

# Understanding ADHD



Attention Deficit Hyperactivity Disorder (ADHD or ADD) is a neurodevelopmental disorder that affects executive function – the ability to control our cognitive skills, solve problems, manage behaviour, organise time, and maintain relationships.

## ADHD in Australia

According to ADHD Australia, about **one in every twenty children in Australia** has ADHD, which makes it the most common neurodevelopmental disorder. More than 3 in 4 children diagnosed with ADHD carry the symptoms into adulthood.

## Common Symptoms

Hyperactivity and impulsivity ADHD symptoms include:

- Fidgeting
- Talking excessively
- Impatience
- Feeling restless
- Always on the go
- Interrupting others
- Blurting out answers

The symptoms of inattentive and distractible ADHD include:

- Being easily distracted
- Making careless mistakes
- Difficulty with organisation
- Difficulty paying attention
- Forgetfulness
- Difficulty following instructions
- Hyperfocus

Other ADHD symptoms may include emotional dysregulation, sensory sensitivity, sleep issues, social awkwardness, and a lack of time awareness.

## Managing ADHD

Children and adults with ADHD can often benefit from behavioural therapy. This kind of therapy is evidence-based and focuses on behavioural awareness and modification strategies.

In addition to this, parents may benefit from parenting skills training to help better manage their child's behaviour.

Therapy can be a safe place for people with ADHD to address their issues, identify negative behaviours, and develop strategies to manage their symptoms. Therapy can be combined with medication, often prescribed by a psychiatrist, to treat more acute ADHD.



## Getting Help



Call us on **1300 151 110** to book an initial consultation with a compassionate psychologist.  
[www.unboundminds.com.au](http://www.unboundminds.com.au)