Buckinghamshire SENDIAS Online Training coproduced with FACT BUCKS

FACT BUCKS
Parent Carer Forum
A local voice for parent carers of children with SEND

BUCKINGHAMSHIRE
SEND IAS
SERVICE

ADHD Part 1

Summary: This webinar will inform and empower you about what can be done to enable Buckinghamshire children and young people with ADHD to thrive - whether diagnosed or not, in school and elsewhere.It follows on from our recent fact-finding workshops involving a wide range of stakeholders including parents.

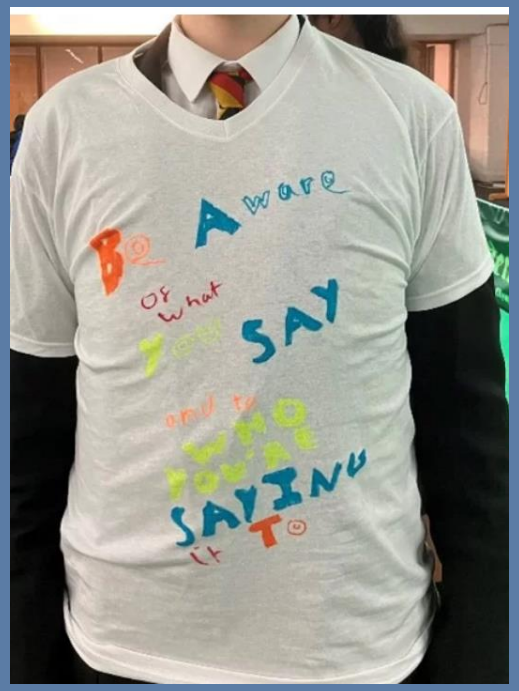
ADHD from a young person’s perspective

Medical definition, diagnosis and medication

Inclusion and ADHD

- Understand ADHD
- Adapt our responses
- Adapt the environment
- Actively teach coping strategies
- Avoid waiting for a diagnosis

What is it like having ADHD?







With thanks to Chloe, Cadence and Serena

What is it like having ADHD to me?

This is What It's Really Like to Have ADHD
https://www.youtube.com/watch?v=ji0hg1LduU8

Having ADHD to me is quite hard and quite uneasy to tame . . . . you always have the rushes of endless energy. You've got very strong feelings and thoughts when you get very emotional it's not just like a little rush of emotion it's quite a big rush.

You're very impulsive, you need to know what's going on 24/7. If I don't know what's going on I get quite freaked out.

It's hard to concentrate and I have trouble processing things. Tasks take longer, even brushing my teeth

I get made fun of by a lot of people

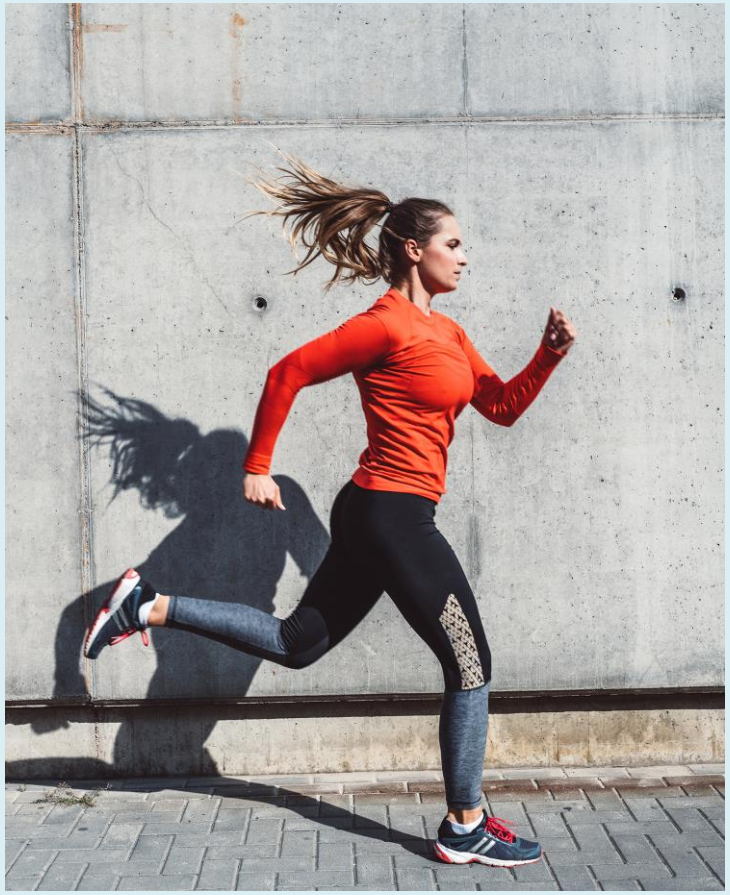
People think I'm purposely ignoring them.

