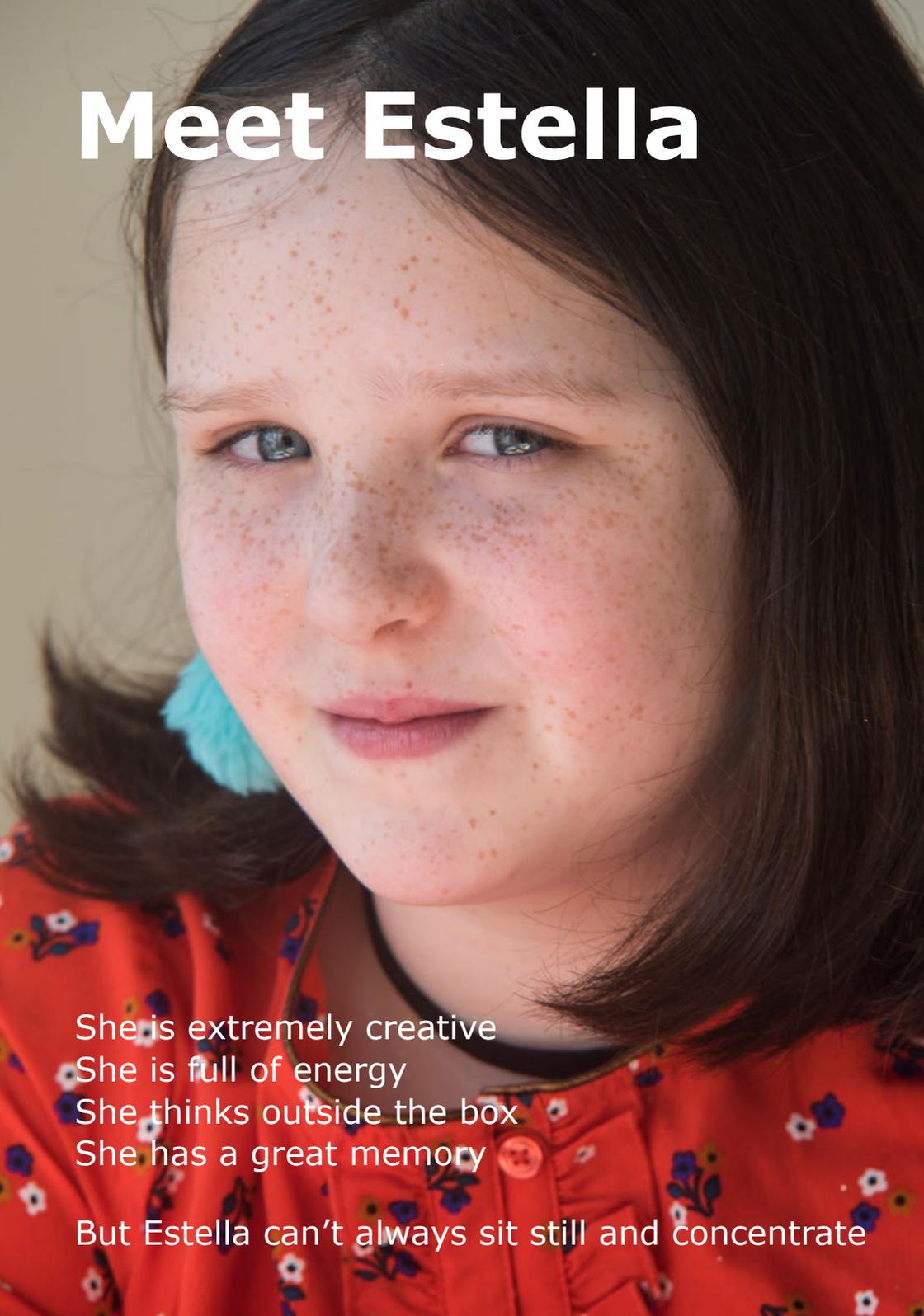


# Meet Estella

A close-up portrait of a young girl with dark hair and freckles, wearing a red floral shirt and a blue tassel earring. The background is a plain, light-colored wall.

She is extremely creative

She is full of energy

She thinks outside the box

She has a great memory

But Estella can't always sit still and concentrate

# Understanding ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a neuro-developmental condition - which means that it is part of the make-up of the brain. It is one of the most common of all learning difficulties and research indicates that around 5% of the population has ADHD. More males are currently diagnosed than females, though recognition of ADHD in girls at an earlier age is increasing.

A person with ADHD will almost certainly have difficulties with impulsiveness, inattention and hyperactivity. They may be unable to sit still, plan ahead or finish tasks. Due to their short attention span they may often be unaware of what is going on around them.

On a good day someone with ADHD may seem fine, leading others to think that the ADHD is something the individual can choose to switch on and off. This can lead to frustration and misunderstanding on both sides as it is not as simple as that. However, many people can learn to manage their own ADHD well, using a combination of approaches including educational support and behavioural strategies, and sometimes medication.

Attention Deficit Disorder (ADD) - it is now recognised that some people have attention disorder without hyperactive and impulsive symptoms. These individuals can appear lethargic, often struggling to pay attention, plan, organise and complete work tasks.

# ADHD: strengths and challenges

Estella often needs help with structure. It can be useful to provide her with reminders and prompts.

Try to put Estella in a position that demands short-term bursts of concentration and give her good organisational support. A minimalistic environment would help to reduce her stress and hyperactivity.

Capitalise on her enthusiasm, her energy and her curiosity. Estella is best at projects and tasks that can be completed quite quickly. She is personable and good at looking after people. She thrives on new challenges with a short-term deadline.

# Here are a few ways we can all support Estella:

## General

- Talk with her about strategies that work best for her
- Let her have breaks in the day

## At home

- Use a diary for notes and reminders
- Give access to a peaceful and quiet space
- Keep routines consistent but vary activities
- Be consistent and clear with rules and boundaries

## At school

- Break large assignments into smaller blocks of work
- Check results regularly and give feedback
- Review study plans daily and help Estella to make schedules and lists
- Vary tasks and keep them fairly short

## At work

- Structure the day clearly
- Discuss and agree priorities
- Set achievable deadlines for each piece of work
- Where possible, regularly assign fresh duties to help Estella stay on task

## At the hospital

- Explain any medical procedures clearly
- Provide activities to occupy Estella
- Plan the best time of day for her appointment
- Ensure waiting times are as short as possible on arrival and that staff are aware of Estella's ADHD