

## AIM

To be able to care for those living with Attention Deficit Hyperactivity Disorder / Attention Deficit Disorder

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Gain an overview of ADHD and ADD
- Understand some of the causes of ADHD and ADD
- Recognise the key symptoms and behaviours in adults and children
- Know tips and tricks to support those with ADHD, and help them support themselves
- Understand ways to treat ADHD and ADD

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## LESSONS AND TOPICS

### Attention Deficit Hyperactivity Disorder

- What is ADHD?
- Causes of ADHD

### Attention Deficit Disorder

- What is ADD?
- Causes of ADD

### Behaviours and Symptoms

- Broad Symptoms
- Symptoms in Children
- Symptoms in Adults

### Living with ADHD

- Adults with ADHD
- Children with ADHD

### Supporting People Living with ADD

- Adults with ADD
- Children with ADD

### Treatment

- Choice
- Medication
- Therapy
- Other Options