



Adelaide Adult ADHD

# NEWSLETTER

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

SEPTEMBER 2022

FEATURED READING  
FEATURED EVENT  
FEATURED RESOURCES

REGULAR UPDATES

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

GET INVOLVED

WHO WE ARE



## NATIONAL PRESS CLUB OF AUSTRALIA ADDRESS - ADULT ADHD

The adult ADHD community - and neurodiversity in general - received some much welcome acknowledgement and attention this month when Em Rusciano (Australian comedian, writer, singer and media presenter) gave an address to the National Press Club of Australian in Canberra about her experiences of being diagnosed with ADHD as an adult, and the structural and cultural changes that are needed to ensure neurodiverse Australians can thrive.



## FEATURED READING

### Managing a relationship when both partners have different types of ADHD

abc.net.au/everyday/managing-different-types-of-adhd-in-a-relationship/101306188

10 August 2022



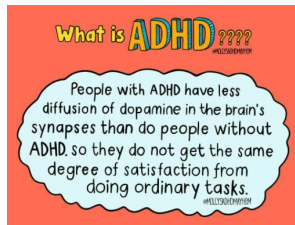
Elaine and Oscar had been dating for 5 years. Elaine, 25, was the first to be diagnosed with ADHD. During the year it took her to receive her diagnosis, she encouraged Oscar, 26, to get assessed as well. Their diagnoses impacted them and their relationship in challenging and liberating ways.

[Read more](#)



[More media and articles](#)

## FEATURED RESOURCES



[More resources](#)



## FEATURED EVENT



**SATURDAY 29 OCTOBER**

The inaugural **ADHD WA conference** draws on this year's theme for Global ADHD Awareness Month - Understanding a Shared Experience. The event is open to educators, professionals, adults living with or supporting a person with ADHD, and anyone else wanting to learn more.

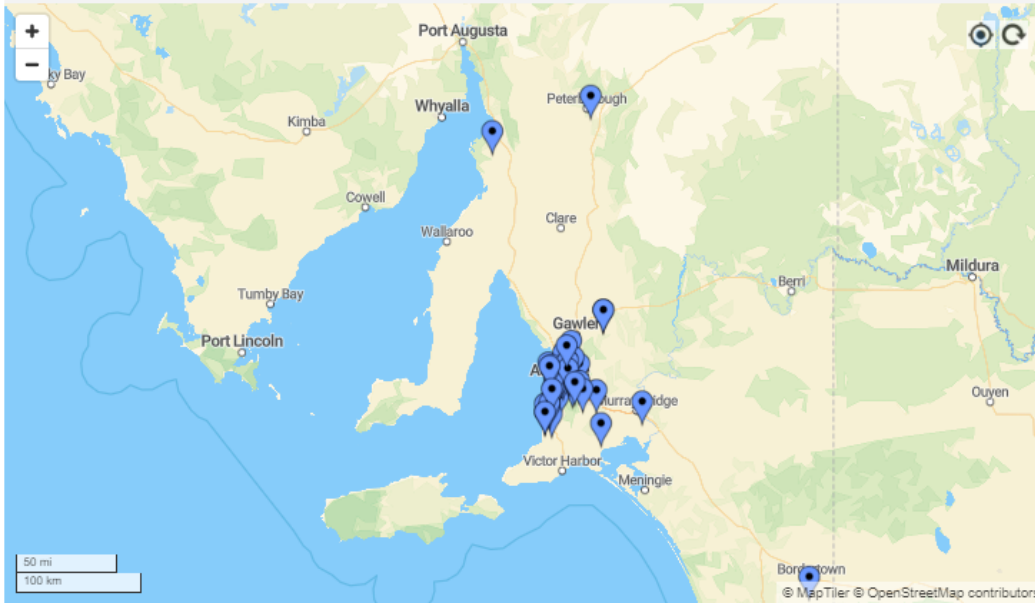
[Read more](#)



[More events](#)

# WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 26/08/22. Responses included: 50



## FEATURED RESOURCES

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](#)

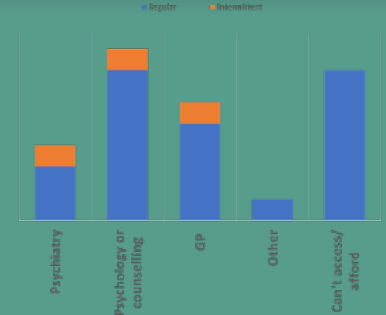
[Be part of the picture \(completely anonymously\)](#)

# WHO YOUR ADULT ADHD COMMUNITY IS

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## USE OF OTHER THERAPIES



## YOUR LIFE, YOUR VOICE

This month's question about your lived experiences of adult ADHD

Do you have a **favourite tool for navigating life as an adult with ADHD**? It could be an app on your phone, a lifestyle strategy, or anything else.

[Tell us here](#)