

Live better with EAP!



Information & Support



September 2023



ADHD IN ADULTS

ADHD (attention deficit hyperactivity disorder) is a disorder that affects not only children but also adults. Many people with ADHD experience difficulties in daily functioning in both their personal and professional lives.

WHAT IS ADHD?

It is a psychomotor hyperactivity syndrome with attention deficit. It is described in the ICD-10 International Statistical Classification of Diseases and Health Problems as a syndrome of neurodevelopmental mental disorders with symptoms such as:

- attention deficits
- overactivity
- motor hyperactivity
- impulsivity.

The new ICD-11 classification no longer includes the term 'ADHD' – instead, the term 'attention deficit hyperactivity disorder' has been introduced. This makes the diagnosis more functional, allows for a better understanding of the person who is struggling with the disorder, and reduces stigmatising labels. The origins of the disorder have not been fully elucidated. Researchers of this phenomenon assume that it is related to the structure of the nervous system (e.g. smaller volume of the prefrontal cortex), genetics and environmental influences.

SYMPTOMS OF ADHD IN ADULTS

The symptoms of ADHD in adults can differ from those in children, often leading to difficulties in diagnosis. Here are some common symptoms of ADHD in adults:

- problems with organisation and planning
- difficulty concentrating
- impulsivity
- forgetting important things
- difficulty in performing tasks that require concentration
- inability to calm down and relax
- problems with controlling emotions
- problems maintaining a job or relationship.

These symptoms mean that a person facing the disorder is often perceived as 'difficult', 'unreliable' and 'uncooperative'.



EAP E-MAIL



EAP HELPLINE

EAP WEBINARS

1. Log on to our portal:
www.myeap24.pl
2. Browse through our upcoming webinars and sign up
Inspire yourself to change for good





September 2023



We encourage you to read Russell A. Barkley's book [Taking Charge of Adult ADHD](#)

HOW TO DEAL WITH ADHD AT WORK?

This disorder often makes it difficult to carry out daily tasks, but there are strategies that can help. Here are some practical tips:

1. Organisation and planning

Planning and organisation are helpful in managing time and tasks. It is worth using a calendar and task list to plan your day.

2. Breaks and rest

Breaks and rest can help to reduce stress and improve concentration. People with ADHD benefit from regular breaks and rest, as these help to keep appropriate energy levels.

3. Challenges and goals

Setting challenges and goals is helpful for motivation and maintaining focus. It is worth setting short-term goals to focus on the task at hand.

4. Tools and technologies

There are various tools and technologies that can help deal with ADHD in the workplace. These tools include task management applications and programmes to block distracting websites.

ADHD THERAPY

As with children, in adults the therapy should be comprehensive and should include the following elements:

1. psychoeducation – both of the patient and their family – including an explanation of the disorder and possible difficulties in functioning,
2. pharmacotherapy – so-called psychostimulants are most commonly used; pharmacotherapy should be administered under close medical supervision,
3. cognitive-behavioural psychotherapy to develop skills that have a positive impact on functioning in society.

Attention deficit and hyperactivity disorders can effectively make life more difficult, increasing feelings of misunderstanding and loneliness. Seeking help from professionals can be the first step towards improving your life.

*Don't wait, call us! If you have a problem with ADHD, contact a specialist.
We are here to support you!*