

Let's Talk Learning Disabilities

EPISODE 27

In this Episode, Laurie and Abbey interview Tracy Otsuka, creator of the podcast, ADHD for Smart Ass Women. In her podcast, Tracy talks about living with ADHD, supporting others who have ADHD, and learning more about it along the way. Find more info on her podcast at tracyotsuka.com.

ADHD in Women (2 min)

ADHD in Women can often go undiagnosed for longer amounts of time because of it's inconspicuousness. ADHD in women shows up differently than the typically well-known symptoms like hyperactivity, distracted inattentiveness and acting out behaviorally. Women & girls typically internalize their symptoms and men & boys typically externalize their ADHD symptoms. Not that boys don't relate to the emotional pieces of ADHD, but typically speaking, girls and women carry a different set of responsibilities in the home as wives and mothers or natural caregivers. Women also tend to want to be pleasers and can become overwhelmed by their own disappointment in themselves when they're not able to please others in the way they intend to. Tracy shares about her own experience in realizing she had ADHD, only after her son had been diagnosed with it as a student. She noticed some similarities, and yet many differences in the way their symptoms showed up individually.

ADHD & Dyslexia (19 min)

In the interview, Tracy shares about her son Marcus being diagnosed with ADHD. Knowing he was still not performing at his greatest potential, and even after much effort put into ADHD coaching, organization and accountability from multiple sources, there was still a disconnect and she was determined to find what it was. After much personal research on the topic, Tracy asked about dyslexia testing, and actually sought out 3 tests before her son received a diagnosis for dyslexia. Statistically speaking, somewhere around 40% of those who have ADHD also have dyslexia. Tracy equates the success in coming to this

diagnosis, to finding a diagnostician who takes an integrated approach to testing. Specialists are trained experts in their area of expertise, which unfortunately creates a gap in testing sometimes. This is because a specialist may test for one thing, like ADHD, and has little knowledge about dyslexia. An integrative approach to testing takes into consideration multiple learning disabilities and deficiencies, creating a more complete view of what that individual may be facing. Co-morbidities, or multiple disabilities that coexist can mask each other and go unnoticed, just like Tracy's son.

Smart Kids Frustrated in School (32 min)

If your child is bright, learns concepts well when they are interested, and are frustrated by certain things in their learning environment, they may have a learning disability of sorts. The ability may not necessarily be limited, but the way the information is processed by the individual may not always appear to be typical. For example, Tracy shares about her son performing really well his first semester in college, despite having ADHD & dyslexia. Instead of reading through thousands of textbook pages, he would research online about the topic of interest, and learn through internet articles, youtube videos, etc. He found a way to achieve the end goal, in a non-typical way, because it better fit his need to process information in a different way. If there is one point Tracy drives home throughout the interview with Laurie & Abbey, it's that you have to focus on your strengths. If there are certain tasks or responsibilities that don't fall in line with your natural ability, there is no harm in finding another way.

Resources:

ADHD For Smart Ass Women Podcast: tracyotsuka.com

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/>

Instagram: @diaglearning

Length of episode 37:14