After the diagnosis: a guide for families

What ADHD is, what happens next, and where to start this week.

FOR FAMILIES | GIVEN BY YOUR CLINICIAN | 10-MINUTE READ

What ADHD is

ADHD is a difference in how the brain manages attention, activity, and self-control. It runs in families, it's common, and it's nobody's fault. With understanding and the right support, people with ADHD do well at school, at work, and at home.

Mostly inattentive

Losing track, drifting off, slow to start, easy to overlook.

Mostly hyperactive-impulsive

Restless, quick to act or speak, hard to wait.

Combined

A mix of both, and the mix can change over time.

Questions to ask your clinician

- [ ] Which type fits, and what does that mean for us?
- [ ] What are the treatment options, and what do you suggest?
- [ ] What should we tell school, and who should we talk to?
- [ ] When is our next appointment, and what happens there?
- [ ] _____
- [ ] _____

Feelings are normal

Relief, worry, grief, and hope can all arrive at once. Give yourselves time. Many families say the diagnosis is the start of things making sense.

This week, try one thing

- [ ] Read one trusted page together
- [ ] Notice one thing that went well each day
- [ ] Write down questions as they come up
- [ ] Talk to school about one small change

Trusted places to learn

ADHD explained (andreaantal.com)

Your clinic's recommended reading:

Support groups near you:

Our support team

Doctor:

Psychologist or therapist:

School contact:

Other:

Notes from today's appointment

Clinic details

Clinic stamp, contact, and next appointment.

Andrea's note A diagnosis describes how a brain works. Strengths, interests, and the right support shape what comes next.