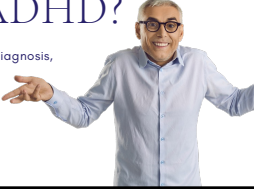


Huh?!? Who Knew *that* was ADHD?

Hidden Symptoms, later-life diagnosis, and what to do next



1

Hi, I'm Marcy Caldwell

- Owner and director of Rittenhouse Psychological Services
- Founder of ADDept.org
- Creator of Meltdown to Mastery



2



Download the slides here

3

Where We're Going Today...



The sometimes hidden symptoms of ADHD

Why ADHD goes undiagnosed

The impact of later life diagnosis

What to do next


4

Question for you...

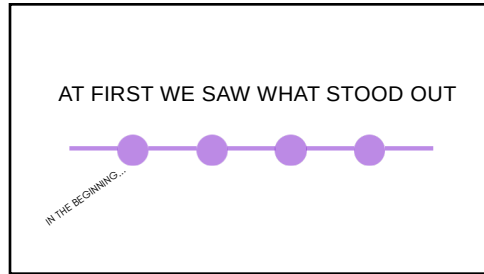


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What is ADHD?



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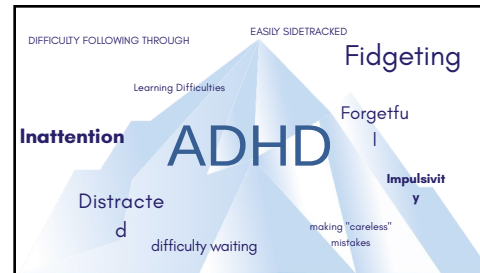
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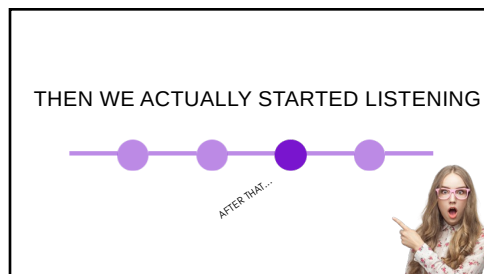
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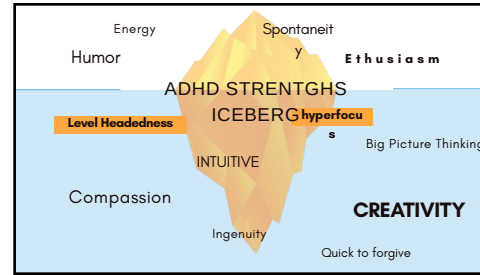
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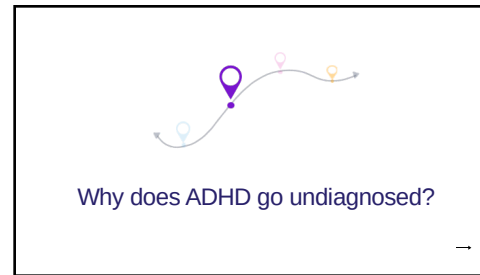
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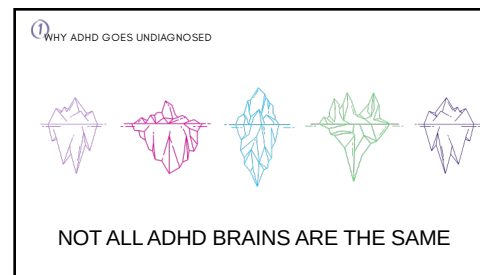
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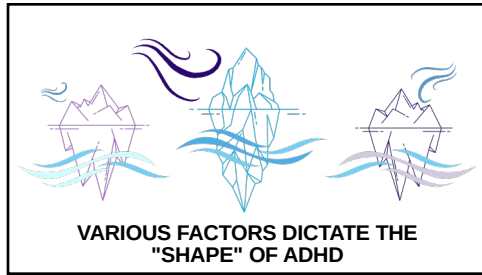
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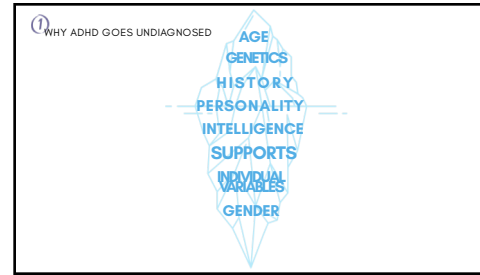
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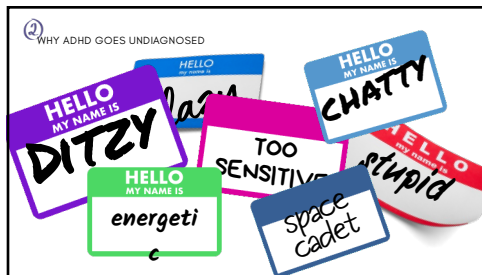
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OH, SO MANY REASONS...

