



Dublin South Central Adult ADHD Educational resources

How do I safely find out more about ADHD

- There is a lot of misinformation on ADHD. Below are some useful resources
- How to explain ADHD
 - <https://www.bing.com/videos/riverview/relatedvideo?q=adhd+information&mid=DB748608FE20A0F3E683DB748608FE20A0F3E683&FORM=VIRE>
- Information on ADHD
 - [ADHD in children and young people](#)
 - [For Adults - ADHD Ireland](#)
 - [How to ADHD - YouTube](#)

Sleep resources

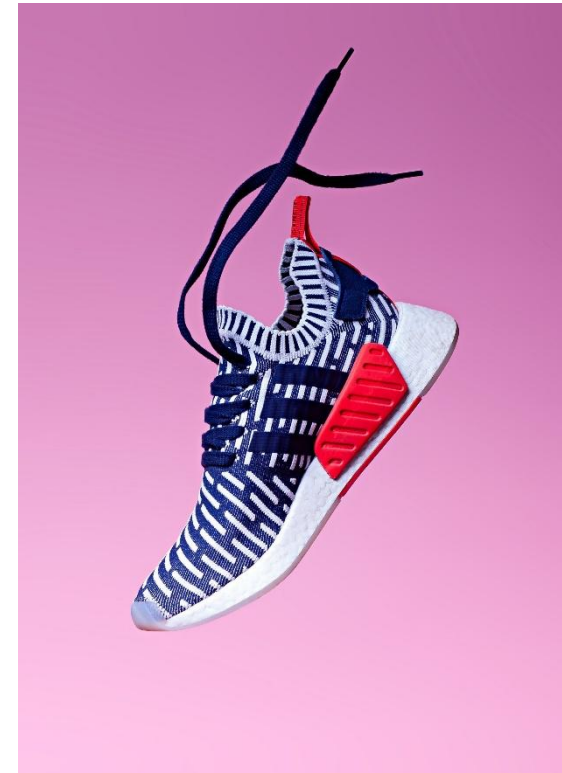
People with ADHD often experience sleep problems possibly due to ADHD impact on the body internal clock and in turn can impact on daytime concentration and focus

- [Home - Teen Sleep Hub
https://teensleephub.co.uk](https://teensleephub.co.uk)
- <https://www.sleepfoundation.org/mental-health/adhd-and-sleep>
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Exercise

- Exercise is essential for mental wellbeing
- And is a valuable non-pharmacological tool for managing ADHD symptoms
- <https://www.additudemag.com/the-adhd-exercise-solution/>



A close-up photograph of a person's hands holding a light blue ceramic bowl filled with a vibrant salad. The salad includes green leafy vegetables, cherry tomatoes, chickpeas, and a half-sliced avocado topped with a sprinkle of red spices. The person is wearing a grey textured sweater and blue jeans. The background is a soft, out-of-focus white.

Diet

- Having a balanced diet that covers all the food groups and micronutrients and provides sufficient energy for your body is essential.
<https://chadd.org/about-adhd/nutrition-and-adhd/>
- Sensory sensitivity can impact on this, information to support is available on the following site:
- [PEACE Pathway - A healthy Mix of food and fluid](#)
- [PEACE Pathway - Food Variety](#)

Organization Skills

- [HOW-TO-GET-THINGS-DONE-ESS.pdf](#)
- Check out this video by the pioneer of mind Maps, Tony Buzan:
<https://www.youtube.com/watch?v=u5Y4plsXTV0>
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- A great video with practical advice on focusing and achieving goals from the amazing inventor + musician Martin Molin (Wintergatan)
<https://www.youtube.com/watch?v=eLUDaulxudM>





Study Skill Resources

- [Study Tips for Students with ADHD | Improve Skills \(adhdcentre.co.uk\)](https://adhdcentre.co.uk)
- [How to Study Efficiently with ADHD: 7 Tips to Boost Focus & Motivation \(add.org\)](https://add.org)
- [How to Study Better with ADHD: 7 Ways to Earn Better Grades \(additudemag.com\)](https://additudemag.com)
- [5 secrets to studying better with ADHD - Faculty of Health and Behavioural Sciences - University of Queensland \(uq.edu.au\)](https://uq.edu.au)

Medication for ADHD

Medications for ADHD fall into either Stimulant or Non-Stimulant categories.

