD

- Understanding ADHD - Dr Christopher Green. Dr Christopher Green is author of the widely acclaimed book `Toddler Taming. This is his latest book and is an excellent guide to ADD in children.
- ADHD – Recognition, Reality and Resolution - Dr Geoffrey Kewley‘ The most informative guide to ADHD, for teachers parents and healthcare professionals, with case studies and lots of practical advice.’
- Taking Charge of ADHD - Russell A Barkley The complete authoritative guide for parents
- 1-2-3 Magic - Thomas W Phelan. Effective Discipline for Children
- Different Kids - Sue Dengate
- You Mean I’m Not Lazy, Stupid, Crazy? - Kate Oelly/Peggy Ramundo
- Green C and Chee K. Understanding ADHD – A Parent’s Guide to Attention Deficit Hyperactivity Disorder in Children.
- Dr Geoffrey Kewley, ADHD Recognition Reality and Resolution
- 1, 2, 3 Magic by Thomas Phelan
- Taking Charge of ADHD by Russell Barkley

Tools and education for Children

Calvin and Hobbes

Calvin is a 6 year old boy who is in trouble all the time. He often blames Hobbes for this and even though Hobbes is his toy tiger, he is very real to Calvin. Together they take part in stories and adventures that children with ADHD can identify with.

<http://www.gocomics.com/calvinandhobbes>

What is up with Astra?

A series of comic books that aims to explain medical conditions including ADHD to kids. The ADHD book concentrates on the story of Astra and her journey to find out what happens in her body

<http://www.medikidz.com/gb-en/?s=adhd>

Cory Stories: A Kid's Book About Living with ADHD

Short statements and vignettes, Cory describes what it's like to have ADHD: how it affects his relationships with friends and family, his school performance, and his overall functioning. He also describes many ways of coping with ADHD: medication, therapy/counselling, and practical tips for school, home, and friendships.

<https://www.amazon.co.uk/Cory-Stories-Kids-About-Living/dp/1591471540>