

# Attention Deficit Hyperactivity Disorder

Everybody can have a hard time sitting still or paying attention at times. For some people, sitting still or paying attention can be more difficult to control. These issues can impact every aspect of their lives: home, academic, social and work.

## What Is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a brain disorder that is an ongoing pattern of inattention and/or hyperactivity-impulsivity. This affects a person’s ability to focus, stay still and/or manage their behavior.

1. **Inattention** means a person wanders off task, loses focus and may have problems staying organized. These problems are not due to defiance or confusion.
2. **Hyperactivity** means a person seems to move about constantly. This may include excessive fidgeting, tapping or talking in situations that may not be appropriate.
3. **Impulsivity** means a person makes hasty actions or decisions without considering the long-term effects. The effects of their actions may include risky behavior or self-harm. An impulsive person may be socially intrusive and excessively interrupt others.

Some people with ADHD may only have problems with one of the behaviors. Others with ADHD may have both inattention and hyperactivity-impulsivity (combined).

## General Symptoms

The symptoms differ from person-to-person, but both children and adults can have ADHD.

### Child:

- Makes careless mistakes.
- Has difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow instructions.
- Has difficulty with organizing.
- Easily distracted.
- Is forgetful in daily activities.
- Fidgets with hands/feet or squirms in chair.
- Runs around or climbs excessively.
- Difficulty engaging in activities quietly.
- Talks excessively/blurts out answers.
- Interrupts or intrudes upon others.

### Adult:

- Poor attention, easily distracted.
- Physical restlessness.
- Excessive impulsivity.
- Chronic procrastination.
- Difficulty getting started on tasks.
- Difficulty completing tasks.
- Frequently losing things.
- Poor organizing, planning.
- Poor time management.
- Poor memory, attention span.



## DID YOU KNOW?

ADHD affects 11% of school-age children. More than 75% of children with ADHD continue to experience significant symptoms into adulthood.

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