



ENLIGHTENED MINDS

Attention-Deficit/Hyperactivity Disorder

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that can persist into adulthood, impacting various aspects of daily life including attention, impulse control, and hyperactivity. Recognising and understanding ADHD in adulthood is crucial for individuals seeking support and strategies to navigate their unique cognitive style. Enlightened Minds specialises in providing thorough screening and assessment services tailored specifically for adults. Our team of experts employs a comprehensive approach, combining clinical interviews, cognitive assessments, and validated tools to identify potential ADHD traits. Through this process, we aim to offer individuals a clearer understanding of their cognitive profile. With a person-centred focus, Enlightened Minds is committed to empowering adults by providing insights, strategies, and resources to help manage ADHD-related challenges effectively. If you suspect that ADHD may be impacting your life, or that of a loved one, Enlightened Minds is here to guide you towards a more informed and empowered path forward.

FAQs About ADHD

What is ADHD?

ADHD is a neurodevelopmental condition characterized by symptoms of inattention, hyperactivity, and impulsivity.

How common is ADHD in the UK?

In the UK, it's estimated that around 2-5% of school-aged children and young people have ADHD.

Can ADHD continue into adulthood?

Yes, ADHD is a lifelong condition, and it is estimated that around 2-3% of adults in the UK have ADHD.

Is ADHD more common in boys or girls?

Historically, ADHD has been diagnosed more frequently in boys, but it is now recognised that it affects both genders.

What causes ADHD?

The exact cause of ADHD is not fully understood, but it is believed to involve a combination of genetic, environmental, and neurological factors.

How is ADHD diagnosed in the UK?

Diagnosis is typically made by healthcare professionals, including psychiatrists, paediatricians, and clinical psychologists, based on specific criteria outlined in diagnostic manuals.

What are the main symptoms of ADHD?

The main symptoms include inattention, hyperactivity, and impulsivity. These can manifest differently in individuals.

Can ADHD co-occur with other conditions?

Yes, ADHD often co-occurs with other conditions such as anxiety, depression, and learning disabilities.

How is ADHD treated in the UK?

Treatment approaches may include behavioral interventions, psychoeducation, and in some cases, medication.

Is medication always necessary for treating ADHD?

No, medication is one of several treatment options. The choice of treatment depends on individual circumstances and preferences.

Are there specific educational support programs for children with ADHD?

Some children with severe ADHD may be eligible for an Education, Health, and Care Plan (EHCP) in the UK, which outlines specific support and accommodations in educational settings.

Can adults be diagnosed with ADHD in the UK?

Yes, adults can be diagnosed with ADHD if they meet the diagnostic criteria.

Are there ADHD support groups in the UK?

Yes, there are various support groups and communities in the UK where individuals with ADHD and their families can connect and share experiences.

Can ADHD impact employment and career prospects?

Adults with ADHD may face challenges in the workplace related to organization, time management, and task completion.

Can lifestyle adjustments help manage ADHD?

Yes, lifestyle adjustments such as regular exercise, a balanced diet, and good sleep hygiene can be beneficial in managing ADHD symptoms.

Is ADHD a learning disability?

ADHD is not a learning disability, but it can impact learning due to difficulties with attention and impulse control.

Can individuals with ADHD lead successful and fulfilling lives?

Yes, with appropriate support and strategies, individuals with ADHD can lead successful and fulfilling lives.

Is there ongoing research on ADHD in the UK?

Yes, ongoing research in the UK aims to better understand the causes and effective interventions for ADHD.

Can ADHD be managed without medication?

Yes, some individuals with ADHD may choose to manage their symptoms through behavioural interventions, therapy, and lifestyle adjustments.

Where can I find reliable information and resources about ADHD in the UK?

Reliable information and resources about ADHD can be found through reputable sources such as the National Institute for Health and Care Excellence (NICE) guidelines, NHS, and reputable advocacy organisations.