Practical Strategies for Success

Create Structure

- Use calendars
- Maintain routines
- Create visual reminders
- Use checklists

Break Tasks Into Smaller Steps

Large projects often become more manageable when divided into smaller tasks.

Reduce Distractions

- Quiet workspaces
- Headphones
- Limiting notifications
- Organized environments

Use Time Management Tools

- Timers
- Planners
- Digital calendars
- Reminder applications

Practice Self-Compassion

ADHD challenges do not reflect personal failure. Learning new systems takes time and patience.

Support for Children and Teens

Parents, teachers, and caregivers can help by:

- Providing structure
- Offering encouragement
- Giving clear instructions
- Celebrating effort and progress

Living Successfully with ADHD

ADHD presents both challenges and strengths.

With understanding, support, and effective strategies, individuals with ADHD can thrive in school, work, relationships, and community life.

Remember:

- ADHD is not a character flaw.
- Support and accommodations can help.
- Strengths matter as much as challenges.
- Success looks different for everyone.

Reflection Questions

- What are my greatest strengths?
- What situations are most challenging for me?
- What organizational tools work best for me?
- How can I build on my successes?

Crisis Resources

Call or Text 988
Suicide & Crisis Lifeline

Call 911
For emergencies requiring immediate assistance

For Additional Educational Resources, please scan below...

Educational Purpose Disclaimer
This brochure is provided solely for educational and informational purposes as part of a community mental health outreach initiative. The information contained herein is intended to increase awareness and understanding of mental health topics and should not be construed as medical, psychological, psychiatric, legal, or professional advice.

ADHD Across the Lifespan

Community Mental Wellness
Educational Series

Understanding Attention, Executive Functioning, Strengths, and Challenges

Attention-Deficit/Hyperactivity Disorder (ADHD) is a common neuro-developmental condition that affects children, adolescents, and adults. While ADHD is often associated with difficulty paying attention, it also affects organization, planning, time management, emotional regulation, and daily functioning.

Many individuals with ADHD possess significant strengths, creativity, energy, and problem-solving abilities. Understanding ADHD can help individuals, families, educators, employers, and communities provide effective support.

This brochure provides information about ADHD, common signs and symptoms, strengths associated with ADHD, and practical strategies for success.

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What Is ADHD?

ADHD affects how the brain manages attention, impulses, organization, and self-regulation. ADHD is not caused by laziness, poor parenting, lack of intelligence, or lack of motivation. It is a neurodevelopmental condition that affects individuals differently.

Primarily Inattentive Presentation

- Difficulty sustaining attention
- Forgetfulness
- Disorganization
- Losing items
- Difficulty following instructions
- Frequent distractibility

Primarily Hyperactive-Impulsive

- Restlessness
- Difficulty sitting still
- Excessive talking
- Interrupting others
- Acting without thinking

Combined Presentation

Many individuals experience symptoms from both categories.

ADHD Across the Lifespan

ADHD symptoms often change with age. Hyperactivity in childhood may become restlessness, overwhelm, or difficulty managing multiple responsibilities in adulthood.

Signs & Symptoms

Children

- Have difficulty following directions
- Forget assignments
- Struggle with organization
- Act impulsively
- Have difficulty waiting their turn
- Become easily distracted

Adolescents

- Academic challenges
- Difficulty managing time
- Procrastination
- Emotional sensitivity
- Problems completing tasks
- Social difficulties

Adults

- Organization
- Time management
- Prioritizing responsibilities
- Maintaining routines
- Financial management
- Household tasks
- Workplace demands

Executive Functioning

Executive functioning skills help individuals plan, organize, start tasks, complete tasks, manage emotions, and manage time.

Many ADHD challenges, involve executive functioning rather than intelligence or motivation.

ADHD Strengths & Common Myths

✓ Creativity
✓ Innovation
✓ Curiosity
✓ Enthusiasm
✓ Problem-solving abilities
✓ Adaptability
✓ High energy
✓ Entrepreneurial thinking

Common Myths

Myth: ADHD only affects children.
Fact: Many adults continue to experience ADHD symptoms throughout life.

Myth: People with ADHD are lazy.
Fact: ADHD affects executive functioning, not character.

Myth: People with ADHD cannot succeed.
Fact: Many successful professionals, leaders, artists, entrepreneurs, and innovators have ADHD.

ADHD and Self-Esteem

Repeated struggles with organization, attention, or academic performance may affect confidence.

Understanding ADHD can help individuals recognize strengths while addressing challenges.