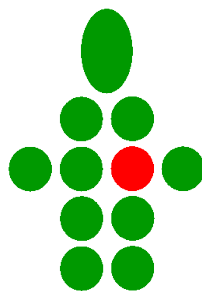


Aspiring to Discover  
Happy Days

# Different Types of ADHD



Compiled by Jenny Earle of Atkinson House School  
Working in partnership with BLISS Services



# What is Attention Deficit Hyperactivity Disorder?

Attention Deficit Hyperactivity Disorder is generally considered to be a neurobiological disorder. Researchers believe that the symptoms of ADHD are caused by chemicals in the brain not working properly. It is characterised by the inability to sustain focused attention, impulsivity and hyperactivity.

## What are the signs and symptoms of ADHD?

(This information is for a guide only, every child with ADHD will display their own individual behaviour pattern).

### Hyperactivity

Always on the go, has difficulty sitting still, often fidgets. Has difficulty waiting turn, has difficulties playing quietly. Often talks excessively. Has difficulty remaining seated in a classroom situation or meal times. Also easily distracted, poor short-term memory, forgets instructions.

### Impulsiveness

Acts without thinking, Interrupts others and shouts out answers in the classroom.

### Inattention

Has difficulty sustaining attention and is easily distracted. Finds it hard to follow tasks through, such as homework. Has difficulties following instructions. Often loses things needed for tasks such as homework and PE.

### Social Skills

Often has difficulty playing with others. Has difficulty making and maintaining friendships. Often cheats. Often butts into games, activities and conversations. Often breaches rules and have difficulties with discipline.

**Any of these symptoms must be present for a period of six months or more and must be present in two of more settings, e.g. home and school.**

## Inattentive



Inattentive, Distractible, Disorganised.

## Classic Hyperactive



Inattentive, Impulsive, Hyperactive, Restless, Bouncy.

## With Depression



Inattentive, not feeling good about themselves, does anyone notice them? Has low energy levels, they feel worthless and helpless.

## With Anxiety



Nervous, worries a lot, easily startled, trouble shifting attention

## Over Focused



May worry lot, can be very oppositional to parents, likes to argue, compulsive, find it difficult with change, wanting their own way.

What can we do to help?

One of the things we can try is the use of rewards and sanctions.

- In this pack there is practical support to help you deal with it.
- The best way to use it is to sit with your child and plan together what the rewards and sanctions will be.
- Then write them down together. When they are done pin them up on a notice board so the child can see what they have achieved.
- If you need support to help you do this, then please get in touch with Bliss Services or Jenny Earle so we can arrange the help you need.
- You might feel that this will be too difficult to do, but with the right support it can work.

#### Contact Details

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## Steps for changing behaviour

Sit with your child and do this together.  
Pin it up where it can be seen.

If \_\_\_\_\_ does this \_\_\_\_\_ The Reward will be  
\_\_\_\_\_  
\_\_\_\_\_

If \_\_\_\_\_ does this \_\_\_\_\_ The Reward will be  
\_\_\_\_\_  
\_\_\_\_\_

If \_\_\_\_\_ does this \_\_\_\_\_ The Reward will be  
\_\_\_\_\_  
\_\_\_\_\_

If \_\_\_\_\_ does this \_\_\_\_\_ The Reward will be  
\_\_\_\_\_  
\_\_\_\_\_



## Steps for changing behaviour

Sit with your child and do this together.  
Pin it up where it can be seen.

If \_\_\_\_\_ does not do \_\_\_\_\_ The sanction will be  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If \_\_\_\_\_ does not do \_\_\_\_\_ The sanction will be  
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If \_\_\_\_\_ does not do \_\_\_\_\_ The sanction will be  
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If \_\_\_\_\_ does not do \_\_\_\_\_ The sanction will be  
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## 50 Tips On The Management of Attention Deficit Disorder

by Edward M. Hallowell, M.D.  
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Source: [http://www.hi2u.org.uk/adhd/adhd\\_50tips.html](http://www.hi2u.org.uk/adhd/adhd_50tips.html)

The treatment of ADD begins with hope. Most people who discover they have ADD, whether they be children or adults, have suffered a great deal of pain. The emotional experience of ADD is filled with embarrassment, humiliation, and self-castigation. By the time the diagnosis is made, many people with ADD have lost confidence in themselves. Many have consulted with numerous specialists, only to find no real help. As a result, many have lost hope.

