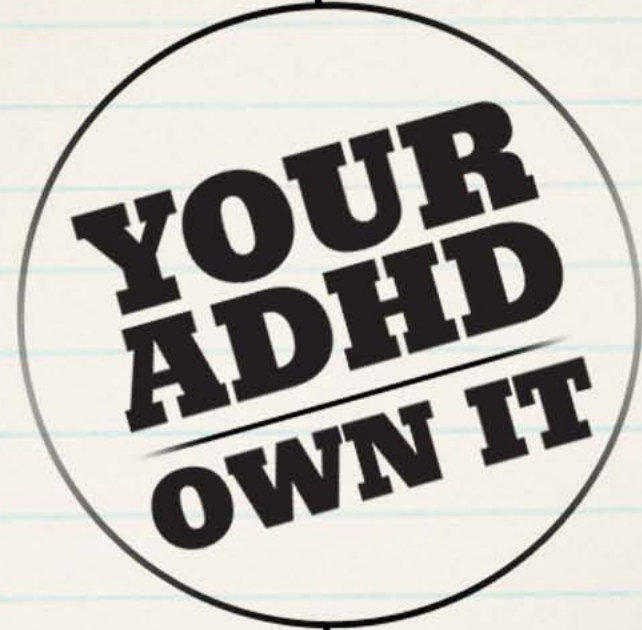

YOUR ADHD ACTION GUIDE

Practical tips and tools
to help you.





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**START
HERE**

If you had ADHD as a child and think you still have it now, this symptom checklist may help you start a discussion with your doctor. Only a trained health care provider can accurately diagnose ADHD.

INSTRUCTIONS:

1. Print this chart (for best results, select “landscape”).
2. Fill in the circles below based on your symptoms for the past 6 months.
3. Choose only one circle for each statement.
4. Take your completed chart to the doctor to discuss your symptoms.

	NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
SYMPTOMS OF INATTENTION				
Do you fail to give close attention to details or make careless mistakes in schoolwork, work, or other activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty sustaining attention in tasks or activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you not listen when spoken to directly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you not follow through on instructions & fail to finish schoolwork, chores, or duties in the workplace (not due to failure to understand instructions)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty organizing tasks and activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you avoid, dislike, or are you reluctant to engage in tasks that require sustained mental effort (such as school work or homework)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you lose things necessary for tasks or activities (e.g., school assignments, pencils, books, or tools)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you easily distracted by extraneous stimuli?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you forgetful in daily activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SYMPTOMS OF HYPERACTIVITY/IMPULSIVITY				
Do you fidget with your hands or feet, or squirm in your seat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you leave your seat in situations in which remaining seated is expected?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you feel restless or move about excessively in situations in which it is inappropriate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty engaging in leisure activities quietly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you “on the go” or act as if “driven by a motor”?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you talk excessively?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you blurt out answers before questions have been completed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have difficulty awaiting your turn?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you interrupt or intrude on others (e.g. butt into conversations)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
THESE SYMPTOMS AFFECT ME THE MOST:	AT SCHOOL	AT WORK	AT HOME	SCHOOL/ WORK/HOME
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

KEY FACTS

THINGS YOU SHOULD KNOW ABOUT ADHD

Here are some quick facts that may help you better understand Attention-Deficit/Hyperactivity Disorder (ADHD).

ADHD IS A REAL MEDICAL DISORDER

ADHD is a psychiatric disorder that shows itself as a persistent pattern of inattention and/or hyperactivity/impulsivity that is more frequent and severe than is typically seen in one's peers. Only a trained health care provider can accurately diagnose ADHD.

ADHD IS NOT ONLY A CHILDHOOD DISORDER

Some people may believe that they outgrow ADHD, but it is estimated that up to 67% of children diagnosed with ADHD may continue to have symptoms as adults.

YOU ARE NOT ALONE

Based on a survey of 3,199 adults ages 18 to 44, it is estimated that 4.4% of US adults have ADHD. That's approximately 10 million people when considered across the full US population 18 and over.

ADHD CAN BE HEREDITARY

If one member of a family has the disorder, there is an increased chance that immediate family members may have it, too.