The below link has short videos describing common medications used:

[Home - Youth Med Info](https://youthmed.info/)
<https://youthmed.info/>





Controlled drugs

- Stimulant medications are considered a schedule 2 Controlled drug, this is due to its potential to be abused or misused. [Our role | Regulating](#)
- You need to pick up your prescription within two weeks of issue.
- The last instalments must be collected within two months of the first one

Cardiovascular health and medication



- You will need to have regular checks of your cardiovascular function such as blood pressure and pulse rate in order to continue to get medications safely. This is as these medications can cause your blood pressure to be raised and for you to have a fast heart rate.
- Further information on what this means can be obtained from the British Heart foundation website on
- <https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure#whatisbp>



Travel and ADHD medications

- Do not assume medications approved in Ireland are approved in other countries. Check the website: International Narcotics Control Board (INCB) before travel
- (<https://www.incb.org> click on the Travellers tab on the left and then scroll to:
- “regulations by country” within the text.
- Traveling within countries that are parties to the Schengen agreement:-
 - Travel with the medication in its original container, listing brand and name and who it has been prescribed for
 - It must be accompanied by a letter from your doctor outlining the condition and stating that the medicine is for personal use
 - The current practice is that the customs officer must be satisfied that the documentation supports the amount and person use of the prescribed medicine

Cost of Medications

- Check cost of medications on the following website
- <https://www.sspcrs.ie/druglist/pub>
- Apply for the Drug payment scheme if you or your family pay more than eighty euro a month for approved prescribed drugs and medicines
- <https://www2.hse.ie/services/schemes-allowances/drugs-payment-scheme/apply/>

Impact of alcohol and drugs on ADHD medication?

- Stimulant medication such as Concerta and Tyvense should not be taken at the same time as alcohol. Stimulants work to increase focus and activity having an “upper” effect whilst alcohol is a “downer”, so combining the two can result in feeling less intoxicated than you actually are and risking alcohol poisoning or falls.
- There are also risks of big increases in blood pressure and heart rate with the two combined.
- If you would like to drink alcohol speak to your clinician about how to do this safely.
- We do not recommend the use of recreational drugs whilst on medications for ADHD. Stimulant drugs can have an adverse effect on your heart's function and may cause you to have a cardiac incident.





Caffeine and stimulant medication

- Caffeine has a stimulant effect on the body and can interact with stimulant medications potentially causing palpitations or other effects, find out more below.
- <https://www.healthline.com/health/adhd/caffeine>
- <https://add.org/adhd-and-caffeine/#:~:text=Taking%20the m%20together%20might%20increase,safely%20consume%20with%20ADHD%20medications>

Medication Holidays from Stimulant medications

Medication holidays are best considered in your clinic appointments and done in a planned way, they are different to omitting or forgetting a tablet for one day. Below are some links to find out more:

- <https://www.additudemag.com/drug-holiday-how-to-adhd-treatment/>
- <https://chadd.org/adhd-news/adhd-news-caregivers/time-off-from-medication-but-not-from-adhd/>
- Non stimulant medications such as Atomoxetine (Strattera) and Guanfacine (Intuniv) work differently to stimulants and need to be taken every day. Stopping suddenly can cause significant problems.

