**A.D.H.D**

**Good afternoon everyone, good evening teacher.**

**My speech wil go about A.D.H.D**

**What is ADHD?**

ADHD stands for Attention Deficit Hyperactivity Disorder, or attention deficit-hyperactivity disorder.  
In Netherlands Its perhaps easier to remember as: **A**lle **D**agen **H**eel **D**ruk . But, this designation is not entirely true because not everyone with ADHD is hyperactive or (druk).

**What if you have problems?**

If you have ADHD you can suffer from many different things. A distribution which can be made is as follows:

1. Difficulties with attention or concentration problems  
2. impulsivity  
3. hyperactivity

There are also associated with ADHD often have problems with the  
- Perception of time  
These phenomena do not all have to occur, there are different types of ADHD.

1. **attention Problems**

Here there is

* forgetfulness,
* difficulty with details,
* you lose things,
* get distracted by other things,
* to do everything at once.
* Can not continue to listen, "in one ear, out the other 'is also included here.

1. **impulsiveness**

* Immediately do things before thinking.
* Things "blurt" out of turn speak (often because they are afraid to forget what one is, see also the forgetfulness),
* binge eating,
* fast relationships and back breaking,
* spending without the need or responsibility

**hyperactivity**  
 - Always a sense of disquiet in the body,

* can not sit still,
* always have to get up and walk around,
* always fidgeting with hands or with an object,
* toe tapping,
* talking by as if there is no brake.
* Often motile in sleep.

**time perception**  
In many ADHD-ers there is a single problem with judging time. You come too late, estimates the time needed for something is always wrong, always too short. As if the clock is not going well in your brains. ADHD-ers often come too late!

**Who has ADHD?**  
ADHD is a disorder that does not go away, though you can live with it or in the course of time less susceptible. ADHD can occur at all ages, from newborns to older / elderly.

**Note: The diagnosis of ADHD must be made by an expert and experienced physician, preferably a pediatrician or child and adolescent psychiatrist, or an adult psychiatrist. This is to other physical or psychological causes ruled out.**

### ADHD Treatment

There is no "cure" for ADHD,.

Some people respond well to medications, some to behavioral interventions, many respond to a combination of the two. Counseling, education, and support services are often helpful. Typically, a multimodal approach to treatment works best.