

Transition to Adult Services Booklet (ADHD) MCHFT

Addressograph

Name: _____

Address: _____

DOB: ____/____/____

NHS No. _____

Date:

Consultant:

Contact number:

Nurse:

Contact number:

MDT involvement:

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Medication:

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-
-

Date of discharge:

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness.

If you have ADHD then the front part of your brain (pre-frontal cortex) may work differently and you may find it hard to:

- Remain focused and concentrate as you get easily distracted and forget things.
- You may find you have more energy than others and find it hard to sit still as you are restless and constantly fidget.
- You may be impulsive and do and say things before you've had chance to think about it.

It can be caused by:

- Genetics (ADHD can run in the family)
- Chemical imbalance in the brain (faster recycling of messengers: lack of chemical messengers (postman) to deliver the messages (letters))
- Other risk factors (i.e.: you were of a low birth weight)

Treatment

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1. Regular structure and routine with consistency
 2. Support at home and school
 3. Balanced diet and activities
 4. Medication

Signposting *(Continued)*

Understanding Mental Health

www.youngminds.org.uk – A charity committed to improving the emotional wellbeing and mental health of young people.

MindEd

www.rcpch.ac.uk – Free, practical e-learning sessions to help identify and understand children and young people with mental health issues.

Signposting *(Continued)*

www.visyon.org.uk – A charity committed to improving the emotional health and well-being of children and young people. (4-21 years).

Information, advice and support service (parent partnership) - for parents/careers of children with SEND.

Cheshire West - 0300 123 7001

Cheshire East - 0300 123 5166

www.connexions-direct.com - career and study advice for 14 years +.

www.direct.gov.uk – Government information for help with disabilities.

www.cheshireeast.gov.uk/socailcare - Adult social services support.

Smoking and substance misuse:

www.nhs.uk/livewell

www.nhs.uk/smokefree

www.drinkaware.co.uk

Adolescents

Unfortunately ADHD doesn't just disappear as you grow up, but the symptoms often change as you might be less hyperactive, but still be impulsive (speak out and lose your temper easily). Inattention may still be a problem as you still struggle to concentrate or remain focused.

As you get older you gain more responsibility, which can sometimes be a problem if you are forgetful and disorganised or easily led by your peers.

Self Help

You can help yourself with this though, but first you need to know what style of learning you are best suited to and how you process information most effectively...

Auditory Learner	Visual Learner	Kinaesthetic Learner
Through hearing (i.e. reading and speaking aloud)	Through sight (i.e. take notes, use pictures and diagrams)	Through movement or touch (i.e. you walk around while you read or listen to recordings)

Revising

With your work:

- Chunk it (break it down)
- Link it
- Visualise it (mind-map)
- Card it (note it down)
- Set deadlines and targets
- Take breaks (use timers)
- Work with someone
- Avoid distraction
- Use white noise (fan or quite music)
- Be realistic
- Allow time to relax and refuel
- Reward yourself
- Be flexible

Signposting

www.catch-22.org.uk – Provides services that help people in tough situations to turn their lives around.

www.princes-trust.org.uk – Give practical and financial support to the young people who need it most.

www.childline.org.uk – A confidential service that offers help and advice for 7 – 18 year olds.

www.nspcc.org.uk – Advice and support on abuse and keeping children safe.

www.thelocaloffer.co.uk – Information and services for children and young people with special educational needs and disabilities. (SEND)

Cheshire West: www.westcheshirelocaloffer.co.uk

Cheshire East: www.ice.cheshireeast.gov.uk

Useful links *(Continued)*

Drugs:

www.talktofrank.com

Digital safeguarding:

UK safer internet centre

Internetmatters.org

Thinkuknow.co.uk

Childline (zipit)

Respectme.org.uk

Eating disorders and health eating:

www.nhs.uk – Information about eating disorders and healthy eating.

Self-harm:

www.childline.org.uk – Advice to help with self-harming behaviour.

Sexual health:

www.gosexualhealth.co.uk – A site run by East Cheshire NHS Trust; provides sexual health and contraception services in the Cheshire East, West and Chester local authority areas.

www.ceop.police.uk – For advice and support on Child Sexual Exploitation (CSE)

www.thinkuknow.co.uk – Sexual health advice and support.

www.knowandsee.co.uk – Advice and support in regards to CSE.

