



Adelaide Adult ADHD

NEWSLETTER

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

MARCH 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



THERE IS ALWAYS HOPE

Adult ADHD can be a very isolating experience. Go looking for research into understanding and managing adult ADHD and this sense of alone-ness can morph into a sense of hopelessness - there is so little out there, so does that mean nobody is interested or trying to help?

If you are feeling this way, we are thrilled to provide you with evidence that there is reason to keep hoping for better futures.

An Adelaide researcher has reached out to Adelaide Adult ADHD about investigating the differences that music education can make on the outcomes for adults of ADHD. The research may also extend to exploring how much ADHD is influenced by biological, personality and temperament compared to social conditioning (such as social media).

While the research is only at the stage of seeking grant funding for a short-term project, the hope is that initial results will lead to extension of the grant to fund a deeper 3 year investigation.

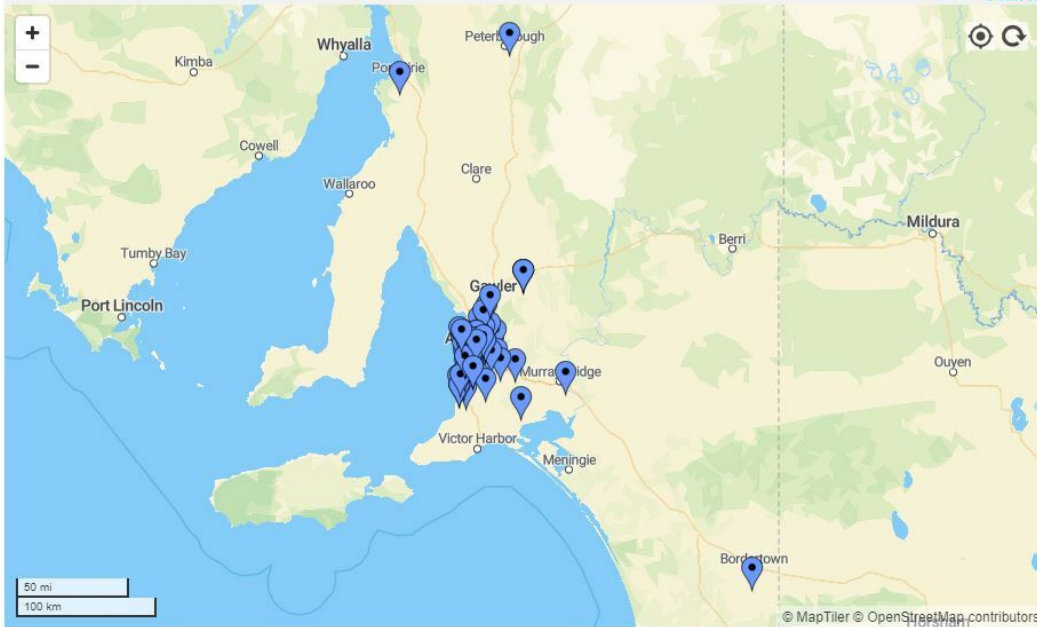
We are genuinely delighted that this topic is receiving research attention, and that we have the opportunity to connect the work with the Adelaide Adult ADHD community. Stay tuned for more exciting updates!

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 2/3/23. Responses included: 87

AdAdADHD Community

Search



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

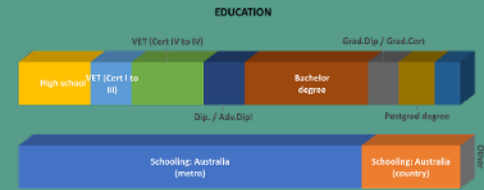
Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

[More about your community](#)

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

WHO YOUR ADULT ADHD COMMUNITY IS

Last updated 3/2/23
Responses included: 87



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](#)