

The "Dear Colleague Letter and Resource Guide on ADHD"

[https:// www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf](https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf)

I'm 41 years old, and I was diagnosed with inattentive type ADHD about a year ago. The diagnosis was the missing piece to the puzzle that has been my life. I was always a good student in school growing up; however, I have difficulty with establishing good habits and routines. Daily housework is a huge struggle for me. I'm always afraid I'm going to forget something important, which happens quite often. I'm distracted easily unless I hyperfocus on something. That can be a good or a bad thing, depending on the situation.

My son is 12 years old. He's always been energetic, sometimes hyper, but until I was diagnosed, I didn't fully realize that he may also have ADHD. He hasn't been formally diagnosed yet, but he has shown symptoms similar to my own as well as the "traditional" ADHD symptoms associated with boys his age. I am planning to have him evaluated soon.

I heard about this pending decision concerning the "Dear Colleague Letter and Resource Guide" via a YouTube channel called How to ADHD, which is an invaluable source of information for people like me and my son. I wasn't aware of the guide's existence until I watched this video: https://www.youtube.com/watch?v=pY_-zaLeSPA

I don't usually get involved in politics in general because I also suffer from anxiety and depression, and dwelling on political issues can worsen my symptoms across the board, especially my anxiety. However, this issue really hits close to home with me. As a mother seeking information on how to help her son succeed in school, this guide would be crucial. I'm sure I'm not alone. Please don't lump this guide under "unnecessary legislation," because it is indeed very necessary. Living with ADHD is difficult enough; please don't take away anything that helps us understand it better and get the accommodations our children need.

Like I said, I was a good student when I was growing up, but there were times when I struggled academically. Accommodations like the ones that exist today could have helped me had they existed back then. I really need to know what those accommodations are so that if my son is diagnosed, he can get the help I never received when I was his age. Please don't take away this information before I can even get to it!

Bottom line, I don't want my son to have to struggle as much as I have. He deserves a better education and a better life, and I want to do everything in my power to give that to him.

Thank you for your attention.