

**Buckinghamshire  
SENDIAS  
Online Training  
coproduced with  
FACT BUCKS**



A local voice for parent carers of children with SEND



# ADHD Part 1

**Summary:** This webinar will inform and empower you about what can be done to enable Buckinghamshire children and young people with ADHD to thrive - whether diagnosed or not, in school and elsewhere. It follows on from our recent fact-finding workshops involving a wide range of stakeholders including parents.

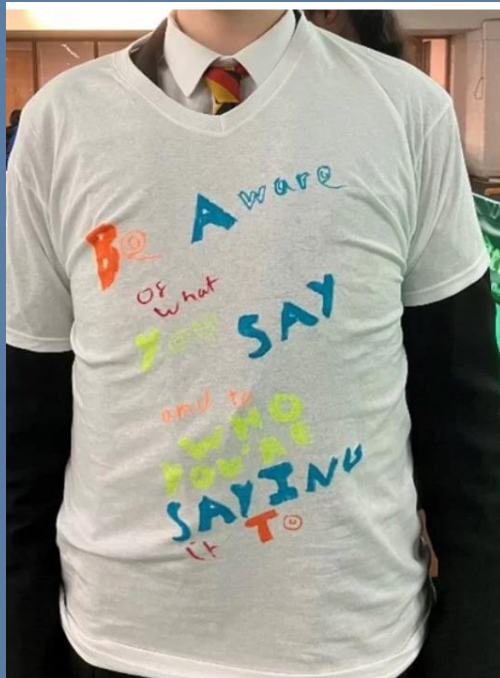
ADHD from a young person's perspective

Medical definition, diagnosis and medication

# Inclusion and ADHD

- Understand ADHD
- Adapt our responses
- Adapt the environment
- Actively teach coping strategies
- Avoid waiting for a diagnosis

# What is it like having ADHD?



With thanks to Chloe, Cadence and Serena

# What is it like having ADHD to me?

**This is What It's Really Like to Have ADHD**

<https://www.youtube.com/watch?v=ji0hg1LduU8>

*Having ADHD to me is quite hard and quite uneasy to tame . . . you always have the rushes of endless energy. You've got very strong feelings and thoughts when you get very emotional it's not just like a little rush of emotion it's quite a big rush.*

*You're very impulsive, you need to know what's going on 24/7. If I don't know what's going on I get quite freaked out.*

*It's hard to concentrate and I have trouble processing things. Tasks take longer, even brushing my teeth*

*I get made fun of by a lot of people*

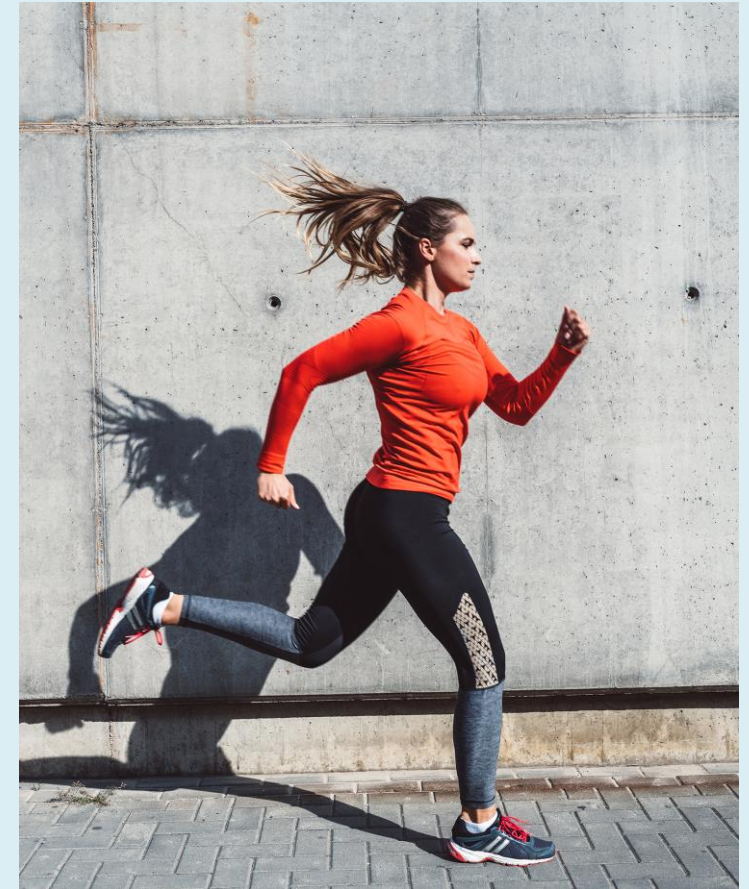
*People think I'm purposely ignoring them.*

