

# 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.

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### Inattention:

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

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### Combined type:

Being both Hyperactive-Impulsive and Inattentive.

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

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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.

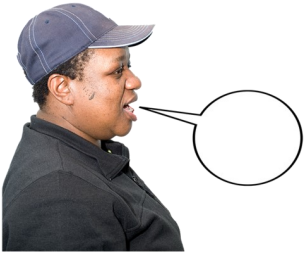


Interrupt people when they are talking.



Forget things.

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Talk a lot without stopping.

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## Facts about ADHD:

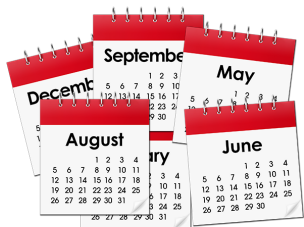
People think that only boys have ADHD, but girls can have ADHD too.

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Often you will notice symptoms at around 3 years old.

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## If you have ADHD you will:

Show symptoms for more than 6 months.



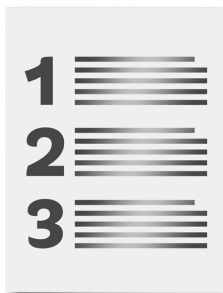
Have symptoms that were noticed before you are 7 years old.

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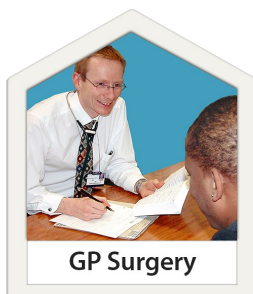
Show symptoms in more than one place (like at home and at school).

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Have symptoms that aren't explained by something else.

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## Treatment for ADHD:

Your GP will ask you to see a specialist doctor.

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The specialist doctor will see you at a clinic.



The specialist doctor will ask you to eat healthy food.

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

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

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The specialist doctor might give you tablets to take.

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Treatment should help you to stay calm.



Treatment should help you to concentrate.

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Your ADHD symptoms might not go away.

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Treatment should help you cope with your ADHD symptoms.

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**Good things about ADHD:**

You might be creative.

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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:

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Visit the website:

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

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

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Email:

[localoffer.ncc@northnorthants.gov.uk](mailto:localoffer.ncc@northnorthants.gov.uk)

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