**Attention Deficit/Hyperactivity Disorder (ADHD) -**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
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| Planning and following a basic routine | Being a part of a Support group | Occupational therapist |
| Including physical activities in your daily routine | Respecting their routine and avoiding distraction | Speech therapist |
| Taking help for incomplete work. | Giving clear, simple instructions | Behavioural therapist |
| Breaking task into manageable smaller task | Setting realistic and achievable goals | Remedial educational programme |
| Having only task essential things | Praising positive behaviour | Family therapist |
| Being aware of your attention span and take short breaks in-between activities | Helping them plan a healthy diet | Psychologist |
| Monitoring your diet | Psychiatrist |