Some of the more common conditions associated with learning difficulties are:

**ADHD**
Stands for Attention Deficit Hyperactivity Disorder; people with ADHD are inattentive, easily distracted, impulsive and hyper active. These characteristics are usually combined to varying degrees in severity.

**ADD**
Attention Deficit Disorder without hyperactive and impulsive symptoms.

**Autism**
Difficulties in relating to and communicating with others resulting in social isolation. People with autism often live in a world of their own.

**Asperger syndrome**
Often referred to as ‘high functioning autism’. People with Asperger syndrome frequently have one special interest to the exclusion of anything else and often become obsessively involved in it. They can function adequately on their own but may have difficulties in relating to and communicating with others.

**DAMP**
Deficit in Attention Motor control and Perception is the medical term; it may mean having some or all of the ADHD characteristics as well as having motoric difficulties and problems interpreting what you see and what you hear. Predominately diagnosed by the co-existence of Dyspraxia (DCD) and ADHD.

**Dyslexia**
Specific difficulties with reading and writing. Associated difficulties Dysgraphia (poor handwriting) and Dyscalculia (difficulties with math).

**Tourette syndrome**
Involuntary movements or sounds which may come and go and vary in severity.

It is very common for these difficulties to co-exist in various combinations.

We would like to thank all of those people with learning difficulties who have helped us write these leaflets.

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Meet James
He is full of energy
He is always enthusiastic
He can come up with great ideas
He can get his point across

But he can’t always sit still and concentrate
Understanding ADHD
ADHD

How to help
A student with ADHD often needs help with organisation and structure

- Break large assignments down into smaller blocks of work
- Discuss and agree a structure and priorities
- Set achievable deadlines for each block of work
- Check results regularly and give feedback and encouragement
- Review study plans daily and make schedules and lists
- Let ‘James’ have a number of short breaks each day
- Encourage use of a diary for notes and reminders
- Keep routines consistent but vary assignments and tasks
- Assign fresh duties to help stay on task
- Talk to ‘James’; does he work best in a solo situation or as part of a group? Does he need peace and quiet?

Facts

Attention Deficit Hyperactivity Disorder

ADHD is a neuro-developmental condition — which means that it is part of the make-up of the brain.

ADHD is probably the most common of all learning difficulties.

A person with ADHD will almost certainly have difficulties with impulsiveness, inattention and hyperactivity.

They may be unable to sit still, plan ahead, finish tasks or, because of their short attention span, be unaware of what is going on around them. However, on a good day they may seem fine, leading others to think the person with ADHD can actually control his/her behaviour, resulting in frustration and misunderstanding on both sides of the fence.

ADHD is assumed to be more common among men, although ongoing research is indicating that ADHD is almost as prevalent among women.

It is now well-recognised that some people have attention disorder without hyperactive and impulsive symptoms. These children often struggle to pay attention, plan, organize and complete school work for instance.

What can you do to help students like James?

So what can James do for you?

Creating a mutual benefit

ADHD

Only by understanding both strengths and weaknesses can we bring the very best out of others and ourselves

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