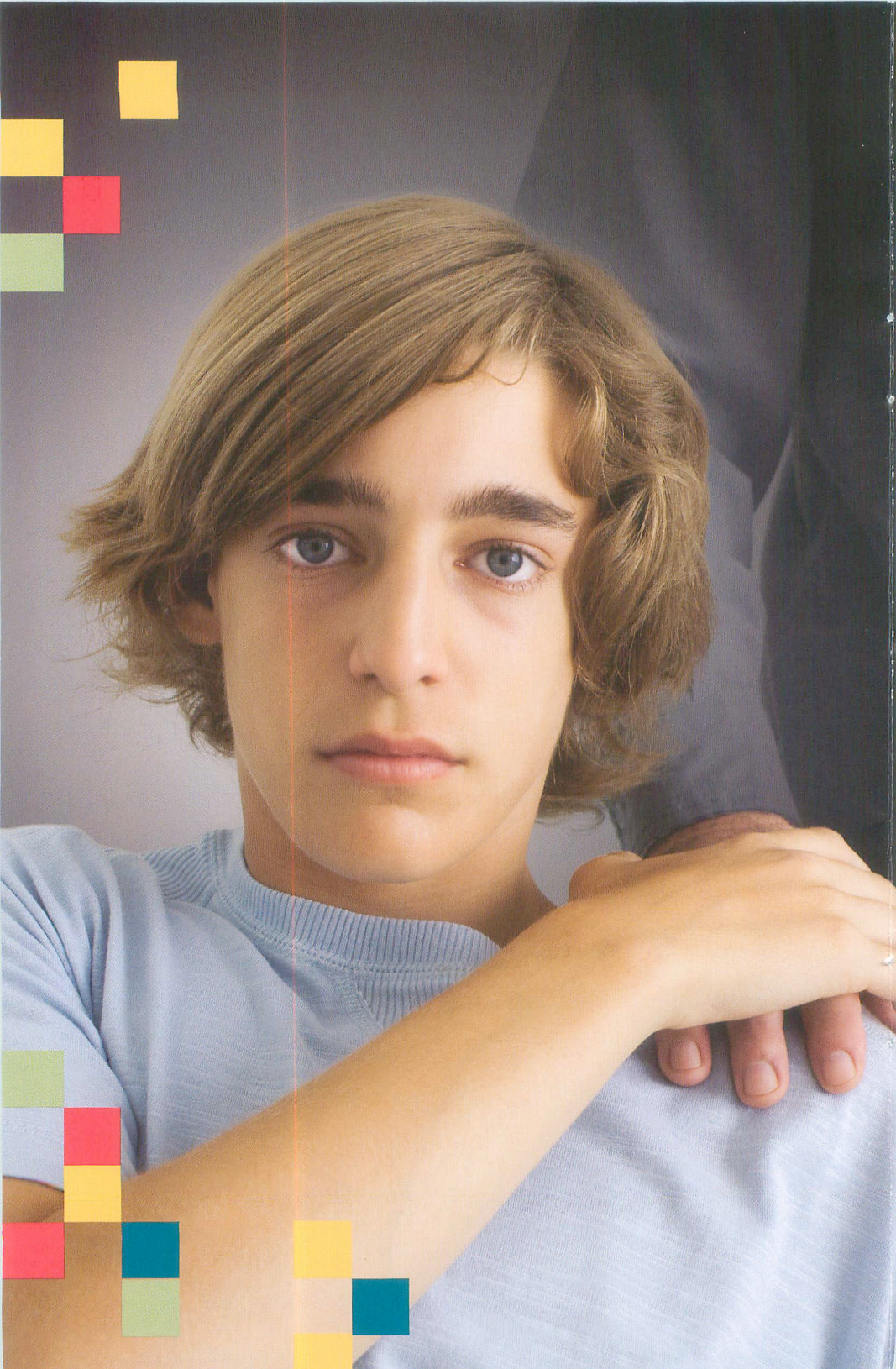


Living With ADHD

TIPS FOR LIVING WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER







As a person diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), your symptoms may affect you across various settings. This brochure offers tips that may help you with your ADHD symptoms in these settings.


Be sure to talk with a health care professional if you have any questions about ADHD. For more information visit www.ADHAndYou.com.