I'm fed up with spacing out in class . . . People think I don't want to learn, but I do. I run away with the fairies sometimes by my own imagination

I have too many questions, I can't wait.

Medication helps with my distraction, but it makes me hungry and my tics worse. I worried about taking it – would it make me boring?

I can't switch off, thoughts are racing around my head, it's overwhelming sometimes, everyone round you isn't as fast as you, it affects how to make friends.





Capturing your child’s views:



- watch our webinar about capturing your child's views
- download the capturing your child's views slides



What is the medical definition of ADHD?

- Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterised by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with functioning or development.

- **Symptom Variation**: ADHD symptoms include inattention, hyperactivity, and impulsivity, but not everyone with ADHD will experience all these symptoms or to the same extent.
- **Severity Levels**: ADHD can be defined as mild, moderate, and severe based on the number and impact of symptoms.
- **Individual Differences**: Each person with ADHD may have a unique combination of symptoms and challenges, making the condition highly individualised.

Types of ADHD:

1. **Predominantly Inattentive Presentation**: Difficulty sustaining attention, following through on tasks, and organizing activities.
2. **Predominantly Hyperactive-Impulsive Presentation**: Excessive fidgeting, restlessness, and impulsive actions.
3. **Combined Presentation**: A mix of inattentive and hyperactive-impulsive symptoms

What are the criteria for an ADHD diagnosis?

- **Symptoms:**
- inattentiveness (difficulty concentrating and focusing) – at least 6 and/or
- hyperactivity and impulsiveness – at least 6
- **Length of time:**
- At least 6 months and apparent before the age of 12
- **Where:**
- In at least 2 settings, not just school.
- **Impact on daily life:**
- symptoms must significantly impair the child's social, academic, or occupational functioning
- **Inconsistent with developmental level**
- No other explanation including a difficult phase of development, trauma or stress

- Overview | Attention deficit hyperactivity disorder: diagnosis and management | Guidance | NICE