SYMPTOMS EXPLAINED AWAY

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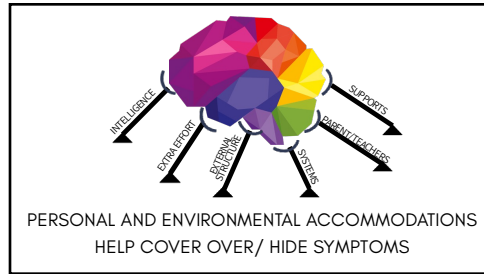
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③

OH, SO MANY REASONS...

ACCOMMODATIONS/ SUPPORTS

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④
OH, SO MANY REASONS...
THE SQUEEKY WHEEL

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⑤
OH, SO MANY REASONS...
MISDIAGNOSIS

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Because ADHD looks different in
different people-
It gets diagnosed differently

30

The Many Misdiagnoses of ADHD

Depression

Anxiety

Intermittent Explosive Disorder

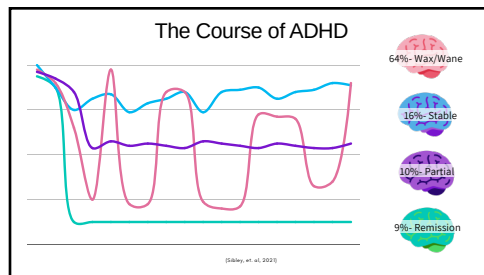
Borderline Personality Disorder

Bipolar Disorder

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Why does ADHD get diagnosed later in life? What's the impact when it does?

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Most frequent times and reasons for a later-life ADHD diagnosis

Life Change

- Pregnancy/ Birth
- New Job
- Empty Nest
- Retirement
- COVID

New Awareness

- Kids Diagnosed
- Reading/ Learning
- Friend/ Loved one Diagnosed
- Partner/ loved one suggested

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BENEFITS OF LATER-LIFE DIAGNOSIS

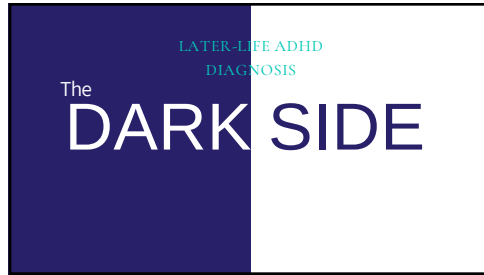
An ADHD diagnosis can feel like wearing glasses for the first time—suddenly, things make more sense

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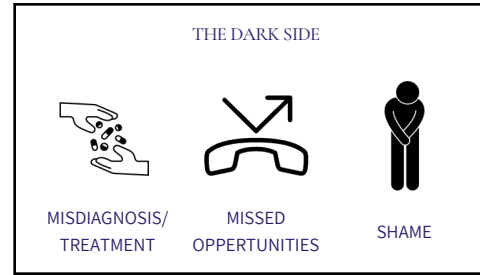
BENEFITS OF LATER-LIFE DIAGNOSIS

