

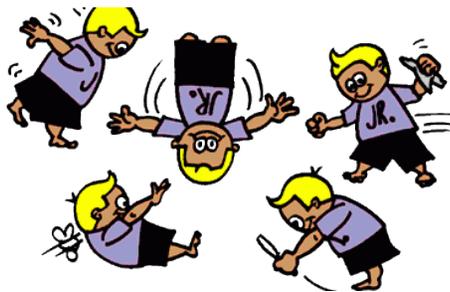
ADHD as a LEO

Well, you are in luck! Having a job as exciting and diverse (like being a law enforcement officer) is something that individuals with ADHD can thrive in. Law enforcement has days that are never the same and, as an officer, you can make a difference in people's lives by being present and taking care of their needs. This work is also very stimulating and challenging, making someone who has ADHD feel right at home.

Still, there may be times where the hyperactivity or inattention or impulsivity is going to make the job tougher. Finding a mentor in your department or someone who will help balance you can help a great deal.

Finding treatment is important with ADHD and can help in making sure that you are at your best as an officer.

If you are a parent to a child with ADHD, it can be confusing and a big change. Just being present in their lives and getting them help to be successful in school will help immensely. You can contact Nicoletti-Flater Associates if you have questions or want to find treatment that is right for you or your child.



**For More Information, Call:
Nicoletti-Flater Associates**

303-989-1617

References:

Holland, K. & Goldman, R. (2015). 10 Best Jobs for an Adult With ADHD. Healthline.com. Retrieved from: <http://www.healthline.com/health/adhd/best-jobs#Overview1>

n.a. (n.d.). ADHD. National Alliance on Mental Illness (NAMI). Retrieved from: <https://www.nami.org/Learn-More/Mental-Health-Conditions/ADHD/Overview>

n.a. (2012). Attention Deficit Hyperactivity Disorder. National Institute of Mental Health (NIMH). Retrieved from: <http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/index.shtml?rf=71264>

Additional Readings:

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder, by Edward Hallowell and John Ratey

Learning to Slow Down and Pay Attention: A Book for Kids About ADHD (Revised edition), by Kathleen Nadeau and Ellen Dixon

Taking Charge of Adult ADHD, by Russell Barkley

Cory Stories: A Kid's Book About Living With ADHD, by Jeanne Kraus and Whitney Martin (Picture book)

ADHD

Nicoletti-Flater Associates

The struggle to stay focused.

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What is ADHD?

Attention Deficit Hyperactivity Disorder, or ADHD, is a disorder where both adults and children struggle with paying attention to activities, show impulsivity, struggle with completing tasks, and are overactive. Around 9% of children and 4% of adults are diagnosed with ADHD.

With this in mind, doing well in school or work and activities with rules and plans can be difficult for someone who struggles with ADHD.

The three large areas of ADHD are: inattention, hyperactivity and impulsivity. Children may only show some of these symptoms or all three in order to be diagnosed with this disorder.

ADHD can also be believed to be something different, such as a learning disorder or an autism spectrum disorder. Sometimes the symptoms can be missed entirely because they aren't extreme enough to cause worry or are just not noticeable at the time.

With treatment, people who have ADHD do well in more regulated activities, so treatment is recommended for both children and adults.

If you can find a way to be happier and healthier, why not find a treatment that works and eases activities!

ADHD Symptoms:

What does ADHD look like? It can look different in children compared to adults; however, there are some basics that transfer to both adults and children.

Inattention:

- Being easily distracted.
- Jumping to different activities quickly.
- Becoming bored with tasks quickly.
- Trouble with completing or turning in assignments.
- Trouble focusing on an activity.
- Excessively losing items such as homework or toys .
- Not listening or paying attention to requests.
- Daydreaming excessively.
- Struggling with processing information quickly.
- Trouble following directions.

Hyperactivity:

- Fidgeting or squirming, trouble sitting down.
- Talking nonstop, even after being asked to stop or change the behavior.
- Struggling with completing silent activities.
- Touching or playing with everything.

Impulsivity:

- Becoming impatient.
- Acting without thinking.

- Blurting out words/sentences at inappropriate times.
- Interrupting others.
- Trouble taking turns or sharing with others.

What causes ADHD?

With all the studies, scientists aren't completely sure of all of the factors that can cause or worsen ADHD symptoms. Still, there are some factors that are linked to ADHD and how they might be caused.

Genetics: ADHD often runs in families. Certain genes are believed to increase the chance that a child or adult will have ADHD.

Environmental Factors: some children gain ADHD from occurrences when they are in the womb. If a pregnant mother smokes or is near second-hand smoke for long periods of time, this can increase chances of her child developing ADHD. If an infant eats lead paint, then this can also increase chances of developing ADHD. Studies also show that if the mother experiences extreme stress while pregnant, this can also increase chances of the child having ADHD in the future.

Traumatic Brain Injury (TBI): If a child experiences a brain injury, there is a greater chance that the child will gain ADHD. This is rare, however, a possibility for some children.