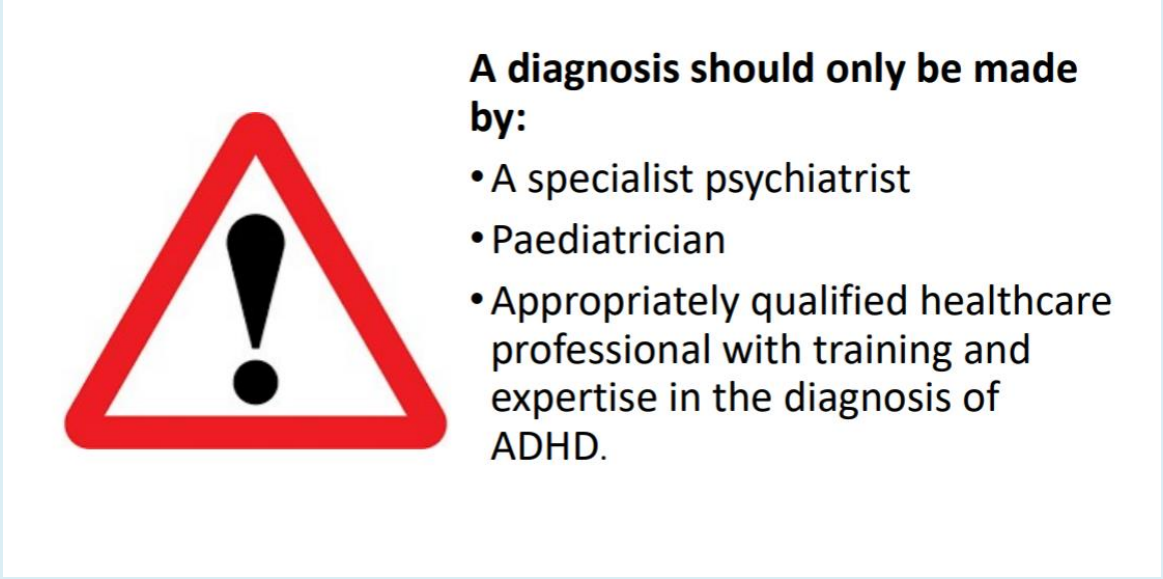
- ICD-11 World Health Organisation ADHD descriptor

Is a diagnosis necessary?

- A diagnosis is not necessary for SEN Support or an EHC plan.
- A diagnosis is not necessary to meet the definition of disability under the Equality Act 2010.
- A diagnosis is necessary for medication to be an option.
- A diagnosis can help a child to understand themselves and can help others to understand them
- A diagnosis can help with self-esteem for the child.

Getting a diagnosis - Buckinghamshire diagnosis pathway - children

- Buckinghamshire Local Area Position Statement - Autism and/or ADHD (neurodevelopmental)
- Buckinghamshire CAMHS referrals SPA | Oxford Health CAMHSOxford Health CAMHS



Getting a diagnosis - Buckinghamshire diagnosis pathway - adults

- Buckinghamshire Adult ADHD Service

- The pathway for ADHD assessment for adults including young people between 18 and 25 years is currently closed to new referrals
- For anyone seeking a new referral for diagnosis, GPs may decide to support people to choose from an alternative NHS-approved provider under the NHS Right to Choose rules.
- Anyone experiencing challenges with their mental health can continue to access support for their mental health care in the usual way via their GP, NHS Buckinghamshire Talking Therapies or the Buckinghamshire Mental Health Helpline NHS 111 via 111.

