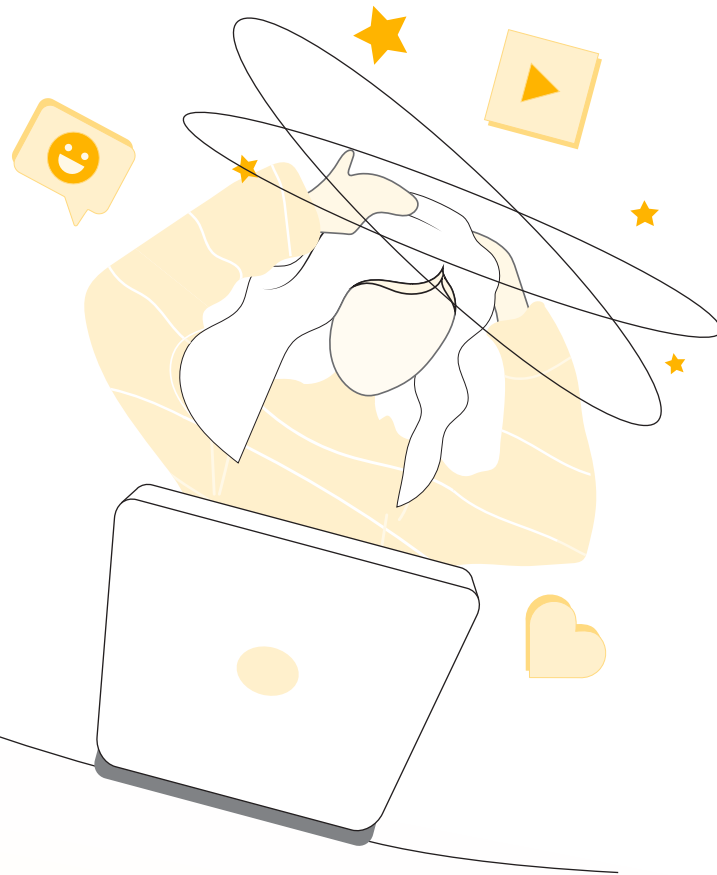




**aadpa**

**ADHD INFORMATION SHEET**



## WHAT IS IT LIKE TO HAVE ADHD? **LIVED EXPERIENCE**

Does your brain ever feel like this all at once?

The ADHD brain is overflowing with potential, but sometimes it can feel like a whirlwind of ideas and competing priorities. Your brain can also be overwhelmed with sensory distractions.

Harnessing this potential, and doing it at the right time, can be hard. For people with ADHD it can be difficult to focus, take action and complete tasks.

# THINK OF ALL THE STEPS NEEDED TO ACHIEVE A SINGLE ACTIVITY



## STEP 01

Acknowledge that there is a task



## STEP 02

Know the different steps to carry out the task



## STEP 03

Understand the order of the steps required to complete correctly



## STEP 04

Have the required tools necessary



## STEP 05

Prioritise the task above others



## STEP 06

Initiate each step of the task



## STEP 07

Recall the steps at the right time



## STEP 08

Shut out distractions



## STEP 09

Do not skip any of the steps



## STEP 10

REPEAT steps 1-9 until the entire task is complete

**REACHING  
GOALS AND  
GETTING  
RESULTS ARE  
JUST DONE  
DIFFERENTLY  
AND THATS OK**

Tasks and activities can take significant effort for people with ADHD, especially when they are boring and mundane. They all require multiple complex unconscious steps which we take for granted, for example:

- starting and finishing jobs/chores
- engaging with people – personally and professionally.
- being on time and organised
- adapting and changing skills
- making the best choice in certain situations.

People with ADHD may experience challenges with hyperactivity, attention and impulse control. This increases the effort needed to do these simple daily activities which can be exhausting.

Those with ADHD can do and achieve anything a neurotypical person can. Reaching goals and getting results are just done differently, and thats OK.

To be able to live a full life there's often a cost – mentally, emotionally, and physically.



**WHEN  
NEUROTYPICAL  
STANDARDS  
ARE APPLIED TO  
NEURODIVERGENT  
PEOPLE, THE  
STIGMA  
ASSOCIATED  
WITH ADHD IS  
REINFORCED**

Some people with ADHD approach tasks, and life in general, with loud enthusiasm, spontaneity, and speed. They may find it challenging to do things calmly, methodically or quietly!

Their Emotions can come out all at once, and they may talk too much or over-share. Sometimes a person might have explosions or anger and suddenly withdraw and be remorseful.

Moving around, walking or fidgeting can help others to listen, focus or express their ideas. These characteristics don't always fit society's norms or expectations.

This mismatch can lower a person's self-esteem and reduce participation. Sometimes learning opportunities are missed and social connections are difficult.

When neurotypical standards are applied to neurodivergent people, the stigma associated with ADHD is reinforced.

Try to recognise and accept that people with ADHD may learn or do tasks differently. Perhaps ask how you could help them.

There are many fabulous ADHD role models from all walks of life – chefs, actors, authors, scientists, politicians and sporting personalities.

**GIVING SUPPORT TO  
THE PEOPLE IN YOUR  
LIFE WITH ADHD WILL  
HELP THEM BE THE  
BEST THEY CAN BE**

