

ADHD

with you from challenge to strength



Optimising potential when you have **ADHD** or think you have

Many individuals who suspect, self identify or have a diagnosis of **ADHD** (attention deficit hyperactivity disorder), find that the commonly described challenges and traits fit with their life time experiences. Whilst being neurodiverse results in a unique set of strengths and skills, many aspects of everyday life can be challenging. This results in increased levels of experienced stress, mental health difficulties and relationship issues.

If there are aspects of everyday life that you are struggling with, I will work collaboratively with you to better understand your unique strengths and challenges. Empowering and coaching you towards achieving your potential through a neurodiversity-affirmative approach.

The initial appointment(s) aim(s) to:

- Identify strengths (what makes events or activities successful for you)
- Develop an understanding of why some things are challenging, (use of Occupational Self-Assessment (OSA) to identify actions)
- Identify and understand sensory differences, preferences, and the links to everyday life, through use of specific assessment tools and questionnaires
- Support you to determine your goals and develop a plan to achieve these

Feel Well
Function Well

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Topic 1 – Understand your responses to sensory experiences and emotional regulation

- Your sensory profile
- Understanding how the sensory system works
- Links to emotions and regulations

Topic 2 - Feel Well, Function Well

- Self care
- Sleeping
- Food and fluids
- Exercise

Topic 3 – Attention and Organisation

- Role of rewards and stimulating tasks
- Planning, timing and developing systems
- Organising your environment
- Managing internal distractions
- Getting started, breaking procrastination

Topic 4 – Thinking before doing/ managing impulsivity

- Recognising unhealthy habits
- Impulsive critical moments
- Links to regulation - improving regulation
- Ways to build in a pause

Topic 5 – Learning better habits

- Environmental structures
- Forming and establishing new habits

Programme content outline:

- Based on common ADHD challenges
- Provides information on how OT can help (skills development/practical strategies)
- To be personalised from the topic ideas and identified plan



Programme content outline:

