

What is ADHD?

Attention Deficit Hyperactivity Disorder for Adults

Your doctor has told you that you have Attention Deficit Hyperactivity Disorder (ADHD). We can help you get started. Here is a list of tips that will help you succeed.

#1 Learn All You Can About ADHD

ADHD is not just a problem for children. ADHD can make it hard for adults to feel organized, stick with a job or get to work on time. A therapist can help you make a plan to get organized and manage your time.

#2 Go to All Doctor Appointments

Talk about how things are going with taking your medicine. Even if everything is going well, the doctor will want to know, so don't miss any appointments.

#3 Learn All You Can About ADHD Medicine

As you start new medicine, watch how it makes you feel. Call your doctor if you have any questions. Do not skip doses or stop taking medicine without talking to your doctor.

#4 Join a Support Group

There are links to support groups in your area on the websites listed on the opposite page. Spending time with other people with ADHD can help lower your stress and give you answers.

#5 Take Care of Yourself

Get enough rest, exercise and eat a healthy diet. Try to give yourself a break. Now that you know how to help yourself things will get better.

Resources

Children and Adults with Attention Deficit/
Hyperactivity Disorder (CHADD)
www.chadd.org

National Attention Deficit Disorder Association
www.adda.org

Cenpatico
www.cenpatico.com

Contact us

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Members with speech or hearing disabilities call
1-800-743-3333 for TTY/TDD.

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