



Adelaide Adult ADHD Newsletter

April 2025 Newsletter

Adelaide Adult ADHD is a community

and a voice for adults with ADHD.

Dear all,

We are pleased to provide you with the **April 2025 Adelaide Adult ADHD newsletter** which you can also read [online here](#).

Please feel free to share this newsletter. Take care.

In news to no-one here, adults with undiagnosed ADHD can do amazing things while suffering in silence and looking like overachievers. However, as we always recognise, everyone's experience of adult ADHD is unique to them and their circumstances, and generalisations can be unhelpful or even harmful.

We share this story from the UK in the hope that, for those with whom it resonates, it gives you a feeling of not being alone in your experiences, of shared pride in what you are achieving despite those experiences, and of hope that it is possible to "stop beating myself up so much because there were times when I would struggle to do things that other folk do effortlessly".

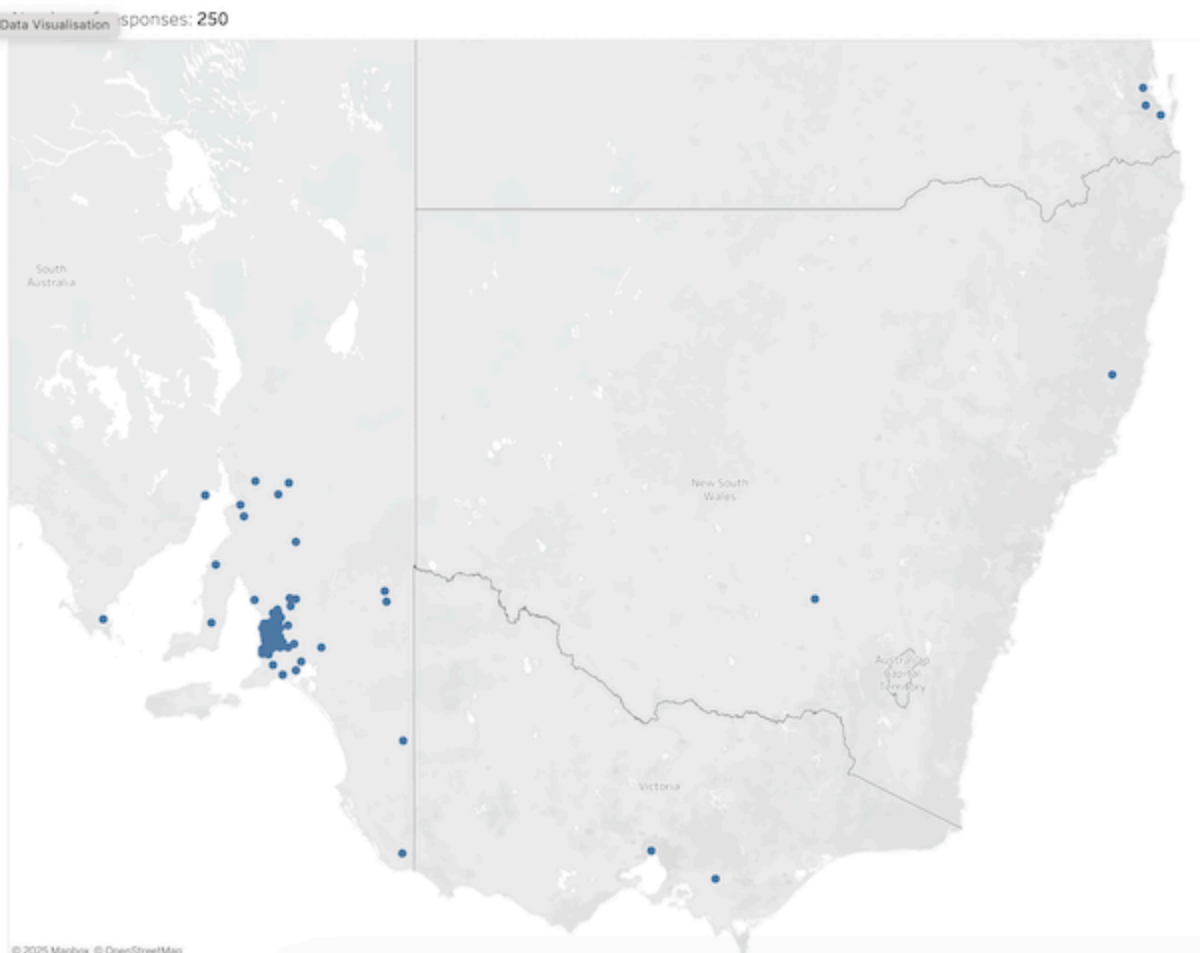


Watch on the BBC website:

[Mhairi Black - I was flailing in life until ADHD diagnosis](#)

[\(PDF version available here\)](#)

WHERE YOUR ADULT ADHD COMMUNITY IS



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.

[LEARN MORE ABOUT YOUR COMMUNITY](#)

[BE PART OF THE PICTURE](#)

(completely anonymously)

[Research released in 2024 by the University of Washington \(PDF version available here\)](#) has explored how ADHD can look different over the course of a person's lifetime and in response to their circumstances. You can think of this like a person who struggles with weight gain over their life but goes through periods of obesity and non-obesity, or a person who has chronic migraines which can occur often over some periods and rarely over others.

Children with an average age of 8 and half years old were assessed 9 times over a 16 year period. These assessments showed that the symptoms of their ADHD changed in nature and severity multiple times including periods when their ADHD was debilitating and others when it did not cause meaningful problems.

The research explored possible triggers for changes and what this could mean for treatment and management plans. Despite some uncertainties about the relationship between ADHD and the environment, the findings are still important. They suggest that individuals with ADHD might be able to track the environmental factors that turn the volume up or down on their symptoms. They can do their best to intentionally design their lives to fit with their environment by seeking out jobs, educational paths, people, activities, and lifestyles that accentuate their strengths.

The research may also help society's understanding of ADHD as a chronic condition - that the periodic subsidence of symptoms does not mean that the condition never existed.



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Adelaide Adult ADHD Support