



Adelaide Adult ADHD

# NEWSLETTER

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

APRIL 2023

INFORMATION AND SERVICES  
IDEAS AND INSPIRATION  
COMMUNITY

REGULAR UPDATES

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

GET INVOLVED

WHO WE ARE



## NEURODIVERGENT ADULTS SUPPORTING NEURODIVERGENT KIDS

One of the (many!) challenges facing neurodivergent adults is navigating your role as a family and/or community member.

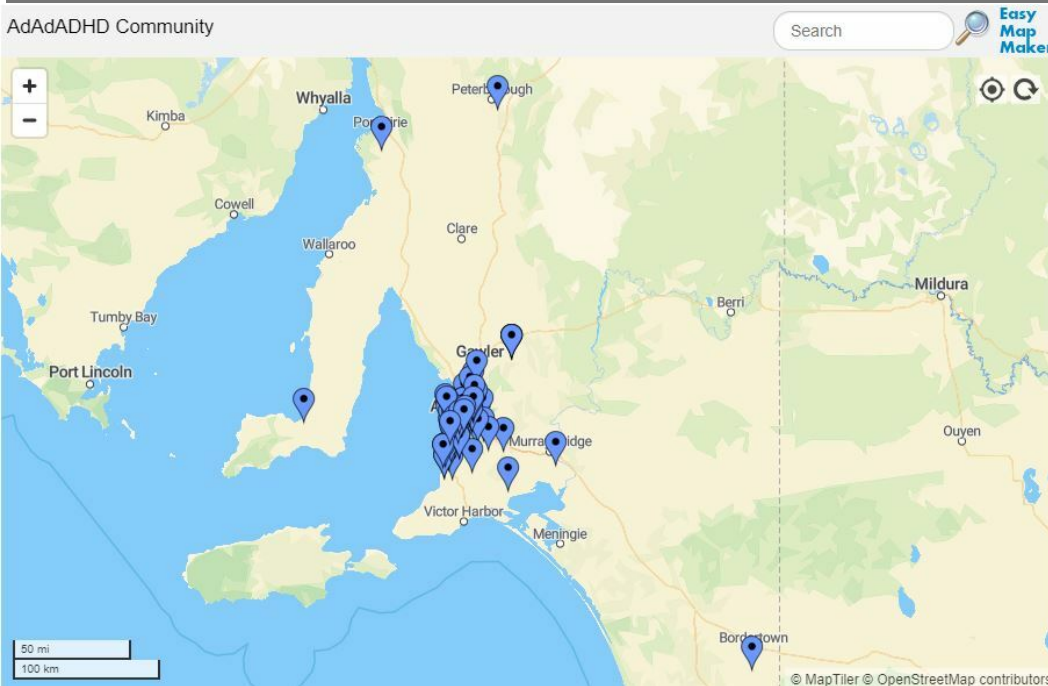
Engaging with children and young people (neurodiverse and neurotypical) can be particularly challenging, particularly if you have any form of caring role - for example, as a parent or other relative, a teacher, or a social or health worker. Your own experiences as a neurodivergent child are also likely to influence your thoughts, feelings and behaviours.

To explore this further, Monash University is gathering perspectives from neurodivergent adults on what kinds of supports should be offered to children 10 years and under. The researchers are seeking to learn about the types of supports and goals that are seen as socially valid by the neurodivergent community.

You can find out more about the researchers and the research, and can participate anonymously in the survey, [here](#). Formally diagnosed and self-diagnosed adults are all welcome.

# WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 31/3/23. Responses included: 89



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

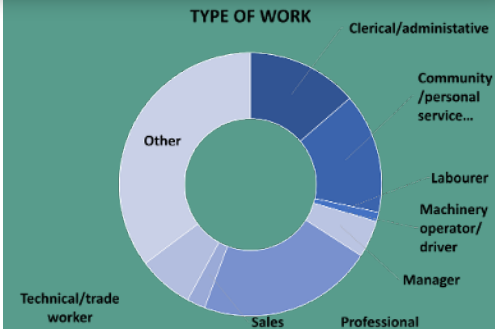
Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

[More about your community](#)

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

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# YOUR LIFE, YOUR VOICE

Tell us about your lived experiences of adult ADHD

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

[Stories](#)