

Attention Deficit Hyperactivity Disorder (ADHD) Service

ADHD is a medical condition where children show difficulties in 3 areas:

- Inattention: this includes difficulties concentrating, organising oneself and often forgetting things;
- Hyperactivity: this includes constantly being on the go, fidgeting/squirming when expected to sit still and constantly talking, or making a noise;
- Impulsivity: this includes doing or saying things without thinking of the consequences, shouting out in class and difficulties waiting a turn.

Many children show some of these difficulties at times in their life although if they are there a lot of the time and are having a significant effect on their life it may be they have ADHD. A diagnosis of ADHD is usually not made until children are 6 years old.

How to be referred to the ADHD service

If you think your child would benefit from an assessment for ADHD you will need a referral from your family doctor (GP), other health care professional, teacher or someone else working in education. You cannot approach this service direct.

What happens next?

Community Paediatricians and Child and Adolescence Mental Health Services (CAMHS) work together in the assessment and management of ADHD and all referrals will be discussed in our Joint referrals meeting. Questionnaires will usually be sent out to both the school and parents/carers to get further information, and if needed a school based observation is organised. An appointment with one of the Community Paediatricians is then offered where you can discuss your concerns.

Treatment of ADHD

If a diagnosis of ADHD is made the doctor will discuss treatment options for ADHD with you. Depending on the severity of the ADHD these may include parenting groups/workshops looking at how to manage difficult behaviour and/or medication.

Parenting groups/workshops/courses are offered by Bromley Children's Project locally and we would recommend that you contact them to discuss which course best meet your needs.

Further information about ADHD can be obtained through ADDISS

www.addiss.co.uk