



Adelaide Adult ADHD

NEWSLETTER

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

DECEMBER 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



STATE AND FEDERAL GOVERNMENTS ARE PAYING ATTENTION TO ADHD AND MENTAL HEALTH

Change is often a slow process - it can often feel as if nothing is happening at all. Which is why it is important to acknowledge and value the small steps that add up to big change. Even when the step feels like it is in the wrong direction, it can represent a disruptive moment which can be shifted to a more positive orientation.

So we would like to recognise and share 2 recent steps in the movement toward better understanding of, and support for, the lived experience of adult ADHD.

1. The South Australian Government is asking South Australians to **help inform proposed changes to mental health laws in the state**. The Office of the Chief Psychiatrist has released a discussion paper in response to a independent review of the *Mental Health Act 2009* on which it is seeking public feedback. Particular areas of focus for feedback include:

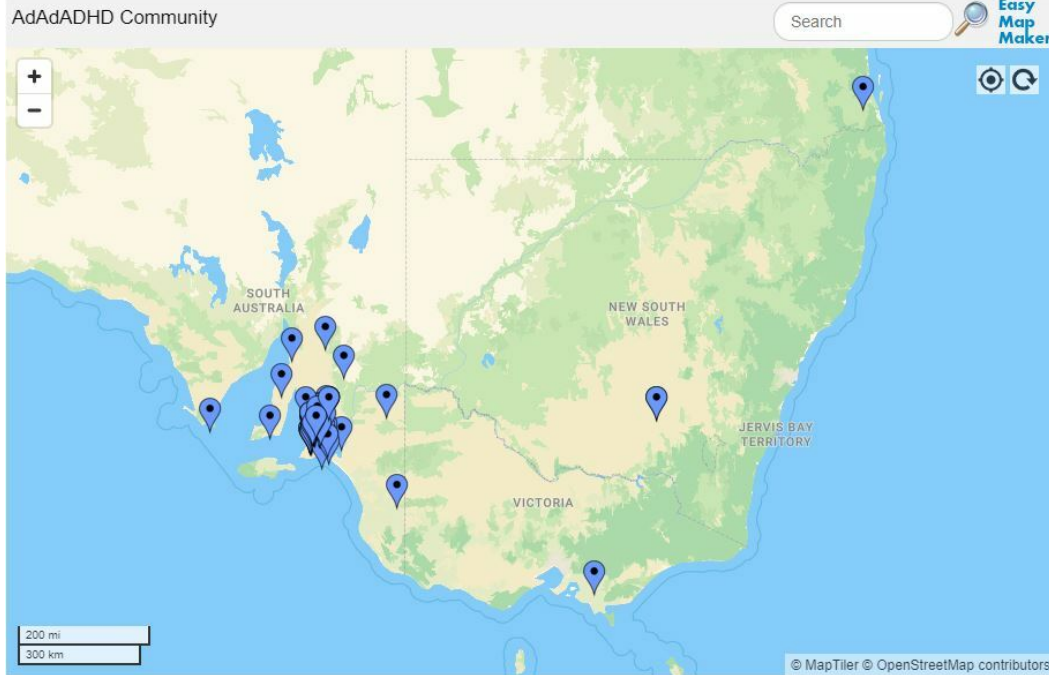
- a greater focus on wellbeing and prevention strategies
- a focus on human rights and the use of rights-based language
- further safeguards for children and young people
- promoting Aboriginal mental health.

2. The Australian Government has released its Senate report **Barriers to consistent, timely and best practice assessment fo ADHD**. The report makes 15 recommendations including the creation of a national framework work ADHD in consultation with advocacy groups and those with lived experience, while investing more in non-profit organisation. It also recommends reviewing Medicare and pharmaceutical subsidies to improve treatment, diagnosis and support options as well as addressing stigma by setting standards for neurodiversity training in schools, institutional settings and workplaces.

The report's recommendation for GPs to have a greater role in the diagnosis and management of ADHD was welcomed by The Royal Australian College of GPs.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 24/10/23. Responses included: 141



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

Thank you to our members who bravely share their stories

It was diagnosed by a clinical psychologist but my psychiatrist is yet to agree to confirm the diagnosis. I have met with the psychiatrist 3 times so far. From the get-go he was very eager to chalk all of my symptoms to my pre-existing diagnosis of borderline personality disorder. He told me he would be unable to diagnose me with ADHD as I am "too high functioning".

[Full story here](#)

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](#)