

ADD & ADHD

Attention Deficit Disorder & Attention Deficit Hyperactivity Disorder

Due to a chemical imbalance, a person is not able to remain focused on one activity for any extended amount of time. Outside stimuli can easily disrupt the person and should be kept to a minimum.

Considerations

- **Instructions should be kept short and clear. Do not give the person a huge list of directions or activities.**
- **Use a written schedule to help the person know what is expected, when to do the tasks and for how long.**
- **Do not allow person to get too “wired up” because it may be difficult to calm him or her back down.**
- **Use “coupling”: couple a task with a favorite thing -- such as eating with dessert or bed with fishing.**
- **For every duration of time on tasks, allow the person to get up and do something active -- or give a positive reinforcement of praise.**
- **When giving directions, always use the person's name and obtain eye contact.**
- **Remember that persons with ADD and ADHD are very sensitive to outside stimulus such as lights, activities, and music.**
- **If diet calls for it, monitor sugar and caffeine -- diet should be monitored for all children and adults anyway.**