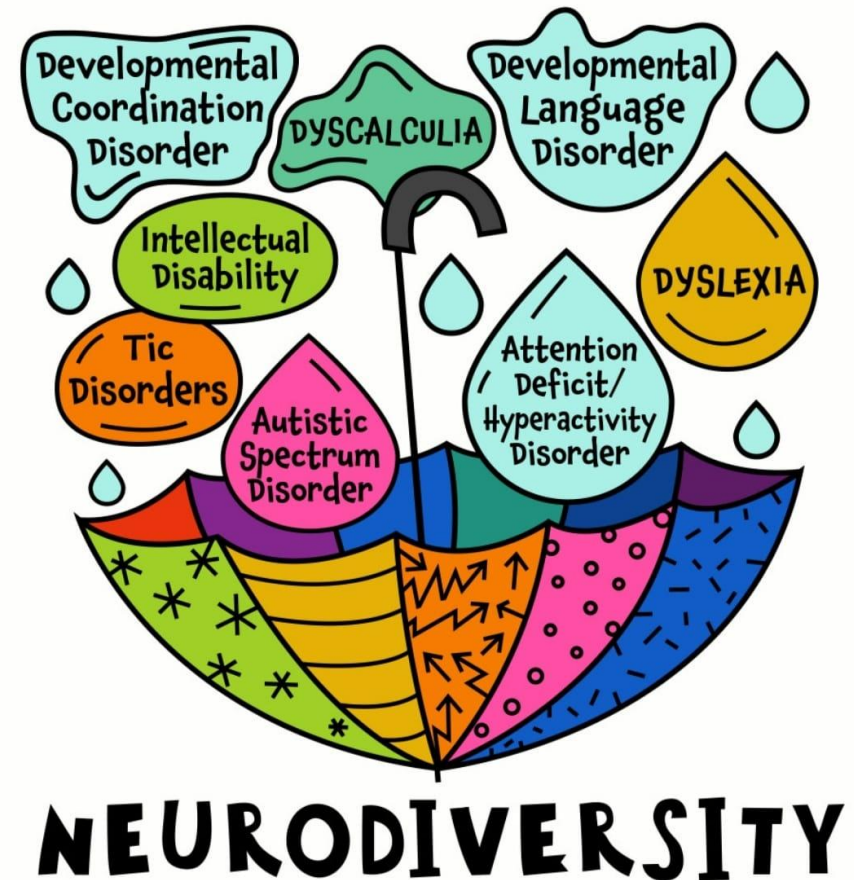
Neurodiversity

- Neurodiversity describes the natural expected variations in human brains. There is no single correct way for a brain to function. Neurodiversity honours each person's unique perspectives and experiences without judgement.
- You are unique.



Autism

- Autism and ADHD frequently occur together.
- In addition some symptoms overlap.
- for detailed explanation of being Autistic see the resource below:
- [The Teenage Years - As we are | Saint John of God Foundation.](#)
- Having one neurodevelopmental condition makes it more likely to have another, such as dyslexia or dyspraxia, or specific language disorders.



Anxiety



- ADHD is associated with heightened levels of anxiety.
- Anxiety disorders, in addition commonly occur. This is when the amount of anxiety and its impact are clinically significant and require treatment separately.

Useful Resources

- [Anxiety: tips and self-help - HSE.ie](https://www.hse.ie/eng/health/mental_health/mental_health_topics/anxiety.htm)
- **Headspace app** - An app that teaches meditation and mindfulness skills. [Scan this QR code with your phone to download the Headspace app.](#)
- The **Clear Fear** app can be downloaded for free from app stores.
- [Clear Fear - Apps on Google Play](#)



Social Battery

- <https://www.withyouth.org/wp-content/uploads/2024/04/What-Is-A-Social-Battery.pdf>
- Social Battery is a metaphor we use to refer to our ability to socialise with other people before feeling drained. The battery gets drained from some things and charged from others. It is helpful to understand your own profile.



Sensory overload

- Differences in sensory processing are common in people with ADHD and Autism.
- This can result in over stimulation or under stimulation.
- Sensory aids can support a best fit environment.
- <https://sensoryhealth.org/basic/your-8-senses>



Sensitivity Rejection Dysphoria

- Experiencing a strong emotional response to an interaction with another person is common, more information on how to manage this can be found in the link below:

<https://www.simplypsychology.org/rejection-sensitivity-dysphoria-adhd.html>



Apps and tool you might find useful

- [Insight Timer — #1 Free Meditation App](#) – Free meditation app
- [Pomodoro Technique: 5 Steps for Effective Time Management - Primed To Learn](#) – This technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short breaks.
- [Forest - Stay focused, be present \(https://www.forestapp.cc\)](https://www.forestapp.cc) Forest – Forest is a popular productivity app that helps people beat their phone addiction and manage their time in an interesting and pleasant way.
- StayFocusd - Block Distracting Websites <https://www.StayFocusd.com> - is a productivity extension for Google Chrome that helps you stay focused on work by restricting the amount of time you can spend on time-wasting websites. o
- [Freedom Matters - Focus on what matters most https://freedom.to/blog/](https://freedom.to/blog/) -- Freedom is a productivity platform that blocks digital distractions on all your devices and allows you to focus on what matters most. o
- [Weekly Planner: 30 minute intervals – Learning Center](#) – Plan your week out in 30-minute intervals. Includes a downloadable Word document. o
- [Time Management and ADHD: Day Planners - CHADD](#) – Information and tips for using a day planner, from Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD).

Let us know how we are doing

- We hope you have found this resource useful. If you have any feedback please get in touch, this is welcome
- The team's contact is as below:
- DSouthCityAdultADHD@hse.ie

