



Realities of adult ADHD

Many adults experience Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms that impact their daily lives but may have gone undiagnosed or misdiagnosed for years. Recognizing the signs and seeking professional help can transform lives.



SIGNS & SYMPTOMS

- Struggling to maintain focus, easily distracted, and trouble completing tasks, even seemingly simple ones
- Making rash decisions, interrupting others, and difficulty waiting their turn
- Feeling constantly “on the go,” fidgeting, and having difficulty relaxing
- Chronic lateness, difficulty prioritizing tasks, and struggling with organization
- Increased irritability, mood swings, and difficulty managing emotions, leading to frustration and relationship challenges
- Frequently misplacing items, missing appointments, and struggling to remember important information

DIAGNOSIS

An evaluation is done by a doctor or mental health professional that includes:

- Discussing childhood experiences, current symptoms, and any family history of ADHD
- Assessing the frequency and severity of symptoms using standardized assessment tools
- Evaluating attention, memory, and executive function to identify specific areas of strength and weakness
- Ensuring that your symptoms are not caused by another medical or mental health issue, such as anxiety, depression, sleep disorders, or thyroid problems, which can mimic ADHD.



TREATMENT

- **Medication:** Stimulant or non-stimulant medications can help improve focus, attention, and impulse control. A doctor will work with you to find the right medication and dosage.
- **Therapy:** Cognitive Behavioral Therapy (CBT) can help you develop coping skills for managing symptoms, such as time management, organization, and emotional regulation.
- **Lifestyle changes:** Regular exercise, a balanced diet, and sufficient sleep can significantly improve ADHD symptoms. Even moderate physical activity can make a big difference.
- **Support groups:** Connecting with others who understand your challenges can be incredibly validating and helpful.