

addhd

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what's next?

First answers
to essential questions

ADHD diagnosis – first answers to essential questions

adhd – what's next?

Maybe it comes out of the blue? Or maybe you have already suspected it? Either way, here it is – the diagnosis ADHD. Only four letters, but many questions.

The ADHD organization elpos is here for you. We help you find answers and support you on this personal journey. [↗](#)

ADHD diagnosis – an opportunity?

A diagnosis provides not only clarity, but also opportunities and options for your child and the entire family.

- A sense of relief: ADHD is the cause and no one else is to blame.
- Help is in reach: ADHD is well known and there is now plenty of research to support you in your challenges.
- Support is available: The development of your child can be positively influenced, and you can create much needed space for yourself, as a couple and/or for siblings. ↩

adhd – what's next?

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↑ An ADHD Diagnosis is a new challenge for all.

ADHD – What is it?

ADHD – these four letters stand for Attention Deficit Hyperactivity Disorder. Today, science assumes that it is a genetically determined developmental impairment that affects the area of the frontal brain and leads to differences in how certain information is processed. While the influence of environmental factors is still being investigated, we know that an imbalance of various neurotransmitters (especially dopamine and nor-epinephrine) plays an essential role.

This can lead to the following impairments:

- At the behavioural level
- The cognitive and motor functions (i.e., part of the brain that help us plan, focus, and execute tasks)
- Impulse and emotion control

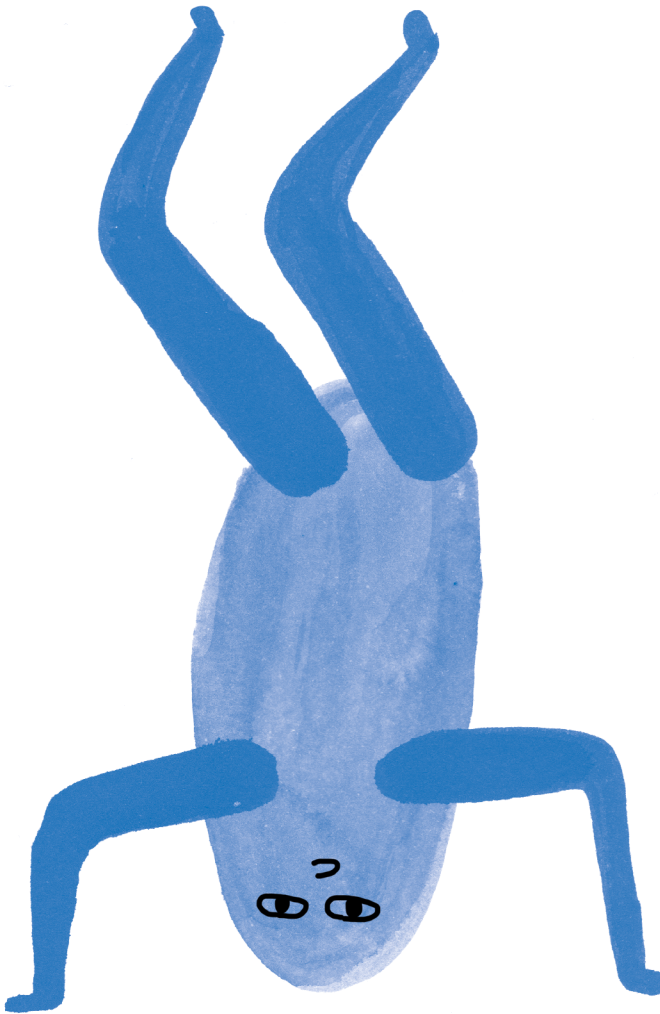
The malfunctioning of the frontal brain area and the inability to sufficiently filter information, causes a flood of stimuli (stimulus filter weakness). This constant flood of stimuli in the brain provokes the forming of a fine network of neuronal pathways that makes the development of important learning pathways difficult. ↩

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↑ ADHD floods the brain with stimuli.



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↑ It can lead to a great urge to move.

First answers

ADHD – How does it manifest itself?

ADHD comes with the following symptoms:

- Attention and concentration difficulties
- Impulsivity
- Pronounced restlessness, directed inwardly (hypoactivity) or outwardly visible (hyperactivity)

These three areas are pronounced differently in each affected person.

Therefore, there is not one solution that fits all, but individual solutions for everyone. In general, it can be said that ADHD sufferers have a different style of perception and reaction. ↩

First answers

ADHD – What can we do?

