

Psychology

Occupational
Therapy

Social Work

Art Therapy

Dietetics

Speech Therapy



We can help with

Psychological Therapy
Disability Therapy Services
Trauma-informed Therapy
Child Behaviour

In-person, video and phone services
available

Medicare Rebated Services
Available. Ask us how.

GET IN TOUCH:

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What is ADHD?

A way of processing and responding
to the world that is different to
most people

“*Different*” is not “*bad*”
different ≠ bad

It is normal - even advantageous -
to have variations in the population

It means you may have different
daily **challenges** and also different
strengths to contribute



If you would like to
explore this, call us
(08) 6214 0351

People with ADHD are not all the same - each has unique strengths, struggles and personalities - but often relate to many of the following:

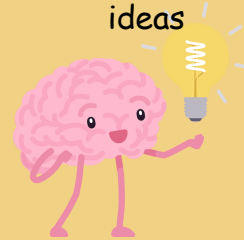
Common challenges:

- Easily distracted, difficulty staying on task
- May make 'careless' mistakes
- Tends to interrupt in conversation
- Impulsive
- Fidgeting, restless when having to sit still
- Multiple ideas or projects on the go, but often not completing them
- Organisation - difficulty meeting deadlines, may forget appointments or misplace items
- Day-dreaming, 'losing track of time'
- Procrastinating
- "Time blindness" - challenges with punctuality or estimating time
- Feeling overwhelmed
- Feeling strong hurt to real or perceived rejection
- Regulating emotions - frustration, anger, or sadness may be more intensely felt or expressed



Common strengths:

- When interested in something, you can focus intensely and be very committed
- Macro-thinking - seeing the big picture
- Being chatty can help break-the-ice and invite others to share openly
- Spontaneous, fun and exciting
- Lots of energy, active, fast - can undertake big endeavours that require high energy
- 'Multi-tasking', or task-switching
- Visual organisers, good with visual information
- Attempted many things in life, diverse life experiences
- Rich internal life
- Creative and novel ideas
- Unique skills and resilience built from overcoming challenges
- May feel pleasurable feelings more strongly - intense happiness, excitement, optimism, compassion
- Passionate, generous or making big efforts to help



Strategies:

Many people with ADHD find these strategies helpful:



- Good sleep - helps regulate attention and emotion
- Exercise early in the day - may help with focus, restlessness or 'feeling on edge'
- More fresh food, less preservatives
- Write down every appointment immediately
- Use visual organisers, charts, bright Post-Its
- Have a fixed place for items - *items used together, stay together*
- If procrastinating or feeling overwhelmed - break task down, - do least unpleasant part first, - reward yourself after completing each step
- Nature walks, guided meditation - may be calming
- Various online apps available to help with daily challenges