

## **2-MINUTE TIP:**

# **ADHD IN ADULTS**

## **ADHD Problems Often Continue Into Adulthood**

- ADHD - Attention-Deficit/Hyperactivity Disorder, continues after childhood. People with adult ADHD may struggle with chronic disorganization, impulsive decisions, forgetfulness, unfinished projects, feeling mentally “scattered.” Often, others complain the person does not listen. Long-term research shows increased likelihood of social, family, legal, and occupational problems in adults with ADHD. So, it's crucial to understand adult ADHD.
- Executive Function problems are real. It's not a motivation problem—it's a brain-level self-regulation problem. ADHD significantly affects the brain's executive functions – planning, prioritizing, impulse control, working memory, and sustaining attention.
- Time Blindness is real. Adults with ADHD often underestimate how long tasks will take or lose track of time altogether. Using visual timers, alarms, or calendar reminders can be a game changer. Rejection Sensitivity is also real.
- Emotional dysregulation matters. Adults with ADHD can be unusually sensitive to rejection or criticism. They may have sudden mood shifts. This often has an unrecognized impact on relationships and self-esteem.
- Treatment works. A combination of medication, therapy, ADHD coaching, finding adaptations for executive function problems, and lifestyle tools (like exercise, sleep, and mindfulness) often bring real relief and better functioning.
- Bottom Line: ADHD in adults is manageable. When diagnosed and addressed, it can go from being a source of daily frustrations to something that's handled with skill, patience, and the right support system. Also, consider joining Chadd.org, an organization devoted to ADHD knowledge. See our ADHD resources page - <https://www.shorehavenbhi.com/disorders-treatments.php>

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