



NEWSLETTER

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ATTENTION DEFICIT / HYPERACTIVITY DISORDER

Attention deficit / hyperactivity disorder (ADHD) is a brain disorder that affects how you pay attention, sit still, and control your behaviour. It happens in children and teenagers and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder in children.

ADHD often begins in childhood and can persist into adulthood. It may contribute to low self-esteem, troubled relationships and difficulty at school or work.

Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other problems, like sleep disorders, anxiety, depression, and certain types of learning disabilities, can have similar symptoms.

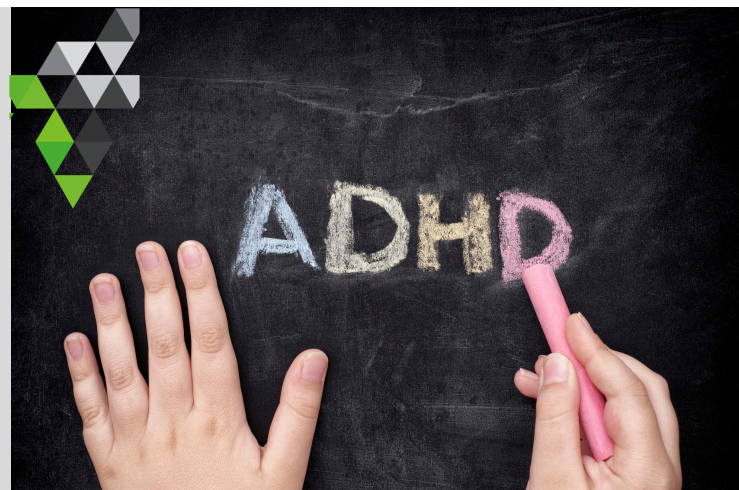
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CONCERNED ABOUT ADHD?

If you are concerned about whether a child might have ADHD, the first step is to talk to a healthcare provider to find out if the symptoms fit the diagnosis. The diagnosis can be made by a mental health professional, like a psychologist or psychiatrist, or by a primary care provider, like a paediatrician.

It's recommended that the healthcare providers ask parents, teachers, and other adults who care for the child about the child's behaviour in different settings, like at home, school, or with peers.



TIPS THAT MAY HELP YOU

If it's has been confirmed that your child has ADHD; here are a few tips that you can use that may help with your child's behaviour:

- **Create a routine.** Try to follow the same schedule every day, from wake-up time to bedtime.
- **Be organised.** Encourage your child to put schoolbags, clothing, and toys in the same place every day so that they will be less likely to lose them.
- **Manage distractions.** Turn off the TV, limit noise, and provide a clean workspace when your child is doing homework. Some children with ADHD learn well if they are moving or listening to background music.
- **Limit choices.** To help your child not feel overwhelmed or overstimulated, offer choices with only a few options. For example, have them choose between this outfit or that one, this meal or that one.
- **Be clear and specific when you talk with your child.** Let your child know you are listening by describing what you heard them say. Use clear, brief directions when they need to do something.



ADHD

IS NOT A PRESCRIBED MINIMUM BENEFIT (PMB)



ADHD is not included as not a PMB and therefore medical schemes are not legally required to fund the diagnosis, treatment or care claims for this condition.

However, certain medical schemes do cover the condition on the more comprehensive benefit options. Financial limits apply and the number of psychotherapy visitations are limited in most cases. Network providers as well medicine formularies may apply. Additional benefits like occupational therapy may be covered. Contact your medical scheme of accredited healthcare broker for more information.

MORE TIPS

- **Help your child plan.** Break down complicated tasks into simpler, shorter steps. For long tasks, starting early and taking breaks may help limit stress.
- **Use goals and praise or other rewards.** Use a chart to list goals and track positive behaviours, then let your child know they have done well by telling them or by rewarding their efforts in other ways. Be sure the goals are realistic—small steps are important!
- **Discipline effectively.** Instead of scolding, yelling, or spanking, use effective directions, time-outs, or removal of privileges as consequences for inappropriate behaviour.
- **Create positive opportunities.** Children with ADHD may find certain situations stressful. Finding out and encouraging what your child does well—whether it's school, sports, art, music, or play—can help create positive experiences.
- **Provide a healthy lifestyle.** Nutritious foods, lots of physical activity, and sufficient sleep are important; they can help keep ADHD symptoms from getting worse.

It's important to note that ADHD can last into adulthood for at least one-third of children with ADHD. Treatments for adults can include medication, psychotherapy, education or training, or a combination of treatments.

SOURCE: <https://www.cdc.gov/ncbddd/adhd/treatment.html>



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THANK YOU