



ADHD Post-Diagnostic Resource Pack

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What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition. It is thought that ADHD is caused by both environmental and genetic factors, and ADHD often runs in families. ADHD is present from childhood and previously was viewed as a “childhood condition”. However, with increased understanding of ADHD, more adults are now being diagnosed.

Traits of ADHD can be thought of as being within three categories:

Inattention

- Difficulties with concentration
- Difficulties planning and starting tasks or becoming easily distracted
- Difficulties with organisation

Impulsivity

- Difficult controlling emotions
- Acting without thinking

Hyperactivity

- Restlessness (mental or physical)
- Fidgeting

There are three different presentations of ADHD; combined type, predominantly inattentive type and hyperactive/impulsive type. Combined type includes inattention, impulsivity and hyperactivity. People with predominantly inattentive ADHD largely having difficulties with attention, sometimes referred to as attention deficit disorder (ADD). People with predominantly impulsive/hyperactive ADHD will have more traits within impulsivity and hyperactivity.



ADHD affects different people in different ways. The understanding of ADHD is often changing, due to research. The way that ADHD is viewed in the media can be different to the realities of having ADHD.

There are also traits of ADHD which are less well known.

This can be different for everyone, but these less well known ADHD traits can include:

- Frequently waking during the night
- Difficulty falling asleep
- Rejection sensitivity
- Irritability
- Accidentally oversharing
- Burnout
- Emotional dysregulation
- Time blindness
- Difficulty maintaining friendships

There are also several other conditions that commonly occur alongside ADHD. These conditions include:

- Dyspraxia
- Dyslexia
- Autism



Video



Article



Charity/Service



Visual

Additional Resources to learn more about ADHD:

This NHS page provides an overview of ADHD including traits, causes, diagnosis and treatment: *(10 minutes)*



<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

ADDitude has many articles about ADHD, including more information about what ADHD is:

<https://www.additudemag.com/>



These illustrations provide visual descriptions of how ADHD can present: *(2 minutes per comic)*

<https://www.adhddd.com/comics/>



The 'How to ADHD' YouTube channel has many videos about ADHD. Its creator also has a diagnosis of ADHD. Click below to watch a video that provides an overview of ADHD: *(3 minutes)*

<https://www.youtube.com/watch?v=xMWtGozn5jU>



How do I feel about my diagnosis?

People often have mixed feelings after receiving a diagnosis of ADHD.

Some people might feel:

- Confused
- Happy
- Upset
- Frustrated that they were not diagnosed sooner
- Unsure of what comes next
- Overwhelmed by information about their new diagnosis

These feelings may also change over time. Many people can have a period of feeling low in mood following diagnosis. Some people may have these feelings as they may wonder why they were not diagnosed sooner. This is a common and it is valid to experience these feelings.

Click below to hear about Jessica McCabe's experience of living with ADHD:

'Failing at normal, an ADHD success story': *(17 minutes)*



<https://www.youtube.com/watch?v=JiwZQNYIGQI>



ADHD diagnostic criteria are deficit focused. This can result in the assessment process largely focusing on negatives and difficulties. Some people find this validating, as they can discuss the difficulties that they experience. For others, this can feel upsetting or overwhelming.

Although the diagnostic criteria are largely deficit focused. People with ADHD also have many strengths. These strengths can include:

Flexibility

**Being able to
focus for long periods
of time on subjects of
interest**

Creativity

**High energy
levels**

**Willingness
to take risks**

**Innovative
thinking**



**'Thinking outside
the box'**

Spontaneity

**Great problem-
solving skills**

**Having a broad
knowledge base
from interests**

Resilience

**A willingness to
try new things**



What next?

After receiving a diagnosis, it can be unclear as to what support you can receive or what strategies you can use to help manage your difficulties. Everyone is different and will find different strategies helpful.

Different people will discover things about themselves in different time scales. Some people may decide to discuss medication with a medical professional, some people may want to try strategies to manage their ADHD, whilst others may want to take time to consider what to do next. Online resources are available to learn more about your ADHD, support you can receive and strategies that you can use to manage any difficulties that you may experience.

Additional Resources:

The below booklet, written by the ADHD Foundation, provides an overview of ADHD, understanding how it affects you, strategies, sleep, nutrition, exercise, relationships, sleep, medication and coaching. *(40 minutes or can be read in smaller sections)*

https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/ADHD_FOUND_Takeda_AdultsBooklet.pdf



The ADHD Foundation also has other online resources:

<https://www.adhdfoundation.org.uk/resources/>



The 'How to ADHD' YouTube Channel has many videos, including short reels:

https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q



The NICE guidelines on ADHD diagnosis and management can be found below: *(1 hour, or can be read in smaller sections)*

<https://www.nice.org.uk/guidance/NG87>





ADHD UK is a charity for ADHD and has online resources:

<https://adhduk.co.uk/>

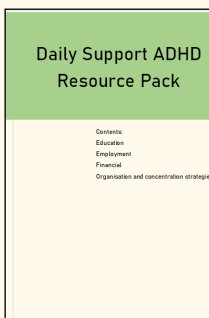


ADHD UKAAN resources:

<https://www.ukaan.org/adhd>

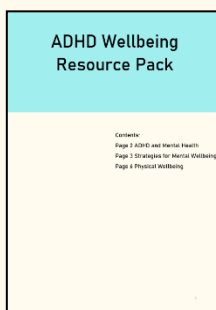


The Retreat has also developed additional resource packs:



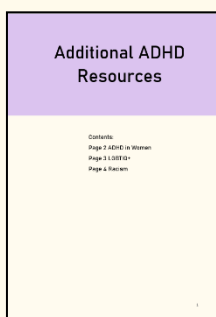
Daily Support ADHD Resource Pack:

- Education
- Employment
- Financial
- Organisation and Concentration Strategies



ADHD Wellbeing Resource Pack:

- ADHD and Mental Health
- Strategies for Mental Wellbeing
- Physical Wellbeing
- Addiction



Additional ADHD Resources Pack:

- ADHD in Women
- LGBTIQ+ and Mental Health
- Racism and Mental Health

Note: All resources mentioned in this pack are for information only and not an endorsement. Although we try to keep information up to date we cannot guarantee this particularly regarding webpages.