

Attention Deficit (Hyperactivity) Disorder [AD(H)D]

(may affect 4% - 6% of the general population, to some degree)

Key characteristics:

- issues with maintaining focus and directing attention
- restlessness
- impulsiveness
- hyperactivity may be present at some stage of life, in the majority of cases
- may appear as day-dreaming, or 'tuning out'
- difficulty regulating emotions

Organisations that offer information and support

- [ELT well](#)
- [The National Attention Deficit Disorder Information and Support Service](#)

