

ADHD

ACROSS THE LIFESPAN

ADHD is a disorder that can affect individuals across the lifespan. It is characterized by inattention and/or hyperactivity-impulsivity. This chart lists some of the key issues that individuals with ADHD typically face at different phases of life.

Preschool

Assessment
Multimodal treatment*
Coping with co-occurring conditions
Educational issues

- Transition issues
- IDEA
- Parent/school collaboration
- Child care issues
- Family relationships
- Social skills

School Age

Assessment
Multimodal treatment*
Coping with co-occurring conditions
Educational issues

- IDEA & Section 504
- Parent/school collaboration
- Transition to middle school
- Homework
- Child care issues/summer camp
- Family relationships
- Social skills

Adolescence

- Assessment
- Multimodal treatment*
 - Medication adherence
- Coping with co-occurring conditions
- Educational issues
 - IDEA & Section 504
 - Parent/school collaboration
 - Executive functions
 - Transition to high school/college
- Self-esteem issues
- Family relationships
- Social skills, dating, and peer acceptance
- Life management skills
 - Time management
 - Organizational skills
 - Learning to drive
 - Self-advocacy
- Possible substance abuse in untreated teens

Adulthood (18+)

- Assessment
- Multimodal treatment*
- Coping with co-occurring conditions
- Educational/workplace issues
 - Transition to higher education
 - Section 504 & ADA
 - Transition to career
 - Executive functions
- Parenting skills
- Partner relationships
- Social skills
- Life management skills
 - Time management
 - Organizational skills
 - Driving
 - Managing finances
 - Household management
- Possible antisocial behaviors such as substance abuse and crime

*Multimodal treatment consist of parent and child education about diagnosis and treatment, specific behavior management techniques, FDA-approved medication (for school-age and above), and appropriate school programming and supports. Treatment should be tailored to the unique needs of each child and family.