Overview: Attention Deficit/Hyperactivity Disorder (AD/HD)

Last updated March 12, 2015

AD/HD is a neurobiological disorder identified by problems with attention, impulsivity, and over-activity. AD/HD often leads to problems in school, home, and interpersonal relationships. It can occur in conjunction with one or more learning disabilities.

Noticeable Behaviors:

- Trouble paying attention
- Inability for close attention to details
- Restless and fidgety
- Easily distracted
- Difficulty with organization and sequential steps
- Often loses things
- Impatient
- Forgetful
- Poor time perception and time management
- Mood swings and anxiety

Accommodation Strategies:

- Support groups
- Preferential seating
- More time for tasks/tests/assignments
- List making, filing system, color coding, day planners
- Establish routines
- Simplify instructions (specific and clear)
- Offer visual instructions when possible
- Tape-recorders
- Note-takers and tutors
- Assistive Technology
- Get enough sleep (establish a bedtime routine to help shift gears)
• Break large projects into small, manageable tasks
• Work in a quiet space, away from distractions
• Have movement breaks

Helpful Resources:

• Children and Adults with Attention Deficit/Hyperactivity Disorder
• Attention Deficit Disorder Association