

What teachers & community workers need to know about **Attention Deficit/Hyperactivity Disorder (ADHD)**



WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that includes difficulties with attention, increased activity, and impulsivity.

WHAT ARE THE SYMPTOMS?

- Frequently "spaces out" in the classroom
- Trouble paying attention, specifically to details, and following directions
- Easily distracted
- Trouble finishing work/work is inconsistent
- Leaves seat and runs about or climbs excessively
- Blurts out answers
- Fidgets or squirms
- Poor organization and study skills
- Immature social skills
- Exhibits "out of control" behavior



HOW IS IT TREATED?

Medication can help improve attention and focus. Other effective treatment approaches include therapy, social skills training, parent and teacher education, and modifications to the student's education.



WHAT CAN I DO?

- Work with the student's parent to establish consistent communication
- Keep a set routine/schedule for activities
- Use a system of clear rewards and consequences
- Use praise and positive reinforcement
- Use small groups for activities
- Keep assignments short/break into sections
- Reduce potential distractions
- Prepare student for transitions
- Encourage hands-on learning
- Enroll the student in special education programs to provide additional support

HOW IS IT DIAGNOSED?

ADHD is usually first diagnosed during the elementary school years. A doctor will evaluate the student. Most likely, the teacher and the student's parent will be asked to complete a questionnaire.

WHERE CAN I GET HELP?

- Seek support from school administration and other teaching staff
- Review resources specific to education: www.help4adhd.org/en/education/rights