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Attention Deficit Disorder Overview

ADHD is a condition in which a person has trouble paying attention and focusing on tasks. The symptoms of ADHD include inattention, impulsivity, and/or hyperactivity.

Inattention – having a short attention span and easily distracted

Impulsivity – can cause a person to do dangerous or unwise things without thinking about the consequences

Hyperactivity – inappropriate or excessive activity

Typical behavior by age groups:

Pre-school age – symptoms may be hard to indentify. ADHD is distinguished by the severity and consistency of symptoms.

Ages 6-12: Usually show more obvious signs of ADHD than any other age group. School expectations can make symptoms more noticeable. Low grades or test scores, poor organization and study skills, socialization problems and feeling rejected by peers, problems with self-esteem

Ages 13-18: May be in better control of disruptive behavior. Has learned some compensatory strategies. They seem to fail to cope and may fall behind in their work.

Adults: Many have not been diagnosed. Sometimes frustrated as to why they can't concentrate or stay on task. Many suffer depression.

Other medical problems that should be ruled out:

Hearing or vision impairment, lead exposure, anemia, thyroid disease, seizures

Coexisting issue: Depression

Symptoms of ADHD: Difficulty Paying Attention
Being Easily Distracted
Difficulty Planning
Trouble Meeting Deadlines
Procrastination

Interrupting Others When Speaking
Difficulty Waiting One's Turn
Difficulty Following Instructions
Fidgeting or Constantly Moving
Acting Impulsively