The most important step at the beginning of treatment is to instill hope once again. Individuals with ADD may have forgotten what is good about themselves. They may have lost, long ago, any sense of the possibility of things working out. They are often locked in a kind of tenacious holding pattern, bringing all theory, considerable resiliency, and ingenuity just to keeping their heads above water. It is a tragic loss, the giving up on life too soon. But many people with ADD have seen no other way than repeated failures. To hope for them, is only to risk getting knocked down once more.

And yet, their capacity to hope and to dream is immense. More than most people, individuals with ADD have visionary imaginations. They think big thoughts and dream big dreams. They can take the smallest opportunity and imagine turning it into a major break. They can take a chance encounter and turn it into a grand evening out. They thrive on dreams, and they need

organising methods to make sense of things and keep them on track.

But like most dreamers, they go limp when the dream collapses. Usually, by the time the diagnosis of ADD has been made, this collapse has happened often enough to leave them wary of hoping again. The little child would rather stay silent than risk being taunted once again. The adult would rather keep his mouth shut than risk botching things up once more. The treatment, then, must begin with hope.

We break down the treatment of ADD into five basic areas:

1. Diagnosis
2. Education
3. Structure, support, and coaching
4. Various forms of psychotherapy
5. Medication

In this document we will outline some general principles that apply both to children and adults concerning the non-medication aspects of the treatment of ADD. One way to organize the non-medication treatment of ADD is through practical suggestions or "tips" on management. Fifty such tips are presented below:

## **I. Insight and Education**

1. Be sure of the diagnosis. Make sure you're working with a professional who really understands ADD and has excluded related or similar conditions such as anxiety states, agitated depression, hyperthyroidism, manic-depressive illness, or obsessive-compulsive disorder.

2. Educate yourself. Perhaps the single most powerful treatment for ADD is understanding ADD in the first place. Read books. Talk with

professionals. Talk with others who have ADD. You'll be able to design your own treatment to fit your own version of ADD.

3. Coaching. It is useful for you to have a coach. Your coach can help you get organized, stay on task, give you encouragement or remind you to get back to work. A coach is someone to help you to get things done, advise you as coaches do, keep tabs on you, and in general be in your corner. A coach can be tremendously helpful in treating ADD.

4. Encouragement. ADD people need lots of encouragement. This is in part due to them having many self-doubts that have accumulated over the years. But it goes beyond that. More than the average person, the ADD person withers without encouragement and positively lights up like a Christmas tree when given it. They will often work for another person in a way they won't work for themselves. This is not "bad", it just is. It should be recognized and taken advantage of.

5. Realise what ADD is NOT, i.e., conflict with mother, etc.

6. Educate and involve others. Just as it is key for you to understand ADD, it is equally if not more important for those around you to understand ADD too. Example - family, colleagues, school teachers and friends. Once they get the concept they will be able to understand you much better and to help you as well.

7. Give up guilt over high-stimulus-seeking behaviour. Understand that you are drawn to high incentives. Try to choose them wisely, rather than brooding over the "bad" ones.

8. Listen to feedback from trusted friends. Adults (and children,

too) with ADD are notoriously poor self-observers. They use a lot of what can appear to be denial.

9. Consider joining or starting a support group. Most of the most useful information about ADD has not yet found its way into books but remains stored in the minds of the people who have ADD. In groups this information can come out. Plus, groups are really helpful in giving the kind of support that is so badly needed.

10. Try to get rid of the negativity that may have infested your system. If you have lived for years without knowing what you had was ADD a good psychotherapist may be able to help.

11. Don't feel chained to conventional careers or conventional ways of coping. Give yourself permission to be yourself. Give up trying to be the person you always thought you should be—the model student or the organised executive, for example, and let yourself be who you are.

12. Remember that what you have is a neuropsychiatric condition. It is genetically transmitted. It is caused by biology, by how your brain is wired. It is NOT a disease of the will, or a moral failing. It is NOT caused by a weakness in character, or by a failure to mature. It's cure is not to be found in the power of the will, or in punishment, or in sacrifice, or pain. ALWAYS REMEMBER THIS. Try as they might, many people with ADD have great trouble accepting the syndrome as being rooted in biology rather than weakness of character.

