

## Attention Deficit Hyperactivity Disorder



### Common areas of gifting or strength

- Deep focus on area of interest
- Creative expression or problem-solving, imagination
- Passionate energy for ideas

### Common areas of challenge

- Focusing on the right thing all the time
- Staying still
- Learning things not of interest

### Quick facts

- There are 3 types of ADHD:
  1. Inattentive type
  2. Hyperactive type
  3. Combined type
- ADHD is a neurological difference, meaning it has to do with the way the brain is “wired”. Strategies and supports help! (Trying harder to pay attention may not help so much).
- A diagnosis of ADHD indicates that a doctor sees a gap between what the individual has the potential to do, and what the individual is currently able to do without support.
- Medication may help some individuals focus and organize their thoughts, but often have side effects like loss of appetite or mood changes.

## Resources

### Further Learning

- [allbelong.org/resources/supporting-emotional-well-being](http://allbelong.org/resources/supporting-emotional-well-being)
- [chadd.org/](http://chadd.org/)
- [understood.org](http://understood.org)

### Books for Adults

- [\*Kids in the Syndrome Mix\*](#), by Martin L. Kutscher MD
- [\*Reaching for a New Potential\*](#), by Dr. Oren Mason

### Books for Kids

- *All Dogs have ADHD*, by Kathy Hoopman (video read-aloud at [youtube.com/watch?v=wjS6yDAm3oY](https://youtube.com/watch?v=wjS6yDAm3oY))
- *Hi, It's Me, I have ADHD*, by Katelyn Mabry (video read-aloud by author at [youtube.com/watch?v=hbRgGxBGEwk](https://youtube.com/watch?v=hbRgGxBGEwk))

### Videos

- [adhdawarenessmonth.org/how-to-deal-with-adhd/](http://adhdawarenessmonth.org/how-to-deal-with-adhd/) (2:00)
- [howtoadhd.com](http://howtoadhd.com) (main page video is 7:38, [page of videos](#) range in length)
- Rick Green's "Everyone Has Those ADHD Symptoms!" (8:00)  
[youtu.be/55PKfQzdLbw](https://youtu.be/55PKfQzdLbw)
- "What's it like to have ADHD?" (2:14)  
[youtube.com/watch?v=Hl7Ro1PUJmE](https://youtube.com/watch?v=Hl7Ro1PUJmE)