**Spotlight on**

**ADHD**

**A downloadable resource from the**

**DIFFERENTLY WIRED HUB**

**What is it?**

**ADHD is a neurodevelopmental condition which stands for Attention Deficit Hyperactivity disorder.**

**It’s estimated that 2.5% of the global population have ADHD.**

**What are the symptoms?**

**ADHD is characterised by 3 main qualities, which can involve...**

**Inattention**

**Forgetfulness, becoming easily distracted, difficulty maintaining focus, and avoidance of tasks that require sustained mental effort and concentration.**

**Hyperactivity**

**Fidgeting, restlessness, difficulty staying seated, and excessive talkativeness.**

**Impulsivity**

**Interrupting others and difficulty waiting to speak in group conversations.**

**Difficulties with ‘executive functioning’ skills (like planning and time management) and regulating emotions are also common traits of ADHD.**

**Like all neurodiverse conditions, there are many strengths that come with ADHD. Insightfulness, problem-solving and creative thinking are often associated with the condition.**

**Surely most of us experience some of these?**

**It’s true that anyone, whether they are neurodiverse or neurotypical, can struggle with the diagnostic criteria for ADHD. However, these characteristics are present in a more extreme form in those with ADHD and will have been noticeable since childhood.**

**Diagnosis**

**Men are three times more likely to be diagnosed with ADHD than women. Not only can the symptoms of ADHD present differently in men and women, they are also often ‘masked’ (concealed) by careful copying of neurotypical behaviour.**

**Signposts**

**ADHD Resources**

**The ADHD Foundation**

**The ADHD Foundation, is the UK's leading Neurodiversity Charity that was set up in 2007 to promote and improve the mental health outcomes, educational attainment, social inclusion and life chances of children, young people and adults affected by ADHD through early intervention with a range of training and therapies.**

**adhdfoundation.org.uk**

**UK ADHD Partnership**

**The UK ADHD Partnership aims to support clinicians and allied professionals to identify and meet the needs of children and young people affected by this disorder. ADHD is now recognised as a condition that may cross the lifespan and there are multi-modal interventions for ADHD that can be delivered at every age.**

**ukadhd.com**

**ADHD Europe**

**Advocate on behalf of people with ADHD for their rights to have equal access to diagnosis and treatment, and serve as a platform for member organisations to share information and collaborate on research to help the European community.**

**adhdeurope.eu**

**Want to learn more?**

**Join our free Differently Wired Hub**

**where you can find expert information, advice and resources for engineers living with neurodiversity, and the people who support them.**

**www.myfoothold.org/ join-differently-wired-hub/**