ADHD SYMPTOMS MAY APPEAR DIFFERENTLY IN CHILDREN AND ADULTS

Although adults and children may share the same symptoms of ADHD, sometimes the way these symptoms appear may differ. To prepare yourself to speak with the doctor about your ADHD symptoms, use the [symptom checklist](#) on page 3 and discuss with your doctor.

TIPS

MANAGING SCHOOL DAYS

If you're planning to go to college or are currently in school, consider these tips.

KNOW WHAT RESOURCES ARE AVAILABLE

Contact your school's Student Disability Support office to find out what type of support they offer for students with ADHD. If you haven't chosen a school yet, be sure to find out what the schools on your list offer before you make a decision.

RECRUIT A COACH

Working with an ADHD coach may be helpful. Your coach could be a parent, a sibling, a friend, or a professional ADHD coach. If your school doesn't offer professional coaching services, get a referral for one in your community. Check out the ADHD Coaches Organization at www.adhdcoaches.org for more information.

GET ADDITIONAL HELP

Don't be afraid to ask for special accommodations. Accommodations for students with ADHD may include things like early registration, waived/modified placement exams, using (free) note-takers in class, and getting extra time on assignments or to meet with your professor. Check with your Student Disability Support office to find out what accommodations are available to you.

USE TECHNOLOGY TO YOUR ADVANTAGE

Technology doesn't have to be a distraction. You may find that voice-activated software, books on tape, personal organizers, and other tools may help you better cope with some challenges you face. There are also many apps and programs that can help you get (and stay) organized.

TIPS

SCHEDULING YOUR TIME

Whether you're going to school or working, these tips may help with time management.

FACTOR IN DOWNTIME

Staying busy may seem like a good strategy for getting things done. But if you have ADHD, you might just end up overwhelming yourself.

If you're in school, plan a schedule that works for you. Scheduling back-to-back classes may help you get school out of the way for the day, but it may present a challenge when you have back-to-back tests or assignments due. To give yourself a break, allow time between classes to review notes, start/finish homework, or just clear your head between topics.

BREAK BIGGER PROJECTS INTO SMALLER PARTS

For example, divide a big paper or project into smaller, more manageable tasks like "create outline" or "find resources" and tackle one piece at a time.

FIND HELPFUL TOOLS

Day planners, PDAs, software, and timers may help with time management.

TIME YOURSELF

Set a timer to go off in 15 minutes and stay with a task for those 15 minutes. When the timer goes off, you can decide if you want to continue for another 15 minutes. If you can't, simply stop and do the same thing later in the day until the task is completed.

TIPS

GETTING MORE ORGANIZED

By getting organized, you may spend less time looking for things and more time being productive.

This approach may help:

1. Get 3 boxes and a trash bag.
2. Label the boxes:
 - **KEEP HERE.** Place items in here that will stay in the current room/area.
 - **GOES SOMEWHERE ELSE.** Place items in here that belong in another room/area.
 - **NOT SURE.** Place items in here that you're not sure about yet.
3. Pick up one item at a time and place it in the appropriate box — or the trash bag.
4. Take all “goes somewhere else” objects to their proper home.
5. Throw out the trash.
6. Seal the “not sure” box with packing tape and open it in 3 to 6 months. If you haven't looked for any of the items in that time, throw them out or give them away. If you have looked for them, find a new home and put them there.

WHAT'S NEXT

MOVING FORWARD WITH ADHD

CHECK YOUR SYMPTOMS

Your symptoms may have changed since you were diagnosed as a child. Use the [checklist](#) on page 3 to determine how you are experiencing ADHD symptoms, then discuss the results with your doctor.

TALK WITH YOUR DOCTOR

Make an appointment to talk with your family or campus doctor about your condition. Be sure to bring the checklist with you. It may help the doctor evaluate your ADHD.

EDUCATE YOURSELF

Read the tips found in this brochure and visit the sites* to the right to learn more about ADHD.

www.chadd.org

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

www.add.org

Attention Deficit Disorder Association (ADDA)

www.additudemag.com

ADDitude (an online magazine for people dealing with ADHD)

www.adhdcoaches.org

The ADHD Coaches Organization

www.nami.org

National Alliance on Mental Illness

*These are third-party sites. Shire does not control the content of these sites.