



Attention Deficit Hyperactivity Disorder (ADHD)

What is ADHD?

ADHD is an impairment of either activity or attention or both.

General characteristics of people with ADHD

- Inattentiveness – short attention span, easily distracted, frequently changing activities and not sticking to one task, do not appear to be listening when being spoken to and may have poor ability to organise tasks.
- Hyperactivity – may have excessive movements, especially in situations where quiet and calm are expected: may fidget and can have difficulty engaging in basketball activities quietly or competitively.
- Impulsiveness – may act without thinking and appear thoughtless of rule breaking, has difficulty waiting for their turn and interrupts others.

Including people with ADHD into your sessions

- Be firm with rules, but calm and always have a positive approach.
- Match your coaching style to your participants learning style; understand this by speaking to the participant or their parent/carer before the start of the session.
- Know when to 'back off' if the participants level of frustration or anxiety begins to peak.
- Look at the participant when communicating.
- Strive to have predictable and organised coaching environments.
- Provide immediate and consistent feedback regarding positive behaviour
- Try to develop a private signal system with the participant to notify them when they are off task or acting inappropriately.
- When speaking to a group and giving instructions, use the individuals name to attract attention. (When asking everyone to 'come here', some individuals may need you to tell them specifically by name that you mean them too.)

For further information, visit:

www.adhdaustralia.org.au