

March 2018

West Niagara Psychology Centre

www.westniagarapsychology.ca

Attention Deficit Hyperactivity Disorder (ADHD): Not Just for Kids.

Although ADHD is a disorder that begins in childhood, 4.5 % of adults continue to demonstrate significantly impairing symptoms. Given that adult ADHD can lead to marital strain, problems at school or work, difficulties coping, and low self-esteem, proper identification and treatment is imperative.

Symptoms of adult ADHD:

Disorganization and poor planning, poor time management, problems focusing on a task, not able to multi-task, excessive activity level or restlessness, impulsiveness, low frustration tolerance/quick to temper, frequent mood swings, problems following through with tasks, and trouble coping with stress.

Many adults who have ADHD also struggle with co-occurring difficulties with anxiety, depression, and learning, as well as substance use/abuse. Effective treatment is dependent on determining the underlying and main contributing factors to a person's struggles. Because there are a number of other disorders that mimic ADHD, proper diagnosis is essential to proper treatment.

If you suspect that you or someone you know suffers from adult ADHD, contact your doctor or seek assessment/treatment from a Psychologist. Assessment includes medical examination to rule out medical causes, review of development and history of concerns, and standardized assessment.

Quote of the Month

“Life is 10% what happens to you and 90% how you react to it.”

Charles Swindoll

ADULT ADHD RESOURCES

Taking Charge of Adult ADHD by R. Barkley

The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps by M. Orlov

ADD-Friendly Ways to Organize Your Life by Kolberg and Nadeau

WHAT'S NEW IN GROUP?

Circle of Security Parenting Series – Starts March 7th, 2018 – space still available.

Coming Soon: Worry Warriors – CBT for children ages 7-9.

Visit www.westniagarapsychology.ca to learn more about upcoming groups. Call now to express your interest or to reserve your spot. Space is limited.