



South West
Yorkshire Partnership
NHS Foundation Trust

The Adult ADHD Team

Manygates Clinic

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Information on

Adult Attention

Deficit Hyperactivity

Disorder (ADHD)

Your feedback is welcome

If you wish to comment on, compliment or complain about any of the services provided by the Trust, please ask a member of staff for details of how to do this. If you need advice or assistance in making your views known please contact us on **freephone 0800 587 2108**.

This information is available in other formats on request including Braille, large print, audio, or in other languages. For more information, contact us on **freephone 0800 587 2108**.

Patient information booklet

With all of us in mind.

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD for short) begins in childhood and is recognised as a disability.

People with ADHD may have difficulty with:

- **Inattention** – easily distracted, poor concentration, easily bored, difficulty starting and finishing tasks and missing steps of instruction.
- **Hyperactivity** – difficulty sitting still, always on the go and feeling restless, rushing around, over talkative, accident prone and difficulty sleeping.
- **Impulsivity** – speaking and acting without thinking, interrupting others, difficulty waiting a turn, oblivious to danger, difficulty controlling anger and emotions, not learning from experience.

Other common difficulties experienced by adults with ADHD, are:-

- Difficulty controlling anger
- Drug and alcohol misuse
- Mood swings
- Low self esteem

In addition, adults with ADHD may have difficulty following directions, remembering information, concentrating, organising tasks or completing work within time limits. All the above symptoms can cause difficulty at home, in education, work and social settings and can affect individuals differently.

Until recently it was believed that children outgrew ADHD because sometimes hyperactivity seems to lessen in teenage years. It is now known that many symptoms continue into adulthood.

If you, a member of your family, friend or colleague have experienced these difficulties during childhood and they now affect day to day adult life, help and support is available.

What support is available for adults with ADHD?

There is a special team devoted to adults with ADHD at Manygates Clinic in Wakefield.

This service supports young people moving from children to adult services and adults who have not been assessed before for ADHD.

The Adult ADHD team provides specialist assessment and treatments which include:-

- Medication management
- Psychological assessment and therapy
- Support to develop independent living skills
- Support to set and achieve individual goals
- Support for carers

Further information and referral

To find out more information and if a referral for a specialist assessment is needed talk to your GP or contact the adult ADHD service.

People with ADHD can live full and rewarding lives with the right support. It is increasingly recognised that the ADHD condition presents a unique set of strengths and abilities, such as:

- Creativity
- High energy levels
- Sense of humour/comedic flair
- The ability to generate new ideas that others may not have considered (outside-the-box thinking)