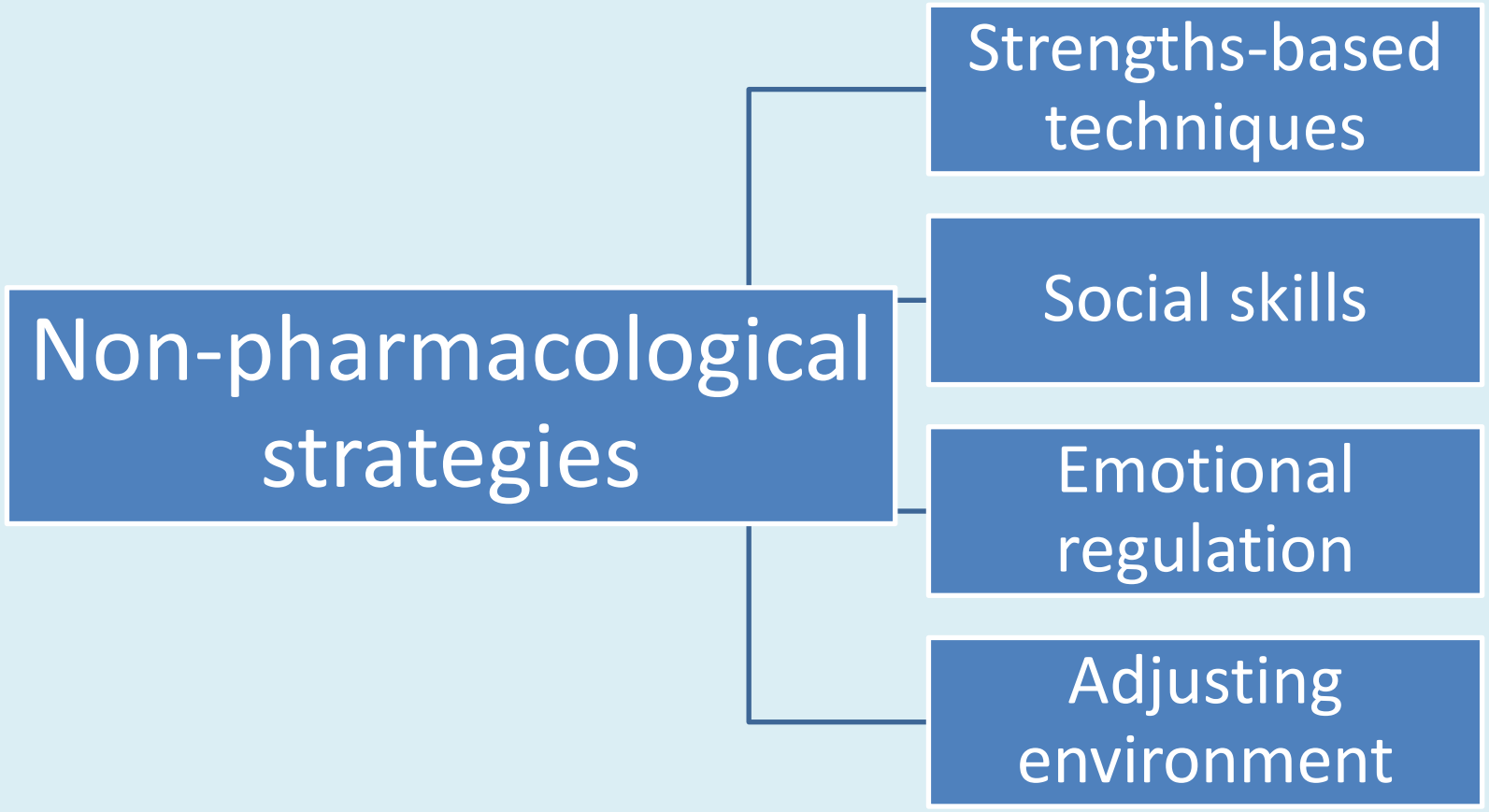
Right to choose:

- Right to Choose - ADHD UK

You may want to check:

- Has the GP agreed to make a referral for ADHD assessment ?
- Does the provider have an NHS commissioning contract?
- Is the provider accepting referrals?
- Can the provider prescribe medication if required?
- Is your child affected by any of the restrictions on the right to choose?

Is medication necessary?



What to expect if your child is on medication

- Baseline assessment
- Titration
- Yearly check up

My child has ADHD and autism- AuADHD

Bucks SENDIAS Service

- If you require further information to help you please first refer to the SENDIAS webpages: **Bucks SENDIAS service | Buckinghamshire Council** and if necessary contact SENDIAS using the **clickable Bucks SENDIAS Contact Form**

- Sign up for our email updates
- Live webchat:
  Mondays 1-3pm and Fridays 10am- 12 noon
- See our recorded webinars
  and slides with clickable links

Important information

In this news update you will find information about:

- **New to SEND? - Free FACT Bucks/Bucks SENDIAS Service Webinar - 10-11am on Friday 27 January 2023**
- **Shout out for SEND - Youth Voice Bucks**
- **The Prince's Trust Team Programme**
- **Family Support Service - three exciting projects online and in person for young people in school years 7 and upwards starting in February 2023**
- **Contact - Welcome to What's new**
- **Bucks SENDIAS Service Live Web Chat**

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