

# ADHD in adults

## WHAT IS ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental disorder that affects people's behaviour and can cause ongoing distress and disruption to their lives. Individuals with ADHD may have trouble concentrating on tasks, show abnormal levels of hyperactivity or struggle to sit still for long periods of time. Both adults and children can have ADHD, but it tends to be more noticeable at an early age, as adults learn to cover some of the signs. Symptoms can be especially magnified during periods of significant change.

There are real benefits to finding out about ADHD. A diagnosis will help you (and those you choose to share it with) understand yourself, better appreciate how you approach things, and consider how you live with ADHD comfortably and positively.

General symptoms	Inattentiveness	Impulsiveness
<ul style="list-style-type: none"> <li>Nervous energy</li> <li>Memory issues</li> <li>Difficulty prioritising</li> <li>Easily distracted</li> <li>Prone to more risky behaviour (gambling, unprotected sex, substance use, eating issues)</li> <li>Relationship roadblocks (trouble regulating emotions, listening to partner)</li> </ul>	<ul style="list-style-type: none"> <li>Having a short attention span</li> <li>Becoming easily distracted</li> <li>Having difficulty organizing tasks</li> <li>Appearing forgetful</li> <li>Losing things</li> <li>Constantly changing tasks/not finishing things</li> <li>Not being able to stick to tasks that are boring/tedious or time consuming</li> <li>Making careless mistakes</li> <li>Daydreaming frequently</li> <li>Often running late</li> </ul>	<ul style="list-style-type: none"> <li>Interrupting conversations</li> <li>Acting without thinking</li> <li>Little or no sense of danger</li> <li>Being unable to wait their turn</li> <li>Excessive talking</li> <li>Always on the go</li> <li>Fidgeting and moving about a lot</li> </ul>



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Please talk to me about the next steps in diagnosing and supporting ADHD.  
A free initial consultation, followed by an assessment and diagnostic report, including recommendations, is £1200. This can be paid in 3 installments of £400.