The good news is that the brain can be shaped and trained.

Three areas are particularly important:

- Impulse control/inhibition
- Working memory
- Flexibility

Impulse control/inhibition helps:

- To control irrelevant information or disruptive stimuli
Examples: Blurting out answers, interrupting others.
- To suppress emotions or unnecessary actions
Examples: The need to push or touch other children while passing by, take from others without asking.
- To avoid impulsive (thoughtless) behaviour

Examples: Solving tasks before reading or listening to the end, climbing on roofs or trees without considering dangers.

Working memory helps:

- To keep information in the brain for a short time and in an organized manner.
Examples: Being in charge to fetch something from the basement and remembering to take every item, closing the door, and switching off the lights. Keeping consecutive orders from a teacher/parent in mind and being able to carry them out one by one.

Flexibility helps:

- To adapt quickly to new situations
Example: Having to cancel a planned trip to the cinema due to an unexpected visitor, without melting down and having a tantrum.
- Transition easily from one task or information to another
Example: Stop playing and being ready to leave the house on time.
- To consider different options from different points of view.
Example: The kindergarten teacher changes the Lego playground to a reading corner during the holidays. The child with ADHD loudly protests or silently stresses and is lost.

Good results are achieved with individual, multimodal therapy that is tailored to the patient's needs. ↩

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↑ Imprudent actions can be prevented with impulse control training.

First answers

First answers

What does “multimodal therapy” do?

Just imagine a kind of construction kit that contains different tools. It has more tools than you need, and you are free to test and select the ones that promise the most success. You can use them in combination or individually. The most important tools consist of:

- Psychoeducation is the exploration and counselling of the environment such as parents, partners, siblings, teachers, etc.
- Interventions to reduce ADHD symptoms, i.e., creating an environment that allows the affected person to rest more.
- Cognitive behavioral therapies, i.e., learning how to think, feel and act.
- Occupational therapy, to control movements and work processes.
- Educational therapy, to resolve students' learning challenges, consisting of an

individual learning plan (ILP), co-created by support teachers, parents and other experts and therapist, as mentioned above.

Multimodal therapy may include medications, prescribed exclusively by appropriately trained specialists after extensive consultation and upon consent by parents and child. In addition, there are many other therapy approaches with which your child can be helped individually. ↗

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↗ A multimodal therapy approach includes the whole environment.

ADHD – how does it affect the family?

Having someone with ADHD in the family always affects everyone. Parents and siblings need great resilience and patience, but it's important that they also take care of their own needs and find time to relax.

Parents

- Please accept all the support you can get without any guilty feelings. Take advantage of external help such as childcare, coaching and cleaning services. Only if you take care and take time out for yourself, will you be able to gather strength to support your family.
- Surround yourself with people that are good for you. It's important to maintain social contacts, as they enrich your life.
- Saying no, setting boundaries and being kind to yourself is not easy. Please take advantage of the workshops and

relaxation seminars that the ADHD organization elpos offers on this topic.

- Daily structures, fixed rules and schedules can relieve the entire family. Write down recurring routines. It is better to set a few rules and implement them consistently, instead of a whole list of actions.
- Trust that things will work out in the end, even if it takes a little longer.
- Remember that life is not perfect. Do allow yourself to enjoy and celebrate spontaneously.

... and what about the siblings?

The ADHD-affected child is afraid that the parents like him less than the other members of the family. Siblings, on the other hand, often feel disadvantaged. You can relax the situation by installing some simple, organizational measures.

- Clearly define which items belong to everyone and which ones can be used after consultation. Which objects are strictly off-limits and to whom?
- Enable spatial separation. If there are separate rooms, entry is only permitted with the permission of the "resident". This permission must be obtained anew each time.
- If rooms are shared, specify personal corners. These could be marked by different coloured play rugs or low shelves installed as sections in the room.
- Establish "personal time" with each individual child. This doesn't have to be long. It can simply be "just" cuddling. ↩

ADHD – Who offers help?

The ADHD organization elpos offers:

- Well-founded and holistic information on ADHD
- Educational-, family- and partner- counselling and advice for challenges in professional life
- Advice on how to deal and connect with schools
- Recommendation on specialized agencies, therapies, institutions, etc.
- ADHD coaching or training modules
- Lectures, workshops on ADHD
- Parent support groups
- Supported holiday camps or accompanied weekend trips for children with ADHD
- Sport activities for children

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