

Attention Deficit Hyperactivity Disorder (ADHD) in Adults

THE SYMPTOMS OF ADHD

Trouble concentrating or focusing
Difficulty adapting quickly to changes
Disorganization
Difficulty completing tasks
Limited ability to tolerate frustration

Impulsivity & Restlessness
Frequent mood swings
Hot temper
Trouble managing stress
Difficulties in relationships

THE ADHD EVALUATION

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*: helps with management skills, organization, task completion and working memory.
- *Vocational Counselling*: identifies appropriate vocational or educational choices, re-orienta 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.
- *Medication*: in some more difficult cases, medication might be indicated.