

Let's Talk Learning Disabilities

EPISODE 20

In this Episode, Laurie and Abbey talk about their personal experiences with ADHD. From their own diagnosis, to others they know, they share firsthand what it looks like to live with and treat ADHD.

ADHD in Adults (2 min)

Laurie and Abbey share that ADHD doesn't just show up when you're an adult one day. You're born with it and it's actually very genetic. Many adults who have gone undiagnosed can look back and see evidence of having ADHD as a kid. Abbey was diagnosed with ADHD as an adult, through her visits with a psychiatrist. The more she shared about what she struggles with, he was able to recognize that all the signs of ADHD were there. Abbey thought she had anxiety and depression, and after consistently treating her ADHD, she realized her anxiety and depressive symptoms had greatly decreased and may have even stemmed from her untreated ADHD.

Laurie was also diagnosed later on, and recalls that the general public didn't know enough about ADHD at the time. She got into a lot of trouble as a kid and was not a student who stayed well organized. Laurie found her people when she got to college, which helped her thrive in that new environment.

How It Was When We Were Kids (7 min)

Both Laurie and Abbey speak to how differently ADHD shows up in girls than it does boys. Girls with ADHD don't typically "climb the walls" or have a lot of hyperactive, overt behaviors that interfere with the classroom and other people's learning. But they did have a significant degree of impulsivity like talking when you're not supposed to, which resulted in being moved around the classroom a lot.

Coping With ADHD as an Adult (12 min)

As an adult, you may have learned some coping techniques, or treat your ADHD through medication, or something else. Some less common, and very effective strategies to treat ADHD may include coaching, therapy, or counseling. An adult with ADHD may struggle with staying focused, organized or even motivated. The ability to execute a plan and follow through, even something as simple as household chores, is very difficult. There are several things you can do to improve your ability to juggle everyday life tasks and responsibilities like knowing yourself, your struggles and weaknesses. Setting up systems for every thing that you do, is a great way to make sure that things get done. For example, setting a reminder to do something on your phone so that you'll be reminded about it later.

How Can Others Help? (22 min)

As someone with ADHD, helping those around you understand more about ADHD, and how your brain works, will serve you well. Having people around you who understand how they can love and support you, and having grace, is so important. There are many resources available for at home education on ADHD. From YouTube, to books or articles about ADHD, there are many readily available places to learn more.

Resources

How To ADHD YouTube channel: https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q

Contact info for the podcast: letstalklearningdisabilities@gmail.com

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

Social:

Facebook: <https://www.facebook.com/eDiaglearning/>

Twitter: @diaglearning

LinkedIn: <https://www.linkedin.com/company/diagnostic-learning-services/>

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