

ADHD AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This ADHD Awareness course provides delegates with a foundational understanding of Attention Deficit Hyperactivity Disorder and how it affects individuals across different age groups. Delegates will explore the key symptoms of inattention, hyperactivity, and impulsivity, along with common associated conditions. The course includes discussions around diagnosis, support strategies, and practical ways to assist individuals living with ADHD in both personal and professional settings. This course is suitable for healthcare staff, educators, support workers, and carers.

Introduction

- Introduction and course overview

Course Programme

- Welcome and course introduction
- Understanding ADHD and its symptoms
- Causes and diagnosis of ADHD
- Supporting individuals with ADHD
- Medication and non-medical interventions
- Summary and course evaluation

Suitable for:

Care, Education
and Commercial



"A person with ADHD has the power of a Ferrari engine but with bicycle-strength brakes. It's the mismatch of engine power to braking capability that causes the problems. Strengthening one's brakes is the name of the game." Edward M Hallowell