13. Try to help others with ADD. You'll learn a lot about the condition in the process, as well as feel good about yourself.

## II. Performance Management

13. External structure. Structure is the hallmark of the non-pharmacological treatment of the ADD child. It can be equally useful with adults. Tedious to set up, once in place structure works like the walls of the bobsled slide, keeping the speedball sled from careening off the track.

Make frequent use of:

- lists
- colour-coding
- reminders
- notes to self
- rituals
- files

15. Colour coding. Mentioned above, colour-coding deserves emphasis. Many people with ADD are visually oriented. Take advantage of this by making things memorable with colour: files, memoranda, texts, schedules, etc. Virtually anything in the black and white of type can be made more memorable, arresting, and therefore attention-getting with colour.

16. Use pizzazz. In keeping with #15, try to make your environment as peppy as you want it to be without letting it boil over.

17. Set up your environment to reward rather than deflate. To understand what a deflating environment is, all most adult ADD'ers need do is think back to school. Now that you have the freedom of adulthood, try to set things up so that you will not constantly be

reminded of your limitations.

18. Acknowledge and anticipate the inevitable collapse of X% of projects undertaken, relationships entered into, obligations incurred.

19. Embrace challenges. ADD people thrive with many challenges. As long as you know they won't all pan out, as long as you don't get too perfectionist and fussy, you'll get a lot done and stay out of trouble.

20. Make deadlines.

21. Break down large tasks into small ones. Attach deadlines to the small parts. Then, like magic, the large task will get done. This is one of the simplest and most powerful of all structuring devices. Often a large task will feel overwhelming to the person with ADD. The mere thought of trying to perform the task makes one turn away. On the other hand, if the large task is broken down into small parts, each component may feel quite manageable.

22. Prioritise. Avoid procrastination. When things get busy, the adult ADD person loses perspective: paying an unpaid parking ticket can feel as pressing as putting out the fire that just got started in the wastebasket. Prioritise. Take a deep breath. Put first things first. Procrastination is one of the hallmarks of adult ADD. You have to really discipline yourself to watch out for it and avoid it.

23. Accept fear of things going well. Accept edginess when things are too easy, when there's no conflict. Don't gum things up just to make them more stimulating.

24. Notice how and where you work best: in a noisy room, on the train, wrapped in three blankets, listening to music, whatever. Children and adults with ADD can do their best under rather odd conditions. Let yourself work under whatever conditions are best for you.

25. Know that it is O.K. to do two things at once: carry on a conversation and knit, or take a shower and do your best thinking, or jog and plan a business meeting. Often people with ADD need to be doing several things at once in order to get anything done at all.

26. Do what you're good at. Again, if it seems easy, that is O.K. There is no rule that says you can only do what you're bad at.

27. Leave time between engagements to gather your thoughts. Transitions are difficult for ADD'ers, and mini-breaks can help ease the transition.

28. Keep a notepad in your car, by your bed, and in your pocketbook or jacket. You never know when a good idea will hit you, or you'll want to remember something else.

29. Read with a pen in hand, not only for marginal notes or underlining, but for the inevitable cascade of "other" thoughts that will occur to you.

### **III. Mood Management**

30. Have structured "blow-out" time. Set aside some time in every week for just letting go. Whatever you like to do--blasting yourself with loud music, taking a trip to the race track, having a feast--pick some kind of activity from time to time where you can let loose in a

safe way.

31. Recharge your batteries. Related to #30, most adults with ADD need, on a daily basis, some time to waste without feeling guilty about it. One guilt-free way to conceptualize it is to call it time to recharge your batteries. Take a nap, watch T.V., meditate. Something calm, restful, at ease.

32. Choose "good", helpful addictions such as exercise. Many adults with ADD have an addictive or compulsive personality such that they are always hooked on something. Try to make this something positive.

33. Understand mood changes and ways to manage these. Know that your moods will change willy-nilly, independent of what's going on in the external world. Don't waste your time searching for the reason why or looking for someone to blame. Focus rather on learning to tolerate a bad mood, knowing that it will pass, and learning strategies to make it pass sooner. Changing sets, i.e., getting involved with some new activity (preferably interactive) such as a conversation with a friend or a tennis game or reading a book will often help.

