



aadpa

ADHD INFORMATION SHEET



ADHD LIVED EXPERIENCE POST DIAGNOSIS

**JUST BECAUSE
I CARRY IT WELL
DOESN'T MEAN
THE LOAD I CARRY
ISN'T HEAVY**

How an ADHD diagnosis might impact a person with lived experience, what it can mean:

- Greater self-awareness and self-compassion.
- A different way to explain your experience, your strengths and your challenges.
- An understanding that my challenges may be somewhat beyond my control.
- Access to medication, education, other treatments and ADHD friendly strategies.
- Community and acceptance – engaging with other people who share and understand your experiences.
- Access to supports and accommodations.



ADHD **challenges** may include:

- Difficulty with timely diagnosis and having lived experience dismissed or invalidated.
- Access to medication, and treating professionals.
- The wider community misunderstanding ADHD and its' impacts.
- Being told that you will "grow out of it" or "It's just a phase."
- Success with ADHD, at any level, requiring extra effort.
- Dealing with co-occurring conditions is the norm, and not the exception.
- Individuals may have difficulties with managing finances and saving money.
- May have difficulties with making friends or having long-term relationships.

**EVERYONE
EXPERIENCES THEIR
ADHD DIFFERENTLY
HOW THEY MANAGE IT
IS A PERSONAL CHOICE**



**BEING AWARE OF
ADHD AND HOW
IT MAY PRESENT IS
IMPORTANT FOR
EVERYONE AND
ASKING HOW
YOU CAN HELP
HELPS EVERYONE**

ADHD strengths may include:

- Ability to focus on what is important to the individual for long periods.
- Adaptability to situations.
- Undertaking more than one task at a time.
- A curious mind and forever wanting to explore.
- Expert knowledge in their area of interest.
- Ability to problem solve using abstract and creative ideas.
- Enthusiasm, passion, and energy that can be inspiring in the right environments.
- Natural entrepreneurial and leadership skills.
- Risk taking and initiative which excel under the right type of supportive environments.
- A strong sense of justice and empathy.