Talking to People About ADHD

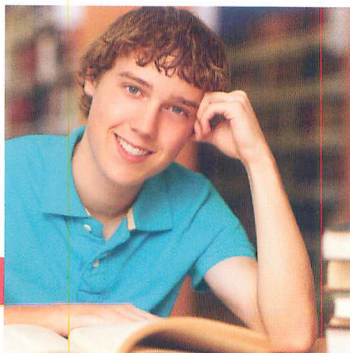
It's a personal decision whether or not to tell people about your ADHD. Before discussing your ADHD, think about the following:

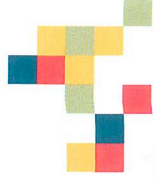
- To build close relationships, you need to share. However, you also need to be able to trust. You may want to share your ADHD story with someone. Just be sure you can trust that person to respect you and the information you share.
 - When you tell people about your ADHD, be prepared to answer questions and respond to misperceptions about ADHD. Speak from your own experience, or suggest articles, websites, or books. Written information is useful for people who are interested in learning about ADHD. Sharing this information may also be useful for those who have outdated views about ADHD.
 - If you are in college and your professors know about your ADHD, you can talk to them about how it may affect your ability to focus when doing schoolwork and your behavior in class. They may be happy to help. If you need additional support, you can talk with your academic advisor.
 - If you are employed, you may decide to tell your company or coworkers about your ADHD. Let them know of ways they can help you manage your ADHD symptoms—for example, by sending a list of tasks in an email to help you keep track. If you need additional support, check with your company to see what resources may be available. (For more tips on managing ADHD in the workplace, visit www.ADHDandYou.com.)
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Homework Strategies

The following may help you manage your homework:

- Set aside a special space to do homework.*
- Keep all your school supplies in one place so you can easily find them.
- While doing homework, reduce distractions like background noise to help stay focused.
- Make a list of your assignments and check them off when you are done.
- Break down large assignments (like papers and studying for tests) into smaller parts. Set deadlines for completing each part.
- Reward yourself when you complete an assignment. Spend 15 minutes watching a favorite TV show or doing another activity you like.
- Add extra time when planning out assignments, to allow for delays you don't expect.
- Try exercising just before studying to help clear your head.
- Each night, make a written schedule so you know what's coming up the next day. Clip it to your daily planner.





Help With ADHD in College

By law, all colleges and universities receiving federal funds must provide “reasonable accommodations” for students with disabilities, including ADHD. Before choosing a college, find out about the school’s disability support program to see what is available for students with ADHD. Accommodations can vary and so can the names of the programs. The office may be called RDS—Resources for Disabled Students. Alternatively, it may be referred to as Office of Student Disability Services, Student Support Services, Services to Students with Disabilities, or Disability Services Office.

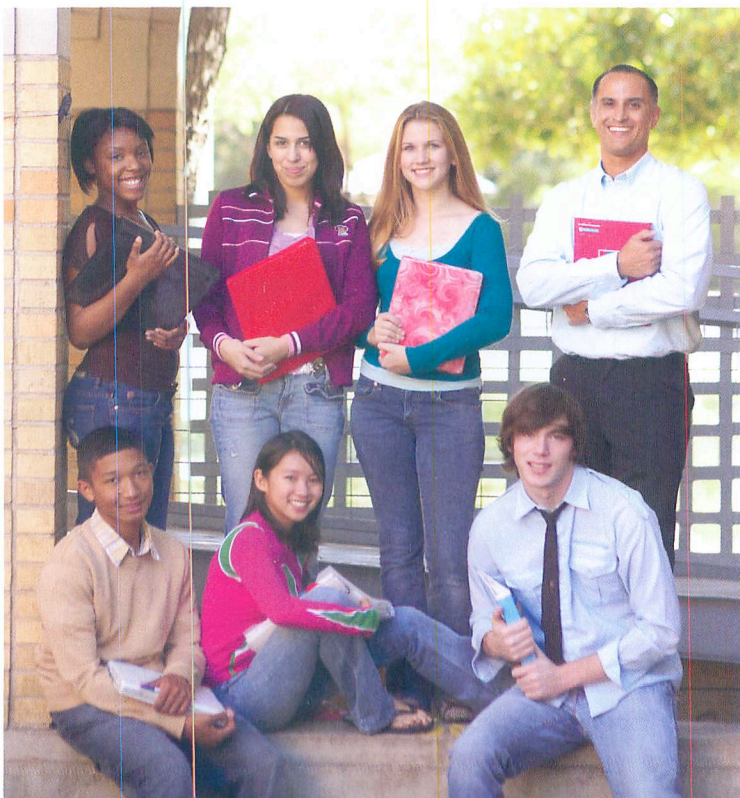
Whatever its name, the office will generally require a recent assessment, a list of requested accommodations, and copies of your Section 504 or Individualized Education Plan (IEP). If you had one of these plans in high school, now may be a good time to update it for your college years. Go to your college’s website to find the application and instructions for applying. Visit the office and speak with the staff about your situation to better understand what services are offered. It is important to apply for the college’s support programs before you start school.