NEW UNDERSTANDING + ADULT RESOURCES

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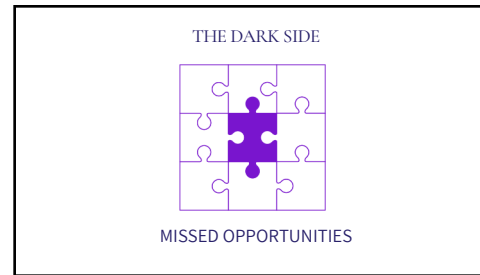
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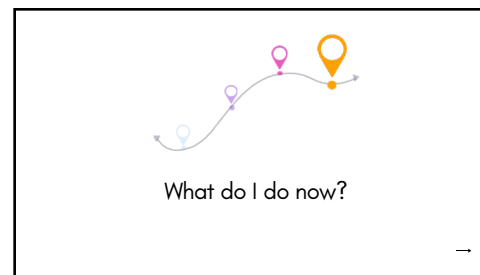
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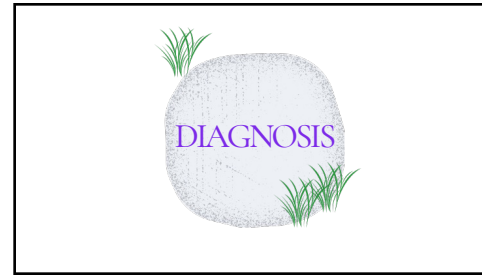
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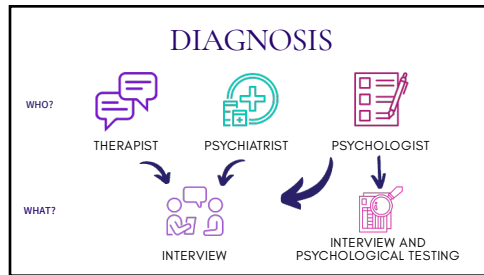
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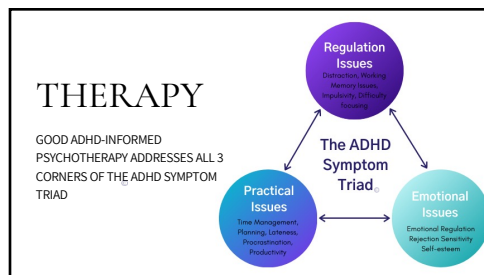
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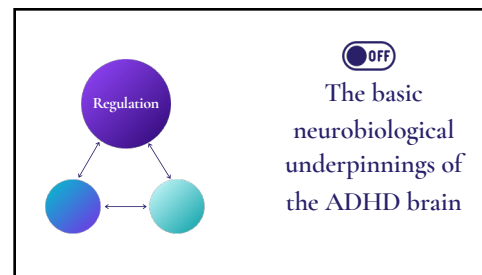
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How the regulation issues of the ADHD brain show up in every day life

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- Emotional flooding as a result of regulation issues
- History of pain from living in a world not built for an ADHD brain

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MEDICATION

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MEDICATION

NON-STIMULANTS	STIMULANTS	SYMPTOM SPECIFIC
atomoxetine Strattera alpha-2 agonists guanfacine XR Intuniv clonidine XR Kapvay	methylphenidate Ritalin, Concerta, Medivance, Janzy PMM, Daytrana pajaro dexamethylphenidate Focalin mixed salts of amphetamine : Adderall, Evelo, Dynavel diethylpropion Desoxine, Desinatol, Vyvanse	SSRIs zoloft, lexapro beta-blockers propranolol, nadolol, and prenalol Sedatives triazolone lunesta antihistamines melatonin

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REGULATION

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REGULATORY STORE FILL-UPS


- Sleep
- Exercise
- Nutrition
- Meditation
- Medication

54



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COUPLES/ FAMILY THERAPY




ADHD doesn't just affect the person with It- It also Impacts their family and can create difficult dynamics

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Find out more

www.rittenhousepsych.com

www.addept.org



<https://addept.mykajabi.com/>

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