

ADHD RESOURCES

There are organisations and information sources related to ADHD which may be of interest to you:

- **ADDISS** is a UK-based charity that supports individuals and families with ADHD. Their website is www.addiss.co.uk - they also have annual conferences and a helpline.
 - **www.ADDERS.org** offers advice and support on ADHD and promotes awareness of ADHD.
 - A YouTube video by Kings College Institute of Psychiatry, who have developed a video on ADHD, which is a good resource for individuals with ADHD and their families. It is a three-minute animation explaining the scientific basis for ADHD. www.youtube.com/watch?v=4r3XWj269_g
 - **The ADHD foundation** has a good guide for employers about reasonable adjustments for ADHD in the workplace. An Employer's Guide to ADHD in the Workplace - Scottish ADHD Coalition (adhdfoundation.org.uk)
 - Clients diagnosed with ADHD, and either in work, own their own business or are about to start work may be entitled to fully funded support such as coaching. Money comes from the government disability scheme known as Access to Work (AtW scheme). Clients can get support if they are (1) disabled (Equality Act 2010 includes ADHD) or have a health condition that impacts their ability to work, (2) aged 16 or over and (3) live in Great Britain. They must be employed, self-employed, about to start employment, about to start work experience or need help from a job interview. Further details on the claim process can be found at: www.gov.uk/access-to-work/how-to-claim
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Recommended books about coping with ADHD

- **Taking Charge of Adult ADHD** by *Russell A. Barkley with Christine M. Benton. Dr Barkley* takes you through the process of seeking professional help, addresses frequently asked questions about medications and other treatments, and offers a wealth of advice and tips—all science-based. ISBN-13: 978-1576833575
- **Adult ADHD** by *Thomas Whiteman Ph.D. and Michele Novotini Ph.D.* A reader-friendly guide to identifying, understanding, and treating Adult Attention Deficit Disorder. ISBN-13: 978-1576833575
- **Driven to Distraction** by *Ed Hallowell, M.D. and John Ratey, M.D.* Recognising and Coping with Attention Deficit Disorder from Childhood through Adulthood. Written by two experienced psychiatrists who themselves have ADHD, an excellent introduction for adults. ISBN-13: 978-0307743152
- **ADD In the Workplace - Choices, Changes, Challenges** by *Kathleen G. Nadeau, Ph.D.* Advice on career and workplace assessment, job performance, social skills, cognitive problems, alternative jobs, and strategies for success. ISBN 13: 978-0876308479
- **Out of the Fog - Treatment Options and Coping Strategies for Adult Attention Deficit Disorder** by *Kevin R. Murphy* Everything adults with ADD and their families need to know to understand and live with ADD - including practical advice and current methods for treatment. ISBN-13: 978-0786880874
- **The Down and Dirty Guide to Adult ADD** by *Michael Gordon Ph.D. & F Emmie McClure Ph.D.* An entertaining, informative and uncomplicated book about adult ADD - this clearly describes how ADD is best identified and treated. ISBN-13: 978-0962770197

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- **Honey, Are You Listening? - How Attention Deficit Disorder Could be Affecting Your Marriage**

by *Dr Rick Fowler & Jerilyn Fowler*

In this book, the Fowlers - married 26 years - share proven and practical tips for dealing with the sometimes exasperating traits of your ADD

partner. Focusing on the advantages of living with someone who is 'wired' differently, they show you how to turn those unique ADD qualities into benefits, so that you will have a more intimate, satisfying relationship.

ISBN-13: 978-0966480344

Phone and web applications that may provide some support to manage symptoms of ADHD. Please please be mindful that some of these apps require a subscription or one-off payment:

Ever Note (free for basic version)

A note app that allows you to store text, photos, and even audio notes on your device. Evernote will also let you create notebooks and categorise notes for an upcoming vacation, product research, recipes, to-do lists, and more. The notes are also tagged with geolocation for mapping or search. All your information is stored in one location, organised and easily accessible through a simple search.

Mint (free)

A budget management app to support with impulse buying, you can manage everything about your money in one place: checking and savings accounts balances, investments, and debts. It is recommended to set it up on the website before moving to app, its graphic layout is made for adults with ADHD.

Remember the Milk

Get to-dos out of your head, and let the app remember for you, you'll be reminded via email, text, IM and mobile notifications. Share your lists and give tasks to others to get things done faster, Organise the way you want to with priorities, due dates, repeats, lists, tags, and more, Integrates with Gmail, Google Calendar, Twitter, Evernote, and more.

Due - reminder & time

Ever wished you could jot down a task and set up a reminder alert really fast? The beauty of Due lies in its simplicity. There's no account to create, no start or end date to set, no need to prioritise, tag nor categorise.

Other useful information:

SLEEP Simple lifestyle changes can make a world of difference.

NHS <https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

SLEEP COUNCIL, UK Home - The Sleep Council

THE SLEEP CHARITY

TSC-Advice-Sheets_Practical-sleep-tips-for-adults_Online.pdf (thesleepcharity.org.uk)

PHYSICAL EXERCISE Physical exercise can be a powerful, nonpharmacological resource for people with anxiety and depressive symptoms research studies showed that exercise can significantly improve physical and psychological domains overall quality of life. NHS has a weekly programs\ pod cast called coach to 5K which could help engage in physical exercise and reduce cardiovascular risk.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

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Other useful information:

DIET

There is currently limited evidence to support the use of specific diets for the treatment of ADHD. While some studies have suggested that dietary changes may have a positive effect on ADHD symptoms, the evidence is not yet strong enough to recommend a specific diet for all individuals with ADHD.

However, some studies have shown that certain dietary modifications may be helpful for some people with ADHD. For example, some studies have found that diets high in protein and low in carbohydrates may be beneficial for some individuals with ADHD. Other studies have suggested that diets rich in omega-3 fatty acids may also be helpful.

It's important to note that dietary changes alone are unlikely to be sufficient for managing ADHD symptoms, and should be considered as part of a comprehensive treatment plan that includes behavioural therapy and medication if necessary. Additionally, any dietary changes should be made in consultation with a healthcare professional.

Overall, while there is some evidence to suggest that certain dietary modifications may be helpful for some people with ADHD, more research is needed to fully understand the relationship between diet and ADHD symptoms.

Books which may help with mood, anxiety and temper issues:

The CBT Handbook a Comprehensive guide to using Cognitive Behavioural Therapy to overcome depression, anxiety and anger *by Pamela Myles and Roz Shafran*
(Little Brown Book Group - ISBN- 9781780332017)

Mind Over Mood [CBT workbook]
by Dennis Greenberger and Christine A. Padesky
(Guilford Press - ISBN-10 1462520421) 15

In addition, you may wish to consider and investigate the usefulness of Mindfulness exercises which can allow people to become more grounded and aware of the nature of their thoughts and feelings and be in the present moment; the here and now. This can help develop a more natural relationship between our calm and confident selves, and the thoughts and feelings

that often leave us struggling. It may therefore be helpful to consider researching and learning more about this. There are numerous websites and smart phone apps. The Headspace app is particularly good, and people often find this helpful (www.headspace.com). It is available on Apple and Android smart phone/tablet devices for free.