34. Related to #33, recognize the following cycle which is very common among people with ADD:

- Something "startles" your psychological system, a change or transition, a disappointment or even a success. The precipitant may be quite trivial.
- This "startle" is followed by a mini-panic with a sudden loss of perspective, the world being set topsy-turvy.
- You try to deal with this panic by falling into a mode of obsessing and ruminating over one or another aspect of the situation. This

can last for hours, days, even months.

35. Plan scenarios to deal with the inevitable blahs. Have a list of friends to call. Have a few videos that always engross you and get your mind off things. Have ready access to exercise. Have a punching bag or pillow handy if there's extra angry energy. Rehearse a few pep talks you can give yourself, like, "You've been here before. These are the ADD blues. They will soon pass. You are O.K."

36. Expect depression after success. People with ADD commonly complain of feeling depressed, paradoxically, after a big success. This is because the high stimulus of the chase or the challenge or the preparation is over. The deed is done. Win or lose, the adult with ADD misses the conflict, the high stimulus, and feels depressed.

37. Learn symbols, slogans, sayings as shorthand ways of labelling and quickly putting into perspectives slip-ups, mistakes, or mood swings. When you turn left instead of right and take your family on a 20-minute detour, it is better to be able to say, "There goes my ADD again," than to have a 6-hour fight over your unconscious desire to sabotage the whole trip. These are not excuses. You still have to take responsibility for your actions. It is just good to know where your actions are coming from and where they're not.

38. Use "time-outs" as with children. When you are upset or over stimulated, take a time-out. Go away. Calm down.

39. Learn how to advocate for yourself. People with ADD are so used to being criticized, they are often unnecessarily defensive in putting their own case forward. Learn to get off the defensive.

40. Avoid premature closure of a project, a conflict, a deal, or a conversation. Don't "cut to the chase" too soon, even though you're itching to.

41. Try to let the successful moment last and be remembered, become sustaining over time. You'll have to consciously and deliberately train yourself to do this because you'll just as soon forget.

42. Remember that ADD usually includes a tendency to over focus or hyperfocus at times. This hyperfocusing can be used constructively or destructively. Be aware of its destructive use: a tendency to obsess or ruminate over some imagined problem without being able to let it go.

43. Exercise vigorously and regularly. You should schedule this into your life and stick with it. Exercise is positively one of the best treatments for ADD. It helps work off excess energy and aggression in a positive way, it allows for noise-reduction within the mind, it stimulates the hormonal and neurochemical system in a most therapeutic way, and it soothes and calms the body. When you add all that to the well-known health benefits of exercise, you can see how important exercise is. Make it something fun so you can stick with it over the long haul, i.e., the rest of your life.

44. Make a good choice in a significant other. Obviously this is good advice for anyone. But it is striking how the adult with ADD can thrive or flounder depending on the choice of mate.

45. Learn to joke with yourself and others about your various symptoms, from forgetfulness, to getting lost all the time, to being

tactless or impulsive, whatever. If you can be relaxed about it all to have a sense of humour, others will forgive you much more.

46. Schedule activities with friends. Adhere to these schedules faithfully. It is crucial for you to keep connected to other people.

47. Find and join groups where you are liked, appreciated, understood, enjoyed.

48. Reverse of #47. Don't stay too long where you aren't understood or appreciated.

49. Pay compliments. Notice other people. In general, get social training, as from your coach.

50. Set social deadlines.

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Source: [http://www.hi2u.org.uk/adhd/adhd\\_50tips.html](http://www.hi2u.org.uk/adhd/adhd_50tips.html)

## Through My Child's Eyes

ADD is how I'm seen  
Just for once see me as keen  
A mixed up child who's lost and scared  
All I'm doing is trying to be heard

If I get hit I'll hit back  
I'm not trying to get anyone the sack  
But it would be nice to be seen as me  
Instead of 31 children and an ADD

My name is used for all the blame  
I'm trying my hardest to be the same  
But it's hard when on-one believes in me  
So if something goes wrong it's me they see

My mother is fighting for what is right  
But everyone is losing sight  
It's me, the child, who's standing before you  
My self esteem is low and I'm feeling blue

As a child my mum went the same way  
And she said I'll be strong and make the stand one day  
To let people know what a child goes through  
So no-one will be judged—not me or you!!

