

## ATTENTION DEFICIT / HYPERACTIVITY DISORDER

AD/HD is defined as a pattern of behaviour that combines inattention, impulsivity and distractibility with or without hyperactivity.

The disorder may also co-exist with other conditions such as Asperger Syndrome, Developmental Co-ordination Disorder, Autistic Spectrum Condition, Anxiety, Depression, Obsessive Compulsive Disorder, Oppositional Defiant Disorder or Learning Difficulties.

### AD/HD HIGHLAND SUPPORT GROUP

Is made up of volunteers all with experience of AD/HD or other related developmental conditions. The Group aims to:-

- Hold regular support meetings and group family outings.
- Promote awareness of AD/HD both to professionals and the general public in the Highland area.
- Collate up to date information and make this available to members of the group and anyone else who may request it.
- Ensure that EVERYONE realises that children with AD/HD are not 'problem' children – they are children with a problem.

Please contact our Co-ordinator for further details about support available, dates of meetings and group activities.

Elaine de Ste Croix  
Keppel, Loch Flemington, Inverness, IV2 7QR  
Tel:07787 207965  
Email: highland.adhd@hotmail.co.uk  
Web: www.adhdhighland.com

## ADHD & ADD

### Some Common Symptoms & Concerns

- Over activity
- Passive behaviour dreamy/spaced out
- Poor concentration
- Impulsivity/inability to understand 'cause and effect'
- Poor memory retention
- Disorganisation
- Learning and Communication Disorders
- Cannot prioritise
- Frequent frustration
- Inflexibility
- Immature behaviour
- Erratic mood swings
- Constant attention seeking/disruptive behaviour
- Peer relation problems
- Over sensitive to criticism
- Low self esteem
- Lack of inhibitions
- Need for instant gratification
- Reactive aggression
- Sleep / waking disorders
- Periodic depression / anxiety
- Strong tendency to substance abuse

Many children will exhibit some or all of these symptoms and not be diagnosed as having AD/HD; being inattentive, hyperactive or impulsive at some point is a normal part of growing up. The difference with children with AD/HD is that they present many of these symptoms in a variety of situations.

## HELP!

### “Routine • Repetition • Structure • Praise”

AD/HD –type difficulties can be very effectively managed with the support of family, friends and professionals. Children & adults can learn skills and strategies required in order to help themselves.

**PRE-SCHOOL** - talk to your GP & Health Visitor about any concerns. A referral should be made to a paediatrician or a child development centre, where an assessment can then be made by a specialist.

**SCHOOL-AGED CHILDREN** - talk to your GP, child's teacher, school nurse/ doctor or special needs co-ordinator. A referral can then be made to a Community Paediatrician or other child specialist.

**ADOLESCENTS/ADULTS** - consult your GP and ask for a referral to a specialist. There has been more recognition in recent years of the potential difficulties faced throughout life by adults living with AD/HD. Refer to [www.aadduk.org](http://www.aadduk.org) which is the website for an organisation set up by adults with AD/HD to raise awareness, advance education and promote and support research. Also a Scottish Charity called Addressing the Balance which was set up to help and support adults of all ages as well as advising on up to date resources and interventions. Visit [www.addressingthebalance.co.uk](http://www.addressingthebalance.co.uk), or email [info@adbal.co.uk](mailto:info@adbal.co.uk). Alternatively post to 47 Glenorchy Road, North Berwick, EH39 4QE.

*Please complete and return the reverse side of this section if you wish to join the Group. Once we have your contact details we can keep you informed about relevant events.*

## MEMBERSHIP FORM

Please use **BLOCK CAPITALS** throughout

NAME: .....

ADDRESS: .....

.....

..... Post Code: .....

Telephone No: .....

Email: .....

I enclose my membership fee of £10.00. Cheques should be made payable to Highland AD/HD Support Group.

Signed: .....

*Please return this form to:*

Elaine de Ste Croix,  
Keppel, Loch Flemington, Inverness. IV2 7QR

Email: [highland.adhd@hotmail.co.uk](mailto:highland.adhd@hotmail.co.uk) or Tel: 07787 207965 with any queries.

Subscriptions are renewable annually on 1st April. Members joining after January 1st will not be asked to pay a renewal subscription in the same calendar year. We like to enable members to share their experiences.

If you do NOT want your name and address posted on to other members, please tick here: ☐

If you or any of your children suffer from ADD/ADHD please complete details below.

NAME: .....

DATE OF BIRTH: .....

MAIN PROBLEM AREAS: .....

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## SOME USEFUL CONTACTS & WEBSITES

**CHIP+, Birnie Centre, Raigmore Hospital,  
Inverness, IV2 3UJ**

**Tel. (01463) 711189**

Provides information, advice and support to families & carers of children & young people, as well as to professionals who work with them.

Website: [www.chipplus.org.uk](http://www.chipplus.org.uk)

Email: [info@chipplus.org.uk](mailto:info@chipplus.org.uk)

### MINDROOM

**Tel. 0131 475 2330**

A Scottish charity set up to offer advice, support & resources to anyone affected by learning difficulties, and also informing professionals, policy makers & members of the public.

Website: [www.mindroom.org](http://www.mindroom.org)

Email: [moreinfo@mindroom.org](mailto:moreinfo@mindroom.org)

### GOVAN LAW CENTRE, Education Law Unit

**Tel. 0141 445 1955**

Helpline offers legal advice and information on any aspect of education law to pupils, parents, carers, advocacy and support groups.

Website: [www.edlaw.org.uk](http://www.edlaw.org.uk)

Email: [equality@edlaw.org.uk](mailto:equality@edlaw.org.uk)

### CONNECTING CARERS

**Tel. (01463) 723560 9.30-2.30, Tues -Thurs**

Offers support to carers of all ages, as well as details about meetings, events, training and advocacy services.

Website: [www.connectingcarers.org.uk](http://www.connectingcarers.org.uk)

Email: [Carers@hccf.org.uk](mailto:Carers@hccf.org.uk)

**HIGHLAND CHILDREN'S FORUM, Unit 6, 15  
Lotland Street, Inverness, IV1 1ST**

**Tel. (01463) 223000**

*"Listening to children, talking to policy makers"*

Website: [www.highlandchildrensforum.org](http://www.highlandchildrensforum.org)

Email: [calum@highlandchildrensforum.org](mailto:calum@highlandchildrensforum.org) or  
[celia@highlandchildrensforum.org](mailto:celia@highlandchildrensforum.org)

## HIGHLAND AD/HD SUPPORT GROUP



**“BREAKING BARRIERS  
BUILDING BRIDGES”**

Scottish Charity No: SC 031059  
Artwork design by Alexander – 19 yrs. (AD/HD)