

Interested in an assessment

If you have read this leaflet and think you might need an assessment for ADHD contact your mental health clinician, GP or CAMHS directly.

Still have questions?

We recommend that you visit the website ADHD Richmond which has lots of videos, events and information about ADHS which may be of interest to you.

www.adhdrichmond.org

Here are a few websites which have some good information about ADHD:

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx

www.youngminds.org.uk/find-help/conditions/adhd

www.nhs.uk/conditions/Attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx

Contact

The Emotional Health Service

42 York Street, Twickenham TW1 3 BW

T: 020 8487 5470

Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

Emotional Health Service



Attention Deficit Hyperactivity Disorder (ADHD)

Information for young people

What is Attention Deficit Hyperactivity Disorder?

ADHD is a neurodevelopmental disorder, the symptoms of which include inattentiveness, hyperactivity and impulsiveness. There are three different types of ADHD:

- **Inattentive:** it might be difficult for a person with ADHD inattentive presentation to pay close attention to details, maintain their attention, follow long instructions and organise themselves. They may also lose things often, get easily distracted or appear to be forgetful. These individuals may show no hyperactive symptoms.
- **Hyperactive:** a person with ADHD hyperactive or impulsive presentation may be seen to fidget, move around lots as if they are restless, talk a lot or interrupt others because they have trouble waiting or taking turns. These individuals may not show any attentive symptoms.
- **Combined:** individuals with a combined presentation show traits from both categories described above.

ADHD can be diagnosed at any age. Every person with ADHD shows their symptoms differently which is why assessments are always thorough and sometimes lengthy.

How does ADHD affect young people?

ADHD is an invisible disorder. It is not possible to tell if an individual has ADHD by looking at them. For this reason it can be difficult for others to understand how young people may be struggling with controlling their impulses, attention and energy. This can sometimes cause young people to get into trouble for their behaviours.

Here are some ways that young people may be affected by ADHD

- It may be tricky to control impulses (they may get in trouble for blurting out answers or interrupting teachers in school)
- It could be hard not to fidget when everyone else is sitting still.
- It is probably difficult to maintain attention on one subject
- It can be tricky to control their energy
- They may get in trouble for forgetting instructions, losing homework or getting distracted easily

These problems which are caused by ADHD symptoms can sometimes lead to other mental health difficulties as a result of a young person feeling misunderstood. ADHD assessments aim to give young people, carers and schools a better understanding of how a young person may be struggling and how they could be helped.

What happens in an assessment?

Before an ADHD assessment begins young people, their schools and their carers are asked to fill out a few questionnaires. This helps professionals to understand whether an ADHD assessment is necessary or if there is a different way that the young person could be helped.

ADHD assessments can take place in CAMHS teams or with Paediatricians. They will probably ask you a bit about what things you find easy or hard and you will probably do some activities or games with them. They will also ask your parent or caregiver about you now and you when you were younger.

You don't need to prepare for an assessment at all, just be yourself.

What happens after an assessment?

You will be told the result of the assessment in your last appointment. You will also be told about what support you can be provided with. Here are a few ways that individuals with ADHD can be supported:

- Medication is sometimes prescribed by a CAMHS Psychiatrist or a Paediatrician.
- Schools and families/carers can be taught ways to make it easier for their young people to follow instructions and maintain their attention.
- Group or individual therapy can sometimes be helpful for individuals with ADHD
- You may be taught different strategies to help you. Some of these may seem strange in the beginning but they can be really helpful if used well.