



Adelaide Adult ADHD

# NEWSLETTER

*Adelaide Adult ADHD is a community and a voice for adults with ADHD.*

NOVEMBER 2022

FEATURED READING  
FEATURED NEWS  
FEATURED RESOURCES

REGULAR UPDATES

WHERE YOUR COMMUNITY IS  
WHO YOUR COMMUNITY IS  
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



## THE ADHD MESSAGE - MAKING YOUR CONTRIBUTIONS, LOOKING AFTER YOURSELF

There is a lot of public (news media) and semi-public (social media) activity around ADHD at the moment. You may have noticed new Facebook groups and pages, heard about and perhaps participated in online and in-person meetings, and seen and perhaps contributed to opportunities to contact people of influence in political, community and medical circles.

We support all efforts to improve the lived experience of adults with ADHD, and encourage you to be part of the growing voice of adult ADHD in ways that feel right for you - we also encourage you to stay aware of your physical and mental safety while you do so.

We celebrate your bravery in sharing and speaking up when you can.

We also applaud your strength in knowing when your ADHD tells you to take some time, find some space, practice self-care and seek outside support. We're in this together, for the long haul.

Allow  
Yourself to  
De-Mask

Push  
Aside  
Perfectionism

Celebrate  
Your Small  
Wins

# FEATURED READING

Received: 19 June 2021 | Revised: 8 August 2022 | Accepted: 12 August 2022  
DOI: 10.1111/hex.13592

ORIGINAL ARTICLE

WILEY

## What adults with ADHD want to know: A Delphi consensus study on the psychoeducational needs of experts by experience

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Fiona O'Riordan BA, Programme Manager<sup>2</sup> | Ken Kilbride CEO ADHD<sup>3</sup> |  
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A lack of knowledge about ADHD can contribute to feelings of distress and difficulty in seeking and accepting and ADHD diagnosis. This study by University College Dublin investigated the psychoeducational needs of adults with ADHD.



More media and articles

Read more

# FEATURED RESOURCES



ADHD sucks, but not really | *Salif Mahamane*



More resources

### What 'doing well' can look like

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A standard view	A different view
<ul style="list-style-type: none"><li>• Compliant.</li><li>• Easy.</li><li>• Can do most things for themselves.</li><li>• Complete tasks easily.</li><li>• Doesn't 'throw tantrums'.</li><li>• Does what they are told.</li><li>• Academically in line with peers.</li><li>• Have a range of interests.</li><li>• Engage in a variety of activities outside the house.</li><li>• Minimal screen time.</li></ul>	<ul style="list-style-type: none"><li>• Strong willed.</li><li>• Resists.</li><li>• Advocates for support.</li><li>• Interacts with others via interests.</li><li>• Has a special interest they actively participate in.</li><li>• Natural curiosity and drive to learn intact.</li><li>• Content with their own company.</li><li>• Uses screens a lot as a tool for self regulation, to interact with others and carry out their special interest.</li></ul>

**MORE THAN ONE NEUROTYPE**

This was designed with children with ADHD in mind, but is just as relevant for adults with ADHD.

# FEATURED NEWS



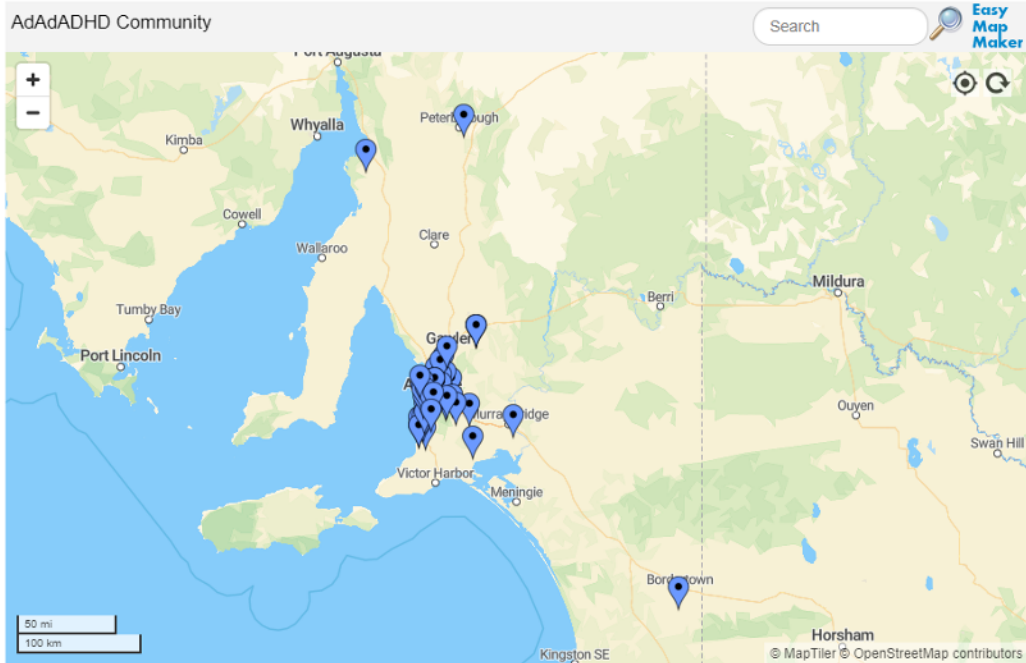
Government of South Australia

## ASSISTANT MINISTER FOR AUTISM - EMILY BOURKE

Adelaide Adult ADHD, along with the Chair of the [ADHD Foundation](#) and the owner of [Salvien Health](#), met with the [SA Assistant Minister for Autism](#) on 10 November to discuss the role of government and policy makers in improving the lived experiences of adult ADHD. The A/Minister was open to the messages of neurodivergent inclusivity and empowerment, and we are hopeful of continuing the dialogue and advocating for improvements to ADHD systems and structures.

# WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 7/11/22. Responses included: 64



Help us, and help others, understand you and your community.

Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

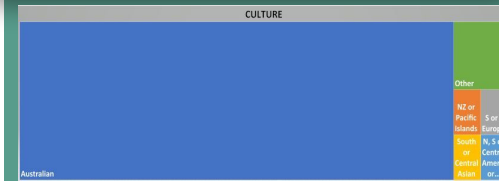
➔ More about your community

➔ Be part of the picture *(complete anonymously)*

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## Cultural identification

Australian **89%**  
S or Central Asian **2%**  
NZ or Pacific Islands **2%**  
S or E European **2%**  
N, S or Central American or Caribbean **2%**  
Other **5%**

## AGE WHEN DIAGNOSED

