

Red Ladder Optimized Learning

Red Ladder Optimized Learning is a private practice psychology service. Fees for our services are covered by most extended health plans. As well, psychological fees may be deductible as a medical expense with Revenue Canada.

We will be glad to discuss this with you.

For more information or to contact us, visit our website at www.redladder.ca, phone us at (204) 88-LEARN (885.3276) or fax us at (204) 489.1748.



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ADULT ADHD

One step at a time.



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(204) 88.LEARN or redladder.ca

ADULT ADHD

ADHD used to be considered only a childhood condition. Recent research suggests however that ADHD is present in approximately 3% to 5% of adults, and that it can seriously affect the lives of those affected.

Also, it is common for ADHD and learning disabilities not to have been diagnosed when a person was a child. An adult may begin to wonder whether they have ADHD after their child is diagnosed, when work, relationships, sleep, or other troubles become overwhelming, or when his or her doctor suggests evaluation for ADHD.

Research into adult ADHD is in an early stage, and much of what is known about the nature and treatment of ADHD in adults is based upon what we know about ADHD in children. But there is growing evidence that the central features of ADHD are different in adults than in children.

While the hyperactivity seen in children with ADHD is less overt in adults, adults with ADHD commonly present with restlessness, difficulty relaxing, and a feeling of being "on edge" most of the time. A central feature of adult ADHD appears to be disinhibition, meaning that sufferers have trouble stopping themselves from immediately responding or acting on impulse, and people with ADHD may have less ability to monitor their own behavior than other people do.

Subtle cognitive and behavioral symptoms associated with ADHD may affect adults more than children, possibly as a result of the adult sufferer having needed to cope for so long with his or her attentional difficulties. These difficulties may have affected his or her occupational, social, and intimate well-being profoundly, and may have taken a toll on confidence and self-esteem.

Adult ADHD is often associated with social and family problems, as a result of impulsivity, inattention or social skills deficits. Adults with ADHD are more likely than others to have trouble at work or with keeping a job. Sometimes adults with ADHD are demoralized by their life experiences, think poorly of themselves, and are at increased risk for developing a stress disorder, depression, anxiety, or other emotional problem. People with ADHD may also have learning disabilities, such as specific difficulties with math or reading or writing.

Accurate diagnosis of ADHD in adults can be challenging. Evaluation must include careful assessment of a person's early development and functioning, as

well as his or her current functioning. Also, there is considerable overlap between the symptoms of adult ADHD and symptoms of other common psychological difficulties, such as depression and substance abuse.

Alongside a careful clinical interview, and a retrospective look at development and learning, evaluation by a psychologist will likely involve the use of various self-report questionnaires, and cognitive, achievement, executive functioning, memory, and emotional tests.

Although stimulant medication is sometimes prescribed by a physician for an adult with ADHD, antidepressants are given in many cases. Individual or group-based cognitive-behavioral treatment or psychotherapy, provided by a psychologist or medical doctor, are often helpful as well as, whether or not a person uses medication.

For more information about ADHD in adults, contact Red Ladder Optimized Learning or your physician.

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