

WHAT IS ADHD?

ADHD is the MOST under recognized, yet MOST treatable mental health disorder in Canada.

ADHD is a complex multifaceted condition that often persists throughout the lifespan. It impacts all demographics of society: age, gender and race; and almost all areas of a person's life.



There are three core symptoms of ADHD: inattention, hyperactivity and impulsivity.

ADHD is the most prevalent child mental health disorder in Canada.



Lesser known Symptoms

At least 1 Million Canadians are affected by this condition.



Impairment in organization and time management

procrastination

Easily Distracted

Difficulty switching focus

Daydreaming

Losing and misplacing things

Talking excessively and at inappropriate times

Difficulty not over-focusing on stimulating things

academic difficulty

Exhibit under-activity and difficulties with motivation

MYTH: ADHD is caused by bad parenting, ineffective teachers, and eating too much sugar or food additives.

CADDAC spearheaded the development of a new Canadian paper that highlights the impact of ADHD, not only on the attainment of human and social capital, resulting in increased socioeconomic costs for Canada, but increased costs to healthcare, education, labour and social services, and increased costs to the justice system. For more information or to read the full paper, please visit: www.caddac.ca

FACT: Parenting and teaching styles do not cause ADHD. When a child is unable to focus, cannot remember instructions and routines, is impulsive and fidgets, it is not that they are defiant or have not been taught rules, it is a symptom of the disorder.



4 adults out of every 100 people in a company

What Canadians DON'T know about ADHD

36%

of Canadians FALSLEY believe that children outgrow ADHD.

When Canadians see or hear about a child being hyperactive ONLY 12% consider ADHD.

Unfortunately 27% assume that this child's parents have poor discipline measures, 18% think the child needs more physical activity, 17% assume the child is overtired and 12% suggest that too much sugar has been consumed.

Regrettably ONLY 40% of Canadians think that a person with ADHD can be successful at home, work and school with proper support. Even worse, the 20% who feel that the person with ADHD will always struggle could be right IF proper treatment is not available.

QUICK FACTS

Worldwide 5% of children, 4% of adults

1 – 3 children in every class



For more information on ADHD, please visit: www.caddac.ca.



Impairment with attention