Accommodations for college students with ADHD may include:

- Early registration
- Extended time for tests
- Test taking in your chosen environment
- Extended time to complete assignments
- Extra time to meet with the professor
- Free tutoring
- Free notetaker in class

Michael Yasick ADHD Scholarship by Shire

The Michael Yasick ADHD Scholarship by Shire is intended for US residents accepted to or attending an accredited college, university, vocational school, or technical school as an undergraduate student. You must be diagnosed with ADHD and under the care of a licensed health care professional for ADHD. Each recipient is awarded \$2,000 and 1 year of prepaid ADHD coaching services. For information on how to apply, visit www.ShireADHDscholarship.com.





ADHD at Your Workplace

The symptoms of ADHD can impact individuals who are in the workforce. Below are some helpful suggestions for managing your ADHD symptoms during the workday.

Limiting Distractions

- Use earphones, soothing music, or other sounds to drown out office noises.
- Work in uncluttered space, such as a conference room, where distractions are few.
- Send phone calls directly to voice mail, and respond to them at the same time every day.
- Write down ideas in a notebook to avoid interruption of the task you are currently doing.
- Keep a list of ideas that you get during meetings so that you can talk about them more effectively.
- Perform one task at a time. Do not start a new task until the present one is completed.



Organization and Planning

- Use a tape recorder or take notes at meetings.
- Write checklists for complex tasks.
- Use memory triggers such as a bulletin board or a reminder list on your computer for announcements.
- Learn how to use a day planner to help you keep track of tasks and events.
- Write notes on sticky pads and put them where you can easily see them.

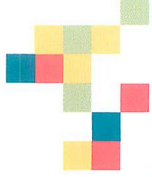
Time Management

- Use time-line charts to break down large projects into more manageable smaller parts, with due dates.
- Reward yourself for achieving due date goals.
- Use watches with alarms or buzzers, daily planners, or computer software with alerts or reminders.
- Program your computer to beep 5 minutes before every meeting on your calendar.
- Avoid overscheduling the day by overestimating how long each task or meeting will take.

For information about talking to your employer about your ADHD, visit www.adhdandyou.com.







ADHD Symptoms and Social Activities

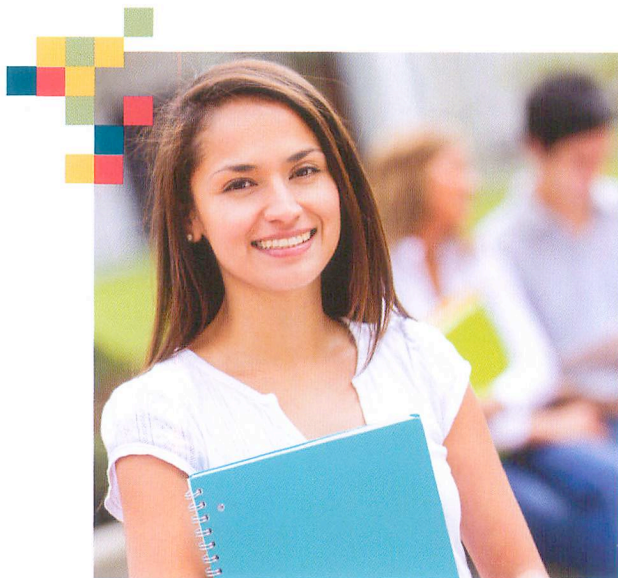
ADHD can sometimes make social situations challenging. You may sometimes blurt out things without thinking first, or have trouble keeping up and focusing on conversations.

These tips may help you in social settings:

- Before speaking or acting, pause for 10 seconds to make sure that what you want to say or do is a good idea.
- Practice “active listening” — pay very close attention to what others are saying before you join the conversation.
- Ask your friends, therapist, ADHD coach, or teachers to help you practice conversational skills, including learning how to ask challenging questions without being argumentative.

■ For more information about ADHD, visit www.ADHDandYou.com.





Keep this guide as a handy
resource for living with ADHD.

This resource is sponsored by
Shire Pharmaceuticals



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