Staying Motivated
With Attention Deficit Hyperactivity Disorder (ADHD)

ADHD may impact many areas of a person’s life – schoolwork¹, relationships², and career.³

There is effective support available to help individuals and families living with ADHD.

Family Realities:
- Children with ADHD are likely to have strained relationships with their parents⁴ and their siblings⁵, so it is normal to feel family stress when you have a child or children with ADHD, or if you are a person with ADHD.
- With the disruption brought on by having a sibling with ADHD, brothers and sisters of children with ADHD are more likely to report feeling anxious, worried, or sad.⁶
- Being the mother of a child, or children, with ADHD increases your likelihood of depression.⁷
- Families with ADHD have higher healthcare costs.⁸

Good News:
- Many children with ADHD respond well with medication if the medical professional takes care to determine and monitor the effectiveness of the optimal medication and dosage.⁹
- Psychostimulant medications evoke a positive response in 70 to 80 percent of children with ADHD¹⁰, resulting in significant increases in compliance, effort, attention, concentration, and the accuracy and amount of schoolwork completed.¹¹
- Giving children choices in chores and homework – which tasks they’ll do first and when – helps increase cooperation and productivity.¹²

Academic/Behavioral Realities:
- While your child with ADHD may be bright, in certain areas many children with ADHD are as much as 30 percent behind their peers, developmentally.¹³
- The ADHD brain matures an estimated 30% more slowly than the non-ADHD brain, translating into a delay of three years for a 10-year old.¹⁴
- If you are a student with ADHD, you may be less likely to remember your chores, assignments, or complete your work by yourself.¹⁵
- ADHD brings an increased risk of academic failure, dropping out of school or college, and teenage pregnancy.¹⁶
- For adolescents with ADHD, there is an increased risk of criminal behavior.¹⁷

Good News:
- For pre-adolescents with ADHD, participating in a school-based, professionally-led support group can help increase your sense of self-worth.¹⁸
- Evidence shows greater improvement in children when behavioral or psychosocial treatment is used along with medication. Both methods are more successful together than either is independently.¹⁹ - ²²
- Medication can help most students with ADHD do better at school and at home, helping you pay attention, concentrate, complete work, and feel better about yourself.²³
- It is critically important to identify learning problems such as language deficits, problems with organization, poor memory, and weak executive functioning as early as is possible, and then to implement appropriate accommodations.²⁴

Adults-with-ADHD Realities:
- For adults with ADHD, there are increased difficulties in keeping a job.²⁵
- Being an adult with ADHD increases your likelihood of having a car accident, being found at fault for an accident, being cited for speeding or reckless driving, and having your driver’s license suspended or revoked. ²⁶

Good News:
- Learning as much as possible about your particular type of ADHD can help you in finding the best medication, support, strategies, coping skills, and tools for you.²⁷
- ADHD medications can improve driving performance, but they must be taken as directed. When your medication has worn off, it is best to let someone else drive.²⁸

http://www.adhdawarenessmonth.org/
Footnotes:


14. Ibid.


24. Ibid:31-34.


