



## **Attention Deficit Hyperactivity Disorder**

Compiled October 2006

Attention deficit hyperactivity disorder (ADHD) is the most common behavioural disorder in children. It is characterised by poor concentration, hyperactivity and learning difficulties. It can start at any age up to about five years, but most commonly begins at about 18 months. Recent studies show that it affects between five and ten percent of children and adolescents with about one percent being severely affected.

Because the cause of the condition is not known, it is not possible to prevent it and, at present, there is no cure. However, it is important to stress that early diagnosis and appropriate treatment can make a big difference to sufferers of ADHD and their families.

Support for the family is important, and treatment is usually a combination of educational support, help with behaviour- and stress-management, and medication in the form of drugs which can help a child's ability to concentrate. There is also some evidence that dietary supplements of essential fatty acids can help some children.

ADHD should not be confused with normal, boisterous childhood behaviour and diagnosis should only be made by a professional with experience of the condition. If you are worried about your child, both your GP and your school can arrange for you and your child to see a specialist, a psychiatrist, a paediatrician or an educational psychologist. If you are an adult and think you may have ADHD you should consult your GP who can refer you to a specialist.

If you want more information on ADHD and what help is available to sufferers, here are some places to look.

#### **ADHD support groups in Shropshire.**

Bridgnorth, Charlie Fogg - Tel: 01746 714138

Shrewsbury, Christene Harrison - Tel: 01691 624623

Telford, Wendy Harris - Tel: 01952 291350

Allsorts Support Group, Ludlow – Tel: 07813 043841

#### **Parent Partnership Service in Shropshire**

Supports parents of children with special needs including dyslexia, ADHD, aspergers.

Telford & Wrekin CVS,

Meeting Point House,

Southwater Square,

Telford,

TF3 4HS

Tel: 01952 291350

#### **Shropshire Autistic Supporters**

Supports parents and carers of those with autism.

14 Dunbar,

Harlescote Grange,

Shrewsbury

SY1 3PX

Tel: 01743 356298 (after 2pm)

[www.shropshireautisticsupporters.co.uk](http://www.shropshireautisticsupporters.co.uk)

The BBC is not responsible for the content of external websites.

They also host a discussion group to help, support, inform and befriend families who are affected by Autistic Spectrum Disorder in its many forms and live in the Shropshire Area.

<http://uk.groups.yahoo.com/group/shropshireautisticsupporters/>

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#### **Autonomy Shropshire**

A support group for autistic adults.

[www.autonomymshropshire.co.uk](http://www.autonomymshropshire.co.uk)

The BBC is not responsible for the content of external websites.

They host a bulletin board group to support members as they reach adult life.

[www.autonomymshropshire.co.uk/phorum/index.php](http://www.autonomymshropshire.co.uk/phorum/index.php)

The BBC is not responsible for the content of external websites.

Mind has a booklet on ADHD. You can download it for free from their website

[www.mind.org.uk/Information/Booklets/Understanding/Understanding+ADHD.htm](http://www.mind.org.uk/Information/Booklets/Understanding/Understanding+ADHD.htm)

The BBC is not responsible for the content of external websites.

The Mental Health Foundation has published a 27 page booklet "All About ADHD", which answers lots of questions about the condition. If you have internet access, you can download a copy from their website at:

[http://www.mentalhealth.org.uk/html/content/all\\_about\\_adhd.pdf](http://www.mentalhealth.org.uk/html/content/all_about_adhd.pdf)

The BBC is not responsible for the content of external websites.

NHS Direct, the BBC Health website, and the Best Treatments website all have useful online articles.

<http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=40>

<http://www.bbc.co.uk/health/conditions/adhd2.shtml>

<http://www.besttreatments.co.uk/btuk/conditions/10235.html>

The BBC is not responsible for the content of external websites.

Case Notes on BBC Radio 4 featured ADHD. You can listen to the programme again here.

[http://www.bbc.co.uk/radio4/science/rams/casenotes\\_20031125.ram](http://www.bbc.co.uk/radio4/science/rams/casenotes_20031125.ram)