



After Diagnosis - ADHD



Treatment & Therapies

There are several types of support available for people with ADHD and their families. The right combination will depend on age, needs and personal preference.

1) **Behaviour therapies:** Therapies such as Cognitive Behavioural Therapy (CBT) can help with:

- ? emotional regulation
- ? unhelpful thinking patterns
- ? coping strategies
- ? managing impulsive or challenging behaviour

CBT is often helpful for older children, teenagers and adults.

2) **Medications:** Medication can help reduce symptoms such as inattention, impulsivity and hyperactivity. Commonly prescribed ADHD medications include:

- ? Stimulants: methylphenidate, lisdexamfetamine
- ? Nonstimulants: atomoxetine, guanfacine (children/teens only)

Medication is not suitable for everyone, but for many people it significantly improves daily functioning.

3) **Parenting support:** Parents of children with ADHD may benefit from structured support to help:

- ? understand ADHD
- ? manage behaviour
- ? support routines and emotional development

This may be offered through 1:1 sessions, group programmes, or parent training courses.

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4) Occupational therapy: Occupational therapists can help with:

- ? organisation and planning
- ? time management
- ? sensory needs
- ? daily living skills

This can be especially helpful for children and young people.

Contact your nearest Purple House Clinic to find out which of these services are available locally.



Information & Support

ADHD and Disability Rights

ADHD is recognised as a condition that can qualify as a disability under the Equality Act 2010. Some people may be eligible for government support or benefits. For advice see:

- ? England: <https://www.citizensadvice.org.uk/>
- ? Scotland: <https://www.cas.org.uk/>

Support in Education (Children & Young People)

If your child has ADHD, you may wish to speak to their school about:

- ? a formal support plan
- ? reasonable adjustments
- ? additional learning support

Schools must follow the SEND Code of Practice (England/Wales) or the Supporting Children's Learning: Code of Practice (Scotland) and provide appropriate support.

Further Information & Courses

The ADHD Foundation provides helpful information, webinars and family support: <https://www.adhdfoundation.org.uk/services-for-families/>

