

ADHD: When to consult

Signs

Indicators (diagnostic criteria) that may prompt you to consult a professional

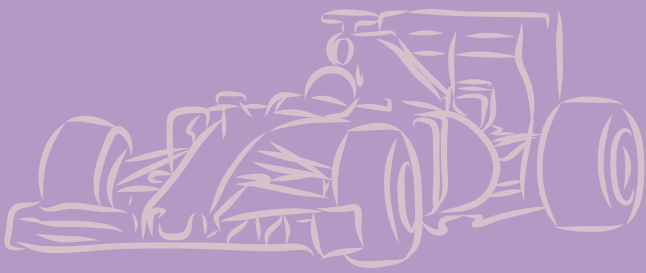
Attention

- Difficulty staying focused;
- Pays little attention to details;
- Appears not to listen when spoken to;
- Does not follow instructions, does not complete tasks;
- Difficulty planning and organizing, frequently loses items, often forgetful
- Avoids tasks that require sustained mental effort;
- Easily distracted by external stimuli.



Hyperactivity

- Constantly fidgets in their seat;
- Has difficulty staying seated, gets up often;
 - Runs or climbs when it is inappropriate;
 - Cannot play quietly;
- Appears overactive, always on the move;
 - Talks excessively.



Impulsivity

- Often answers questions before they are fully asked;
- Has difficulty waiting their turn;
- Interrupts others or intrudes on their conversations or games.



FOR A DIAGNOSIS, THE FOLLOWING CRITERIA MUST BE MET :

- Some symptoms must have appeared before the age of 12;
- Symptoms must have been present for at least 6 months and be inappropriate for the individual's age.
- Symptoms must occur in multiple settings (e.g., school/work, home, social relationships).
- Symptoms must interfere with social, academic, or occupational functioning.



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For more tips and advice on supporting people with ADHD, feel free to contact us!

418-294-4410 |



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