

HADD Ireland highlight symptoms of ADHD in adults ^[1]

NOTE: This item has expired and will soon be unavailable for viewing.

Attention Deficit Hyperactivity Disorder (ADHD) affects 3.4 per cent of adults, and should not be considered solely a “children’s condition”. That’s according to [HADD-ADHD Ireland](#) ^[2], the national support organisation for people affected by ADHD.

Internationally, October is ADHD Awareness Month and, as the month draws to a close, HADD-ADHD Ireland is highlighting how the condition affects people of all ages.

Commenting today (25.10.17), Ken Kilbride, CEO of HADD-ADHD Ireland, said: “ADHD is frequently undiagnosed and misdiagnosed in adults.

“It is estimated to affect 200,000 people in Ireland. It is the most commonly-diagnosed condition by the Child and Adolescent Mental Health Services, affecting approximately five per cent of children nationwide. Three-quarters of those diagnosed in their youth continue to experience difficulties in their adult life.

“This means that, nationally, over three per cent of adults suffer from the condition, with men twice as likely to be affected as women. However, because it’s strongly associated with childhood, adults suffering from ADHD – and, sometimes, the medical professionals treating them – often fail to recognise the symptoms.”

Symptoms of ADHD

ADHD is a neurodevelopmental disorder characterised by symptoms of impulsivity, hyperactivity, and / or inattention. People with ADHD tend to experience difficulties in areas such as school and work, social interactions and family life.

Key symptoms of ADHD, according to HADD-ADHD Ireland, include:

- Inattention: being forgetful and disorganised.
- Hyperactivity: excessive talking, impulsivity, interjecting inappropriately.
- Impairment in more than two functional domains, including: working; management of money; driving; social interactions; and relationships.
- Other symptoms can include procrastination, insomnia, low self-esteem, lack of concentration, low tolerance, needless worrying and mood swings.

“Almost half of the calls we receive to HADD-ADHD Ireland are about information and support for adults with ADHD,” said Ken Kilbride. “Common queries include where to find out more about getting a diagnosis of ADHD as an adult, and where to access help and support as an adult sufferer of ADHD.

“ADHD in adults is more common than people realise, and we hope that highlighting its symptoms will help in avoiding its frequent misdiagnosis. ADHD is treatable and there are care-plans and programmes available to help. Whether you’re four or 40, there is support available for people with ADHD.”

ADHD Month

Throughout October, HADD-ADHD Ireland has been marking ADHD Month with a series of activities, including:

- A public lecture by internationally-recognised specialist Dr Ellen Littman.
- A mindfulness course for parents of children with ADHD.
- A new online webinar enabling people with phone and / or internet access to participate in live discussions on various topics related to ADHD.
- Courses for parents of young children and adolescents with ADHD.

For more information on ADHD and the help and support that is available, visit www.hadd.ie ^[3].

Region: Nationwide

Expiry date: 01/11/2017

Date 25/10/17

Entered/Updated:

Links

[1] <https://www.activelink.ie/content/community-exchange/news/33543>

[2] <http://hadd.ie/>

[3] <http://www.hadd.ie>