

JAMES R ÁLVAREZ PHD ASSOCIATES PSYCHOLOGICAL SERVICES

Adult ADHD Information Sheet

GENERAL

We strongly recommend that everyone increases his/her awareness of adult ADHD with further psychoeducation and bibliotherapy with self-help books such as:

- Taking Charge of Adult ADHD by R.A. Barkley, (Guilford Press, New York / London 2010. ISBN-13: 978-1606233382)
- The Down & Dirty Guide to Adult ADD by M. Gordon & F. D. McClure. (GSI Publications, New York 1996. ISBN-13: 978-0962770197)

HEALTHY LIVING

Everyone with and without ADHD benefits from a balanced diet, good nutrition, regular exercise and good sleep hygiene. Excellent sources of information about healthy living can be found at:

- <http://www.nhs.uk/LiveWell/Pages/Livewellhub.aspx> and
- <http://www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx>

Additional reliable sources of information about adult ADHD can be found online at the sites listed below.

- Information about ADHD from the NHS is offered at: <http://www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx>
- The National Attention Deficit Disorder Information and Support Service (ADDISS) is a national charity for individuals with ADHD and their families. It offers education resources and information regarding local groups at: <http://www.addiss.co.uk/>
- AADD-UK, The Site for and By Adults With ADHD at: <https://aadduk.org/>
- Choice & Medication provide an online FAQ page on ADHD with information and external links about symptoms and treatment at: www.choiceandmedication.org/cambridgeshire-and-peterborough/conditions/14/
- The ADHD pages at the Mental Health Foundation at: <https://www.mentalhealth.org.uk/a-to-z/a/attention-deficit-hyperactivity-disorder-adhd>

DRIVING

In the UK you must tell DVLA if your ADHD affects your ability to drive safely. Your doctor can help you decide if you need to let the DVLA know about your mental health problem. If it does, you can declare your diagnosis to the DVLA via an M1 form which can be found at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/320121/M1.pdf.

More information regarding ADHD and driving is provided on <https://www.gov.uk/adhd-and-driving> and <https://www.gov.uk/driving-medical-conditions>. The charity MIND also provides useful information here: <http://www.mind.org.uk/information-support/legal-rights/driving/>.

In the UK it is illegal to drive, or attempt to drive, if your ability to do so is impaired by drugs, including prescribed medication. If you are taking prescribed medication for ADHD, you might want to carry evidence that it is prescription medication with you while driving so that you can show this to the police if stopped - for example, a copy of your prescription or the medicine packet.