



ADD / ADHD

Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder

ADD / ADHD is a genetic and neurobiological disorder found in adults as well as children. It is defined and based upon observations about how people behave in the following areas: **Attention Span, Hyperactivity and Impulsiveness.**

ATTENTION SPAN

Gets easily distracted

Becomes bored, daydreams, switches off

Often loses things, not paying close attention to detail and makes careless mistakes

Struggles to follow instructions

Difficulties processing information

HYPERACTIVITY

Too much energy, fidgeting, unable to sit still

Have difficulties doing quiet tasks or activities

Has to touch or play with everything in sight

IMPULSIVENESS

Not stopping and thinking before they do things

Talks a lot, interrupting or intrudes on others

Very impatient, acts on a whim

Acts on urges too readily, difficulty waiting their turn

Poor organisation and planning ability

