



10 TIPS

Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

Attention Deficit/Hyperactivity Disorder - Tips for Adults

1. **Participate fully in your treatment.** Be actively involved in setting your individual goals, treatment plan and attending appointments. Practice the skills and techniques you learn in treatment to address and manage your symptoms.
2. **Ask questions.** Ask your mental health provider to explain ADHD, treatment alternatives, and suggestions on how you can take charge of your symptoms.
3. **Be alert to your symptoms.** Many adults with ADHD have additional emotional difficulties that can be treated if they are recognized. Communicate any concerns you may have about these symptoms with your treatment providers so you can get the help you need.
4. **Create support** through family, friends and peers. Ask your mental health provider or the Office of Consumer and Family Affairs (303-492-5955) for information about peer support options such as Children & Adults with ADHD.
5. **Care about yourself.** Establish a healthy lifestyle that includes adequate sleep, good nutrition and regular physical activity. A healthy life style will help you regulate your energy level and ability to concentrate. Remember, alcohol and illegal drugs can worsen symptoms of ADHD. See your Primary Care Provider (PCP) regularly and if you don't have one ask your Care Coordinator/Case Manager for help obtaining one.
6. **Take ADHD medications regularly.** Talk with your prescriber or Care Coordinator if you have questions about your medication, especially if you are having uncomfortable side effects or trouble remembering to take the medications regularly. They can work with you to come up with solutions to these issues.
7. **Create a routine/structure for yourself.** Use a planner and/or calendar to stay on track with your goals, appointments, etc. Create lists for remembering daily tasks, and use other types of reminders to help you organize your day.
8. **Keep your appointments.** This is your time - use it effectively. Call ahead if you need to change an appointment. Talk with your treatment provider(s) about any difficulties you may have with forgetting or coming late to appointments so that they can help you problem-solve about this.
9. **Be hopeful.** Individuals with ADHD can learn to manage their symptoms and live full and productive lives.
10. **Learn about ADHD** and how you can learn strategies for coping effectively with symptoms. Ask for written materials and read information on the Internet or from the library. One place to start is Children and Adults with ADHD (CHADD) www.chadd.org



www.fbhpartners.com
303-432-5950



Jefferson Center
for mental health

www.jcmh.org
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