

Tips for Communication, ADHD Education & Support

Focus on communication skills.

Communication skills may suffer with Attention-Deficit/Hyperactivity Disorder (ADHD). As a result, a forgotten appointment or missed meeting can bring challenges—whether at home or at work. To help remedy this, setting reminders and repeating/rephrasing discussions for clarification may keep your mind from wandering during conversations.

Involve others.

Remember: you are not alone on your treatment journey. Your network of friends, family, co-workers, and healthcare providers can offer support if needed. So don't be afraid to reach out, discuss any concerns you may be having, and talk to them about any improvements or setbacks that you may be noticing.

Educate and inform.

Whether you have been diagnosed with ADHD or someone you know has, the more that both of you know about ADHD and its symptoms, the more prepared you will be for dealing with ADHD in social situations. You can watch for obstacles and may be able to avoid roadblocks by simply knowing the symptoms to look for.