CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Attention-deficit/hyperactivity disorder (ADHD)

Persistent pattern of inattention, hyperactivity or impulsivity that begins in childhood and affects studies, work or relationships. In adults it is usually seen as disorganization, forgetfulness, procrastination and inner restlessness.

COMMON SIGNS

- Forgetfulness, absent-mindedness and difficulty getting organised
- Impulsivity and impatience
- Constant physical or mental restlessness

TIPS FOR YOU

1. Put your memory outside your head: diary, alarms and visible lists
2. Break big tasks into 10- to 20-minute steps
3. Ask for an ADHD assessment to consider treatment

FOR FAMILY AND FRIENDS

1. Help with reminders, not reproaches
2. Value effort, not just the result

WHEN TO ASK FOR HELP

1. If it affects work, studies or your relationship
2. If there is low self-esteem or anxiety about forgetting things

TO OBSERVE AND NOTE DOWN

☐ I get distracted easily even when something interests me

☐ I often lose or leave things behind

☐ I find it hard to organise tasks and meet deadlines

☐ I leave what I find hard until the last minute

☐ I feel restless or find it hard to sit still

☐ I interrupt or finish other people's sentences

☐ I make decisions impulsively

☐ I forget appointments or commitments

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-deficit-de-atencion-con-hiperactividad-tdah
- Full article: ADHD in adults: clinicavivaldi.com/en/trastorno-tdah-adultos
- Free guide: ADHD in adults: clinicavivaldi.com/en/guia-tdah
- FEAADAH: Spanish federation of ADHD support associations: https://www.feaadah.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com