Author Unknown

## Living with ADHD

I go through life in my own little way,  
“he's just a naughty child” people would say  
But they don't understand or know the real me  
They just don't know I live with ADHD

Its not always meant, the things that I say  
The trouble I have from day to day  
I live for the moment, live for the high  
And I know my ADHD has made my mum cry

I can be a handful or I can be just great  
And living with ADHD is a thing that I hate  
I hate it when people judge me without a thought  
My condition it should be wider taught

So please have some patience understand how I feel  
I'm not being naughty I'm just being me  
I'm living my life with ADHD who's standing before you  
Myself esteem is low and I'm feeling blue

As a child my mum went the same way  
And she said I'll be strong and make the stand one day  
To let people know what a child goes through  
So no-one will be judged—not me or you!!

Author Unknown

## If nobody smiled

If nobody smiled and nobody cared  
and nobody helped us along.

If every moment looked after itself and  
good things always went to the strong;

If nobody cared just a little about you  
and nobody cared about me,

And we stood alone, in the battle of life,  
What a dreary old world this would be.

Life is sweet, just because of friends we have made  
And the things which in common we share.

We want to live on, not because of ourselves,  
but because of the people who care.

It is doing and giving for somebody else  
on which all of life's splendour depends.

The joy of this world, when you've summed it all up,  
is found in the making of friends.

## OUR WORLD BEHIND CLOSED DOORS..ALONE..

My baby so loud, so angry, so sad,  
But I knew he was not being naughty or bad,  
His face I could see but I couldn't judge his next move,  
He always seemed to be in a frustrated mood,  
The tension would flow and upset his sleep,  
Exhausted and confused, all alone I would weep,  
I couldn't understand how my child so young,  
Could scream right through the songs that I sung,  
Isolation became the way of our life,  
Every couple - he would upset either husband or wife,  
Impulses that run within his tiny blue veins,  
Like a dog on a leash, he was on permanent reins,  
My little girl so scared at his next angry gesture,  
Believe me, she had experienced this pressure,  
School the next move, a break for my daughter,  
Well so I thought, but were we for the slaughter,  
Confusion arose as to why he would miss her,  
When on her return he would punch, kick and hit her,  
For she had left him alone and that he couldn't bare,  
So he would show himself up for the parents to stare,  
Depressed I am now, with no-one to listen,  
Alone in our world, to get on with my mission,  
My love for my kids would still shine through,  
And that's when I realised this life it was true,  
Only I was the one that would stop us from cracking,  
I tried all the punishments, even the smacking,  
Took his toys away, but he didn't care,  
For if he played with them, that would be rare,  
A reward chart my health visitor tried,  
He just filled it completely with his good boy lies,  
No reaction again, what would we now try?  
To stop him hurting Ellen and enjoying her cry,  
A different approach, I would try talking instead,  
But understanding what I was saying never entered his head,  
He didn't recognise where he was going wrong,  
The days and nights seemed so very long,  
When would he stop, always on the go?  
What went on in his head, I will never know,  
My fears grew greater as he began to climb,  
Up on every item, hurting himself every time,  
Alone I felt with no-one to share,  
People passed my house without a care,  
I was so scared for my son, no regard for a thing,  
At the end of my tether, who do I ring?  
Ellen and I were so lonely it was hard,  
With our friendships gone or constantly scarred,  
By my little boy who loved to shout and scare,

The neighbours would stop in their tracks and stare,  
Isolated by Nathan raising my fears,  
With my head in my hands, he would reduce me to tears,  
His voice rang through my head so loud,  
I promised my daughter, I would get help I vowed,  
This couldn't go on, like a torture it felt,  
My sanity like ice cream, it began to melt,  
The embarrassing moments would cause such an outrage,  
As Nathan being Nathan would take centre stage,  
He was known as the monster, without a care,  
We would go out in the street and see them all glare,  
God sent me this child as a test in life,  
To measure my patience and give me strife,  
Four walls were my den to sit thereafter,  
I couldn't believe he had dissolved all my laughter,  
I remember I felt so alone all the time,  
How hard to be accepted for Nathan's crime.

*Bev Hedges 27/06/04  
A story relating to the  
feelings we all feel LIVING with a child with A.D.H.D*