

Mental Health Carers Service Information & Advice Sheets

Adult ADHD

Adult Attention Deficit Hyperactivity Disorder is a continuation of ADHD from childhood. The main difference is in the type of difficulties & symptoms experienced.

Work lives & relationships prove troublesome, & there is a likelihood to feel restless or 'on edge', & perhaps acting impulsively on occasions. A typical ADHD adult may have gone through life being constantly misunderstood. .

As an adult, getting a diagnosis of ADHD is not straightforward. ADHD adults will have experienced their symptoms for most of their life and, despite frustration, are likely to have reluctantly accepted them as part of their unique make up.

In most instances, its family, friends or work colleagues who instigate a visit to a doctor. Seeing a GP is the first port of call, and may be followed up by appointments with a psychiatrist or other specialist.

Although there is no complete cure for ADHD, a number of treatments can significantly help with the management & control of symptoms. The main treatments for adult ADHD are: behavioural therapy, psychotherapy and medication.