



# *Adult ADHD*

*Adults are finding that they might exhibit symptoms of Attention Deficit Hyperactivity Disorder (ADHD).*

*Although the symptoms of ADHD have been known since the 1940's, it was often misdiagnosed and misunderstood clinically until the diagnosis became more prominent in the 1980's.*

## ***Adult ADHD symptoms may include:***

- ◇ History of symptoms in childhood, including short-attention span, easily distracted, forgetful
- ◇ These symptoms continue from childhood into adulthood (but perhaps were undiagnosed as a child)
- ◇ Difficulty following directions
- ◇ Often starts projects, but doesn't finish them
- ◇ Impatient, low frustration tolerance
- ◇ Poor planning and organizational skills
- ◇ Loses things, forgetful
- ◇ Easily distracted

*These symptoms may make functioning at home or work more difficult. Consult with your health care professional to explore your treatment options.*

***Courtesy of:***

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