

Northamptonshire Local Offer:

An Easy-Read Guide to ADHD

ADHD stands for Attention Deficit Hyperactivity Disorder



There are 3 groups of ADHD symptoms

Hyperactive - Impulsive:

Fidgeting, tapping hands and feet, talking lots, and interrupting conversations.



Inattention:

Finding it hard to listen and focus, forgetting instructions, finding it difficult to organise yourself and your time.



Combined type:

Being both Hyperactive-Impulsive and Inattentive.



You might be **impulsive** if you rush into things. You don't always think what of what might happen.



You might be **hyperactive** if you bounce around or can't sit still.



You might be **inattentive** if you find it hard to focus and listen.



If you have ADHD you might:

Fidget and move a lot.



Not sit still in a chair.



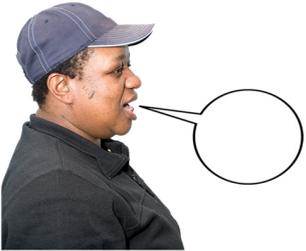
Find it hard to do things quietly.



Interrupt people when they are talking.



Forget things.



Talk a lot without stopping.

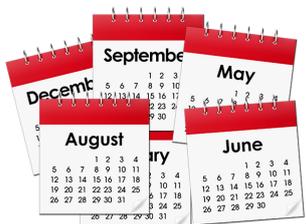


Facts about ADHD:

People think that only boys have ADHD, but girls can have ADHD too.



Often you will notice symptoms at around 3 years old.



If you have ADHD you will:

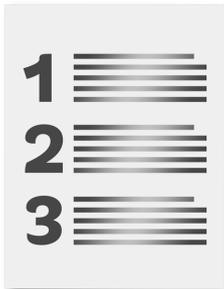
Show symptoms for more than 6 months.



Have symptoms that were noticed before you are 7 years old.



Show symptoms in more than one place (like at home and at school).



Have symptoms that aren't explained by something else.



Treatment for ADHD:

Your GP will ask you to see a specialist doctor.



The specialist doctor will see you at a clinic.



The specialist doctor will ask you to eat healthy food.



The specialist doctor will ask you to exercise by doing something fun that you enjoy.



The specialist doctor will ask you to talk about how you feel.



The specialist doctor might give you tablets to take.



Treatment should help you to stay calm.



Treatment should help you to concentrate.



Your ADHD symptoms might not go away.



Treatment should help you cope with your ADHD symptoms.



Good things about ADHD:

You might be creative.



You might be eager and active.

The Northamptonshire Local Offer Service

The Local Offer has information about local support groups, national helplines, and youth clubs.

For more, information:



Visit the website:

<http://www.northamptonshire.gov.uk/localoffer>



Phone **0300 126 1000 (option 5)**



Email:

localoffer.ncc@northnorthants.gov.uk

