

Supporting Someone as a Loved One

ADHD (Attention-Deficit/Hyperactivity Disorder) is a condition that primarily affects **concentration** and **attention**, the ability to control actions (**impulsivity**), and activity level (**hyperactivity**).

ADHD reflects a different way of functioning that can make certain everyday tasks more challenging, such as maintaining attention, planning, managing time, controlling impulses, or regulating emotions.



Supporting a person living with ADHD can require a great deal of **understanding, flexibility, and support.**

Above all!

Respect their pace

A person living with ADHD may **need to**:

- move around
- take breaks

!!! **Respect their pace and energy** !!!

Help with organization and structure

- Support without controlling
- Suggest routines
- Use tools (phone reminders, to-do lists, shared calendar)

!!! **Facilitate without doing it for them** !!!

Understand how they function

Your loved one may experience:

- attention difficulties
- impulsivity
- disorganization

All of this is related to their **neurological functioning.**

!!! **Understanding helps prevent misunderstandings and frustration** !!!

Encourage

- Recognize and highlight **effort**
- **Avoid** discouraging or negative criticism

Communicate calmly

- Keep messages **simple** and **direct**
- **Avoid** criticism or blame

Work as a team

- Focus on **practical solutions**
- Set **realistic** expectations
- **Encourage** seeking help when needed

Be patient with impulsive behavior

In moments of **tension**:

- Step back
- Wait until things are calm before discussing the issue

Key takeaway!

Supporting a person with ADHD means **adapting their environment**, communicating **clearly**, and remaining kind and supportive while also **maintaining your own balance.**

