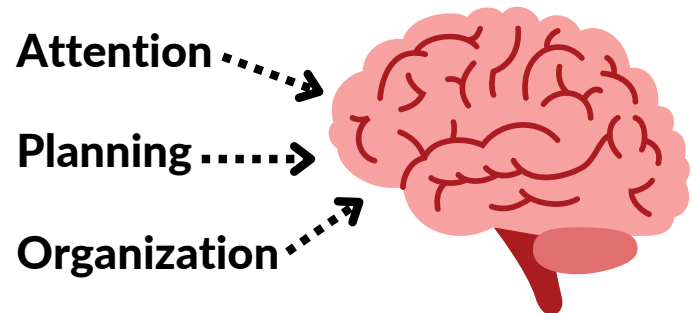


# Attention Deficit/Hyperactivity Disorder (ADHD)

## What is ADHD?

- Neuro-developmental disorder
- Involves the part of our brain that helps us with many skills such as our ability to focus, pay attention, and organize
- The cause is unknown.
  - Family genetics can play a role
  - The environment can help support success or cause further barriers



## Types of ADHD:

### Inattentive:

A child might have trouble:

- Following directions
- Starting and completing a task
- Staying focused
- Engaging in challenging tasks
- Organizing
- Keeping up with items
- Remembering information

### Hyperactive/Impulsive:

A child might have trouble with:

- Sitting still
- Waiting their turn
- Engaging in tasks quietly
- Listening
- Controlling their body
- Managing emotions

### Combined:

The combined type of ADHD has symptoms related to both the inattentive and hyperactive type

# ADHD in Everyday Life

Children with ADHD might display challenges within their school, home, and social environment.

It could be harder for them to complete academic work in a timely manner, take turns during peer play, remain seated at the dinner table, or follow the steps of a chore chart.

## What Can Occupational Therapists Do?

OTs can equip children with ADHD with the tools needed to conquer their daily challenges so they can participate in all the occupations that bring them meaning and joy!

Examples of how OT can help:

- Organizational skills
- Coping Strategies
- Environmental modification
- Positive reinforcement
- Cognitive strategies
- Social skills training

## Important: ✨

Every child with ADHD is unique and treatment is not a “one size fits all.” It is the job of the therapy team to target your child’s strengths and motivations to create a plan that best supports their needs!

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