

# Attention-Deficit/Hyperactivity Disorder

## (Easy Reading Version)



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ADHD is common. People with ADHD may have a hard time paying attention. They may struggle with sitting still. They may also do things without thinking. They might seem lazy or unmotivated. It's the most common mental health problem in young people.

### What are the symptoms of ADHD?

There are three different types of ADHD. Each type has its own symptoms:

#### 1. *Inattentive type often:*

- Have a hard time paying attention to details
- Make careless mistakes in schoolwork, fail to finish things like schoolwork or work projects
- Have a hard time organizing things, might lose things
- Are forgetful or easily distracted, may not seem to listen when spoken to

#### 2. *Hyperactive/impulsive type often:*

- Fidget with their hands or feet or squirm in their seat, move too much when not appropriate
- Have a hard time doing things quietly
- Talk too much, blurt out answers, have difficulty waiting their turn

**3. *Combined type:*** This is the most common type of ADHD. It is a mix of the inattentive and hyperactive/impulsive symptoms.

### How can ADHD be treated?

**Medications:** The most common medications for ADHD are stimulants. The most common stimulants are: methylphenidate (Ritalin), dextroamphetamine (Dexedrine, Desoxyn), amphetamine, and dextroamphetamine (Adderall). Sometimes antidepressants are used as well.

**Behavior Approaches:** Many families prefer not to give their children medication. Some families find that the medication doesn't make the problem go away completely. Other things that can work are:

- Providing simple, clear, step-by-step instructions, or breaking longer assignments into smaller chunks.
- Actively ignoring bad behavior while rewarding good behavior
- Providing breaks for movement, or starting the day with exercise or play
- Modifying work station (such as standing desk, resistance bands on chair legs)
- Requesting a 504 plan or IEP for school accommodations
- Letting your child use fidgets or chew gum to help them stay focused
- Working with a mental health professional to teach your child to calm their body and focus their mind
- Being patient and understanding – your child is trying their best!