

ADULT ADD

SOURCE: www.adultadd.com FROM ELI LILLY and COMPANY

What is Adult ADD?

Adult Attention-Deficit Disorder (Adult ADD) symptoms are similar, but not identical, to those seen in children and adolescents. The basic categories of symptoms in children are inattention, hyperactivity, and impulsivity. People often refer to the adult form of the disorder as ADD, because symptoms of hyperactivity tend to diminish with age, often taking the form of restlessness or fidgetiness (e.g., persistent pencil tapping and/or foot tapping) and difficulty engaging in quiet activities. However, the medical community uses ADHD for both children and adults, and this term is becoming more widely accepted.

Until the 1970s, it was believed that Attention-Deficit/Hyperactivity Disorder (ADHD) was strictly a childhood disorder, and that children outgrew it in adolescence. Only gradually was it realized that while the hyperactivity component may diminish, the attention and impulsive aspects may persist into adulthood.

Symptoms commonly associated with Adult ADD include:

- 🧠 Lack of focus
- 🧠 Disorganization
- 🧠 Restlessness
- 🧠 Difficulty finishing projects
- 🧠 Losing things

These symptoms interfere with success at work and get in the way at home or with friends. Many adults do not realize that they have Adult ADD until their own child is diagnosed with the disorder. Only then do they recognize the pattern of problems they have faced since childhood. They are relieved that there is a name for the frustration they have felt all their lives, and there are therapies and treatments designed to help.

Recognizing Adult ADD

Fidgeting, interrupting conversations, losing things, forgetting the reason for a trip to the grocery store - everyone acts this way once in a while. But a long and persistent history of restless, impulsive, or inattentive behavior may be a sign of Adult ADD. This is especially true if these behaviors have existed since childhood and result in problems at work, home, and/or in social situations.

If you think you may have Adult ADD, here are several questions you may want to ask yourself. These are some of the questions that can help doctors and healthcare professionals screen for Adult ADD.

Ask yourself these questions and think about how long you have experienced these symptoms and how often they occur. If these symptoms are interfering with your success at home, at work, or with friends, you may





want to talk with your doctor or healthcare professional about a clinical evaluation.

- 🧠 Do you have difficulty concentrating or focusing your attention on one thing?
- 🧠 Do you often start multiple projects at the same time, but rarely finish them?
- 🧠 Do you have trouble with organization?
- 🧠 Do you procrastinate on projects that take a lot of attention to detail?
- 🧠 Do you have problems remembering appointments or obligations?
- 🧠 Do you have trouble staying seated during meetings or other activities?
- 🧠 Are you restless or fidgety?
- 🧠 Do you often lose or misplace things?

Treatment of ADD

Current Adult ADD treatment practices focus on management of symptoms through a combination of treatment methods:

- 🧠 Behavior modification (including coaching and therapy)
- 🧠 Medication
- 🧠 Combination therapy (medication and behavior therapy) Treatment should be individualized for each patient.

The treatment process has three basic stages:

- 🧠 **Baseline evaluation:** As part of the diagnostic evaluation, the physician or healthcare professional determines the target symptoms and the baseline degree of impairment.

- 🧠 **Treatment strategy:** The physician or healthcare professional forms a treatment strategy by prioritizing the target symptoms and determining which treatment methods are best suited to reduce them.

- 🧠 **Symptom monitoring and strategy adjustment:** A key part of Adult ADD treatment is monitoring of symptoms in various areas (such as learning, academics, family interactions, and peer relationships) and settings (such as home, workplace, social context).

Living with Adult ADD

Counselling, treatment, and medication can be valuable tools in treating Adult ADD. Also, many skills and coping strategies that are designed to help adults in everyday life can also help people with ADD achieve their goals.