Self Help *(continued)*

Organisation

- Use a diary
- Block out events
- Use phone reminders/alarms
- Make lists
- Use post-it notes
- Use a bin-board
- Use labels
- Use a Dictaphone/voice recording
- Repeat direction and processes
- Colour code files, note books etc.

Sleep

‘Sleep hygiene’ is the term used to describe good sleep habits.

Sleep hygiene tips:

1. Keep your bedtimes the same everyday.
2. Ensure your bedroom is cool, quiet, dark and comfortable and there is no technology switched on.
3. Avoid spending lots of non-sleep time lying on your bed - (spending hours on a bed doing other activities before you sleep can keep your brain from associating the bed with sleep).
4. Physical activity during the day is great but avoid doing it close to your bedtime.
5. Bedtime should follow a predictable sequence of events... sleep calming activity (no electronics 1 hour before bed), warm drink (milky - avoid tea, coffee, chocolate, coke and energy drinks), snack, warm bath/shower, toilet, brushing teeth, reading, white noise (fan, soft music). Do this at the same time of night everyday.

Useful links

This section provides some useful links to sources of information and support.

ADHD:

www.addiss.co.uk

www.adhdmatters.co.uk

www.livingwithadhd.co.uk

Advocacy service:

www.nhs.uk/advocacy-services

www.nyas.net – A charity who offer information, advice, advocacy and legal representation to children and young people

Bullying:

www.childline.org.uk – Advice and help for people who are being bullied.

www.gov.uk – Support with bullying problems at school, including information on the law and how to report bullying.

Driving:

www.gov.uk/drug-driving-law

What happens next?

- Unlike most other paediatric services which stop when you reach 16 years old, the ADHD Team will continue to see you if you are still taking medication until you are 19 years old.
- If you stop medication - then we will discharge you from the ADHD service and refer you back to your GP, but if you wish to re-start medication before 19 years, then you need a referral to us from your GP (unless they will prescribe the medication for you).
- If you intend to continue taking medication at 19 years and beyond, then either your GP will take over your care, or your GP will refer you to the adult ADHD service. You will need to make an appointment with your GP once you are 17 years to discuss this further.

Your Aspirations...

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Smoking, Vaping, Drugs and Alcohol

All of the above are dangerous. You can find out more information on line about these, the effects, the risks and the law.

Smoking: *(NHS Choices)*

Smoking damages your body in many ways:

Risks:

- Puts pressure on your heart and increases the risks of blood clots and heart attack.
- Increases blood pressure and heart rate
- Narrows arteries
- Affects the brain and increases chances of a stroke
- Affects the lungs and increases the risk of pneumonia and lung cancer
- Affects the mouth/throat and gives bad breath, stained teeth.
- Increased risk of cancer of lips, throat, tongue, voice box.
- Can cause male impotence
- Can reduce female fertility

Vaping: (NHS Choices)

It is used to help stop smoking. Electronic cigarettes allow you to inhale nicotine without the other harmful effects of smoking.

Risks:

- Affects the heart, which can lead to increased blood pressure and heart rate.
- Delivers high levels of nanoparticles (small particles) – that can trigger inflammation linked to asthma, strokes, heart disease and diabetes.
- Dries out nasal passages increasing the risk of nose bleeds.

Drugs: (FRANK)

Cannabis:

- Can make everything seem like it's in slow motion.
- Can confuse you and make you feel anxious and paranoid.
- It can affect concentration and reduce motivation.

Legal Highs: are substances (i.e.: plant food, bath salts) which produce a similar effect to drugs but are controlled under the 'Misuse Drug Act'.

- Reduced inhibitions, drowsiness, excited or paranoid states, coma, seizure, death.

Please note that just because it's legal it doesn't mean it is safe.

Alcohol: (NHS Choices)

Drinking during your teenage years is related to a wide range of health and social problems.

Risks:

- Affects normal development of vital organs and functions. i.e.: Brain, liver, bones and hormones.
- Increased related alcohol injuries. Increased violence, suicidal thoughts and attempts.
- Increased risky behaviour. i.e.: violence, sexual encounters, pregnancy, drugs, drinking, employment problems.

It is not advisable to drink alcohol below the age of 18 years

Guide: <14 years - No alcohol
15-17 years - No more than once a week (supervised). Never exceed 14 units per week. Set limits and boundaries.

Law: The police can stop, fine or arrest anyone < 18 years who is drinking in public.

16-17 years and accompanied by an adult can drink 1 beer, wine or cider with a meal (but not buy)