



Emerald Green

Specialist Education

ADHD QUICK GUIDE

What is ADHD?

- ADHD - Attention Deficit Hyperactivity Disorder.
- Although it has the term 'deficit' in the diagnosis is becoming more commonly associated with having **too much attention** but being unable to focus the attention effectively.
- Those with ADHD are primarily motivated by **interest, novelty, challenge, or urgency**.

Core Traits

- **Inattention:** Difficulty staying focused, being easily distracted, misplacing items, and struggling with organization or finishing tasks.
- **Hyperactivity:** Feeling restless, excessive talking, fidgeting, or a constant need for movement.
- **Impulsivity:** Acting or speaking without thinking about the consequences, interrupting others, or having difficulty waiting for their turn.

There are three main types identified medically:

Predominantly Inattentive

Predominantly Hyperactive-Impulsive

Combined Presentation

Strengths:

- Outside-the-box thinking
- Hyper focus
- Problem-solving skills
- Often excel under pressure.
- High-Energy
- Humour
- Entrepreneurial
- Creative

Support:

Those who struggle with ADHD benefit from learning strategies to support their executive function and to provide structure.

What comes easily to a neurotypical brain can be very challenging for an ADHD brain.



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Organization and Planning:

- Use planners, daily checklists, and colour-coded systems for tasks.
- Break long-term projects into small, manageable steps to prevent overwhelm.

Emotional Regulation:

- Teach self-monitoring by helping individuals identify emotions.
- Use coping mechanisms, such as taking a break or using a calm-down space.

Structure:

- Maintain consistent routines for mornings, homework, and bedtime to reduce cognitive load.
- Create a clean, quiet workspace to minimize distractions.

Motivation

An ADHD is constantly seeking stimulation and dopamine.

Plan activities so that they are more likely to engage the brain with novelty.

Sleep Challenges

Going to sleep and switching off their brain can be a huge challenge for those with ADHD.

Many have delayed production of melatonin - the sleepy hormone.

Practising good sleep hygiene, turning off devices before 1- 2 hours before bed, no devices or work in the bedroom.

Medication:

- Some people will take medication to help them feel calmer and more focused.
- There are different types of medication and they do not always benefit each person in the same way.

Time Management:

- Utilize visual timers, clocks, and alarms to make time tangible and help with transitions between activities.

Movement Breaks:

- Movement is key to support concentration and regulation.
- Without regular opportunities to move or fidgets the person may spend more time focused on sitting still than what they need to be working on.

FURTHER SUPPORT & INFORMATION:

[ADHD UK](#)
[NHS](#)
[MIND](#)