

Learning, to help them learn

Seminar on Learning Disability and ADHD

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Country Inn & Suites, Patto Plaza, Panaji

Management of ADHD in the Community

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Psychiatric Society
of Goa



Goa State Commission for
Protection of Child Rights



ANTARMAN
Centre for Psychosocial
wellbeing



Management of ADHD in the Community

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WHAT DOES ADHD LOOK LIKE?

My ADHD makes it hard for me to focus and focus sounds like hocus pocus and I really like magic a whole whole lot. Abracadabra.



SESSION AGENDA

**DISCUSS IMPAIRMENTS CAUSED
BY ADHD**

**LIST BRAIN EXECUTIVE
FUNCTIONS**

**DESCRIBE STRATEGIES FOR
EFFECTIVE ADHD MANAGEMENT**

MILIND'S STORY

9 year old Milind, is studying in Std. IV. He enjoys playing the violin and football. Milind's mum says that Milind is slow in his daily activities and at following instructions, day dreams a lot and is constantly distracted. He does not communicate messages between home and school, talks excessively in class and his books are incomplete. He gets angry easily and gets into frequent fights with his sister and other children. He does not have any close friends. Milind has been doing well in his academics but his grades are declining. Milind was assessed and diagnosed with ADHD.

WHAT DOES MILIND'S ADHD LOOK LIKE?

INATTENTION

**HYPERACTIVITY-
IMPULSIVITY**

DISTRACTED

DAY DREAMS

GETS ANGRY EASILY

GETS INTO FREQUENT FIGHTS

TALKS EXCESSIVELY

EXECUTIVE FUNCTIONS

STOP: Impulse Control - feelings, thoughts, behavior

THINK: Problem solving - analysing and reasoning, choose option
Flexibility - ability to find new solutions and revise plans

PLAN: Organizing: Ability to put things in a system
Planning: Create a road map to goal, time management.

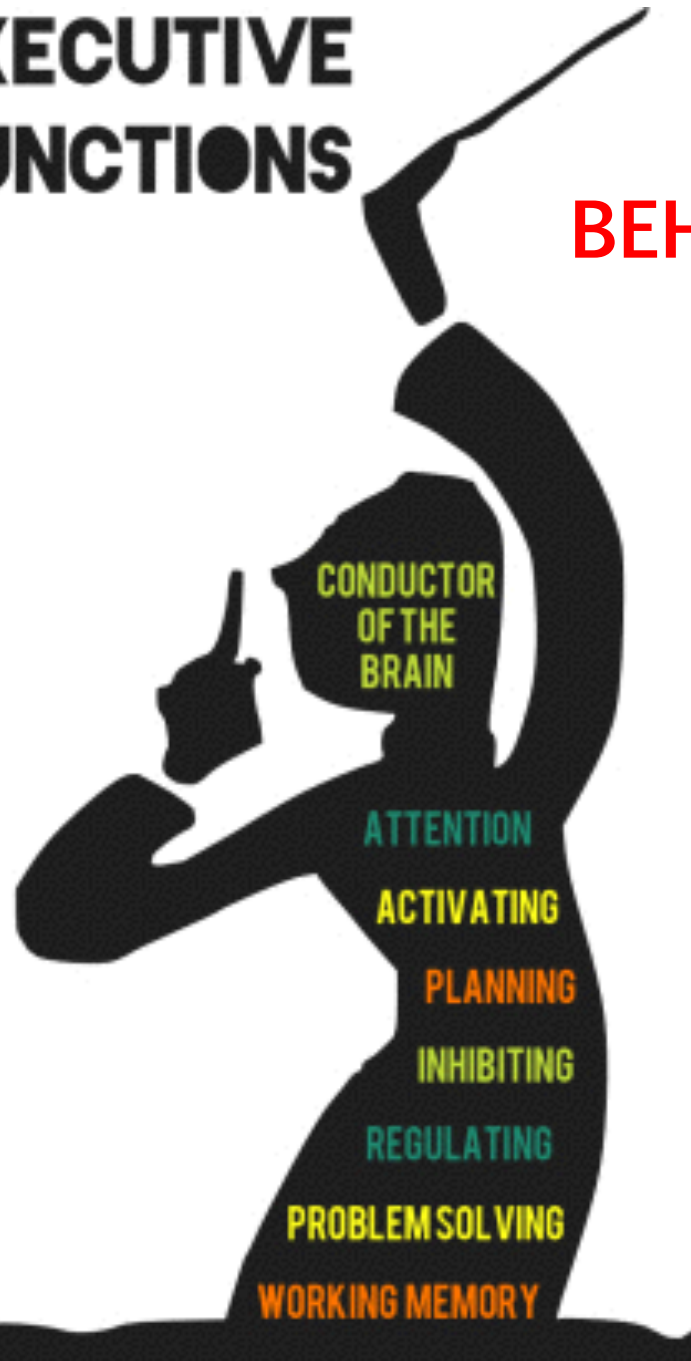
DO: Working Memory - 'keep it in mind' while working

**EXECUTIVE
FUNCTIONS**

BEHAVIOUR

THOUGHTS

EMOTIONS



IS MANAGEMENT NEEDED?

ADHD MANAGEMENT



MONITORING

TREATMENT

EVALUATION & DIAGNOSIS

MULTI MODAL TREATMENT

SCHOOL INTERVENTIONS



FAMILY SUPPORT



DRUG THERAPY



BEHAVIOUR
MANAGEMENT



MAKE WM EXTERNAL

Notes, Checklists,
Post-it's, Highlighters



MOTIVATION

Descriptive Praise,
When-Then,
Star Charts



MAKE TIME VISUAL

Timers, Reminders,
Timelines



VISUAL CUES



REPLENISH THE S.R. TANK

Break up Tasks, Give
Breaks:



OTHER MEASURES

Exercise, Fidgets, Frequent
Checks, Giving Instructions

AS A COMMUNITY TOGETHER
LET'S RAISE CHILDREN WITH ADHD

