



Walker Therapy Services

GUIDE TO ADHD. WHAT IS IT? WHAT IS IT NOT?

- **ADHD can make it very hard to stay focused on a single task**
- **Switching tasks may be difficult to do and distractibility may increase**
- **Memory issues can be a symptom of ADHD**
- **80% more dopamine receptors, meaning that more dopamine is being consumed faster than those who do not have ADHD**
- **It is something you are born with, there is no onset age for ADHD**
- **Symptoms that may seem like ADHD can be caused by other things, if the symptoms are something new you may not actually have ADHD**
- **Medical diagnosis is required to confirm ADHD in someone**