

Inclusive Learning Vision for Inclusion



WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurological disorder that is presented as hyperactive, impulsive and inattentive behaviour. Boys are affected more than girls.

The exact causes have never been pinpointed but current research suggests that ADHD is caused in part by a deficiency in a specific neurotransmitter in the lower area of the brain.

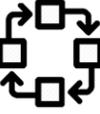
Many young people with ADHD suffer from; tics; either vocal or motor. Poor attention such as focussing on a task, not following instructions.

Other behaviours seen include:
Hyperactivity/Impulsivity such as fidgeting, talking a lot, says or does things without considering the consequences

SUPPORTING STUDENTS WITH ADHD

- Give positive attention
- Set clear boundaries and rules with consequences if not complied with
- Check understanding for tasks and instructions
- Give clear targets so that students know when they have finished an activity
- Continue to remind what to do

ADHD STRATEGIES

 Minimise distractions	 Stress importance of paying attention
 Question understanding & expectation	 Make eye contact during explanations
 Break down instructions to small steps	 Allow time to process and complete
 Stay calm. Don't debate or argue	 Set achievable goals

CHALLENGES WITH ADHD

Students who have been diagnosed with ADHD will take medication for this, there are different types of tablets, the student may need to leave the lesson to have their medication issued.

INATTENTION:

- Careless mistakes in schoolwork, does not pay attention to detail
- Finds it hard to stay focussed on task
- Does not appear to be listening when spoken to directly
- Does not follow instructions and fails to finish schoolwork
- Struggles to organise activities
- Avoids tasks that require a lot of concentration e.g. homework
- Loses school equipment e.g. pencil case, books etc.
- Is distracted from tasks easily
- Forgetful about routines of daily activities
- Inflexible personality
- Sleep and appetite problems

HYPERACTIVITY/IMPULSIVITY:

- Fidgets in class or walks around with no particular aim
 - Talks a lot, interrupts
 - Climbs or runs at inappropriate times; takes unnecessary risks
 - Has trouble playing or enjoying leisure activities quietly
 - Has difficulty awaiting a turn
 - Answers verbal questions before they have been completed.
 - Intrudes on the games or conversations of his/her peers
 - Says or does things without considering the consequences
 - Gets bored easily
- Impatient
- Unable to play quietly
 - Misreads social cues, sometimes misinterprets remarks as hostile
 - Can over-react and be prone to temper tantrums

BEING INCLUSIVE IS A WHOLE SCHOOL APPROACH