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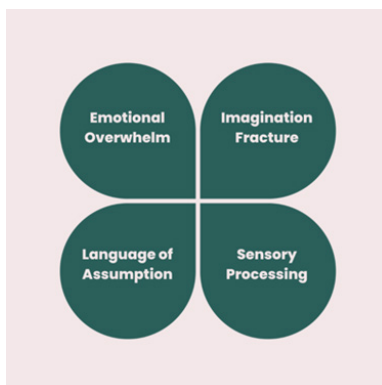
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Using our approach of the “4 Foundation Blocks” to help explain ADHD, and create support to live an ADHD lifestyle

Annie Clements

CEO of Autism & ADHD, UK

Statement of the Problem: ADHD individuals can have huge challenges on a day to day basis, trying to dovetail into systems that are developed for those living with neurotypical processing. There is an expectation that if we ‘try harder’ we will somehow be able to achieve targets and success criteria that are based on different brains to ours, missing that if we are set targets that respond to our ADHD brains we can achieve and thrive perfectly well. To date, when this isn’t done, it leads to long term mental health conditions, dependency on drugs to manage symptoms, poor work outcomes, low academic scores, family breakdown and high numbers in the criminal justice system. Our 4 foundation Block Approach has been developed from the experience of supporting 1000’s of families and individuals who needed a clear, straightforward explanation of themselves so that they can move forward emotionally, academically, and practically. The structure comes from the clinical understanding of what ADHD is, and turns it into normal day to day language, creating a framework to enables both parents, individuals and professionals to understand where the challenge may be originating from, enabling support plans to be created that are achievable, with straightforward & simple strategies and resources that are adjusted to the individuals presentation and lifestyle.



annie.clements@autismandadhd.org