

## FACTSHEET

### Attention Deficit Hyperactivity Disorder (ADHD) in Adults

Although 4 to 5% of adults have ADHD, many of these adults do not realize that they have it. In some cases, the symptoms of ADHD can be mild enough that they do not cause significant distress or that they do not warrant treatment or other forms of intervention. In other cases, however, the symptoms of ADHD can make daily life difficult, and create significant problems at school, at work or in relationships.

#### THE SYMPTOMS OF ADHD

- Trouble concentrating or focusing
- Difficulty adapting quickly to changes
- Disorganization
- Difficulty completing tasks
- Limited ability to tolerate frustration
- Restlessness
- Impulsivity
- Frequent mood swings
- Hot temper
- Trouble managing stress

#### THE ADHD EVALUATION

- The diagnosis of ADHD in adults can be challenging because certain ADHD symptoms are similar to those caused by other conditions. Furthermore, some adults with ADHD have one or more other mental health condition, such as depression or anxiety. In general, the assessment of ADHD involves an interview session to evaluate the individual's life context, strengths and challenges, and one or more testing sessions to assess how the person's brain functions. It will also involve a feedback session to explain the test results and recommendations. It is important to understand that a short screening test is not sufficient to establish a diagnosis of ADHD and to recommend a treatment.

#### TREATMENT RECOMMENDATIONS

- *Specialized coaching*: teaches good time management skills, improves organization, develops strategies to complete tasks, and improves working memory using structure and routines
- *Vocational Counselling*: identifies appropriate vocational or educational choices, re-oriens a career path to take into account ADHD issues, identifies and addresses workplace issues, advocates for workplace or educational accommodations
- *Psychotherapy*: treats conditions that co-occur with ADHD, helps make ADHD-friendly choices in family and relationships, improves communication and listening skills, and helps deal with stress.