*I'm fed up with spacing out in class . . . People think I don't want to learn, but I do. I run away with the fairies sometimes by my own imagination*

*I have too many questions, I can't wait.*

*Medication helps with my distraction, but it makes me hungry and my tics worse. I worried about taking it – would it make me boring?*

*I can't switch off, thoughts are racing around my head, it's overwhelming sometimes, everyone round you isn't as fast as you, it affects how to make friends.*





# Capturing your child's views:

- [watch our webinar about capturing your child's views](#)
- [download the capturing your child's views slides](#)



# What is the medical definition of ADHD?

- Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterised by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with functioning or development.
- **Symptom Variation:** ADHD symptoms include inattention, hyperactivity, and impulsivity, but not everyone with ADHD will experience all these symptoms or to the same extent.
- **Severity Levels:** ADHD can be defined as mild, moderate, and severe based on the number and impact of symptoms.
- **Individual Differences:** Each person with ADHD may have a unique combination of symptoms and challenges, making the condition highly individualised.

## Types of ADHD:

1. **Predominantly Inattentive Presentation:** Difficulty sustaining attention, following through on tasks, and organizing activities.
2. **Predominantly Hyperactive-Impulsive Presentation:** Excessive fidgeting, restlessness, and impulsive actions.
3. **Combined Presentation:** A mix of inattentive and hyperactive-impulsive symptoms



# What are the criteria for an ADHD diagnosis?

- **Symptoms:**
- inattentiveness (difficulty concentrating and focusing) – at least 6 and/or
- hyperactivity and impulsiveness – at least 6
- **Length of time:**
- At least 6 months and apparent before the age of 12
- **Where:**
- In at least 2 settings, not just school.
- **Impact on daily life:**
- symptoms must significantly impair the child's social, academic, or occupational functioning
- **Inconsistent with developmental level**
- No other explanation including a difficult phase of development, trauma or stress
  
- [Overview | Attention deficit hyperactivity disorder: diagnosis and management | Guidance | NICE](#)
  
- [ICD-11 World Health Organisation ADHD descriptor](#)

# Is a diagnosis necessary?

- A diagnosis is not necessary for SEN Support or an EHC plan.
- A diagnosis is not necessary to meet the definition of disability under the Equality Act 2010.
- A diagnosis is necessary for medication to be an option.
- A diagnosis can help a child to understand themselves and can help others to understand them
- A diagnosis can help with self-esteem for the child.

# Getting a diagnosis - Buckinghamshire diagnosis pathway - children

- [Buckinghamshire Local Area Position Statement - Autism and/or ADHD \(neurodevelopmental\)](#)
- [Buckinghamshire CAMHS referrals SPA | Oxford Health CAMHSOxford Health CAMHS](#)



**A diagnosis should only be made by:**

- A specialist psychiatrist
- Paediatrician
- Appropriately qualified healthcare professional with training and expertise in the diagnosis of ADHD.

# Getting a diagnosis - Buckinghamshire diagnosis pathway - adults

- [Buckinghamshire Adult ADHD Service](#)
- The pathway for ADHD assessment for adults including young people between 18 and 25 years is currently closed to new referrals
- For anyone seeking a new referral for diagnosis, GPs may decide to support people to choose from an alternative NHS-approved provider under the NHS Right to Choose rules.
- Anyone experiencing challenges with their mental health can continue to access support for their mental health care in the usual way via their GP, [NHS Buckinghamshire Talking Therapies](#) or the [Buckinghamshire Mental Health Helpline NHS 111](#) via 111.

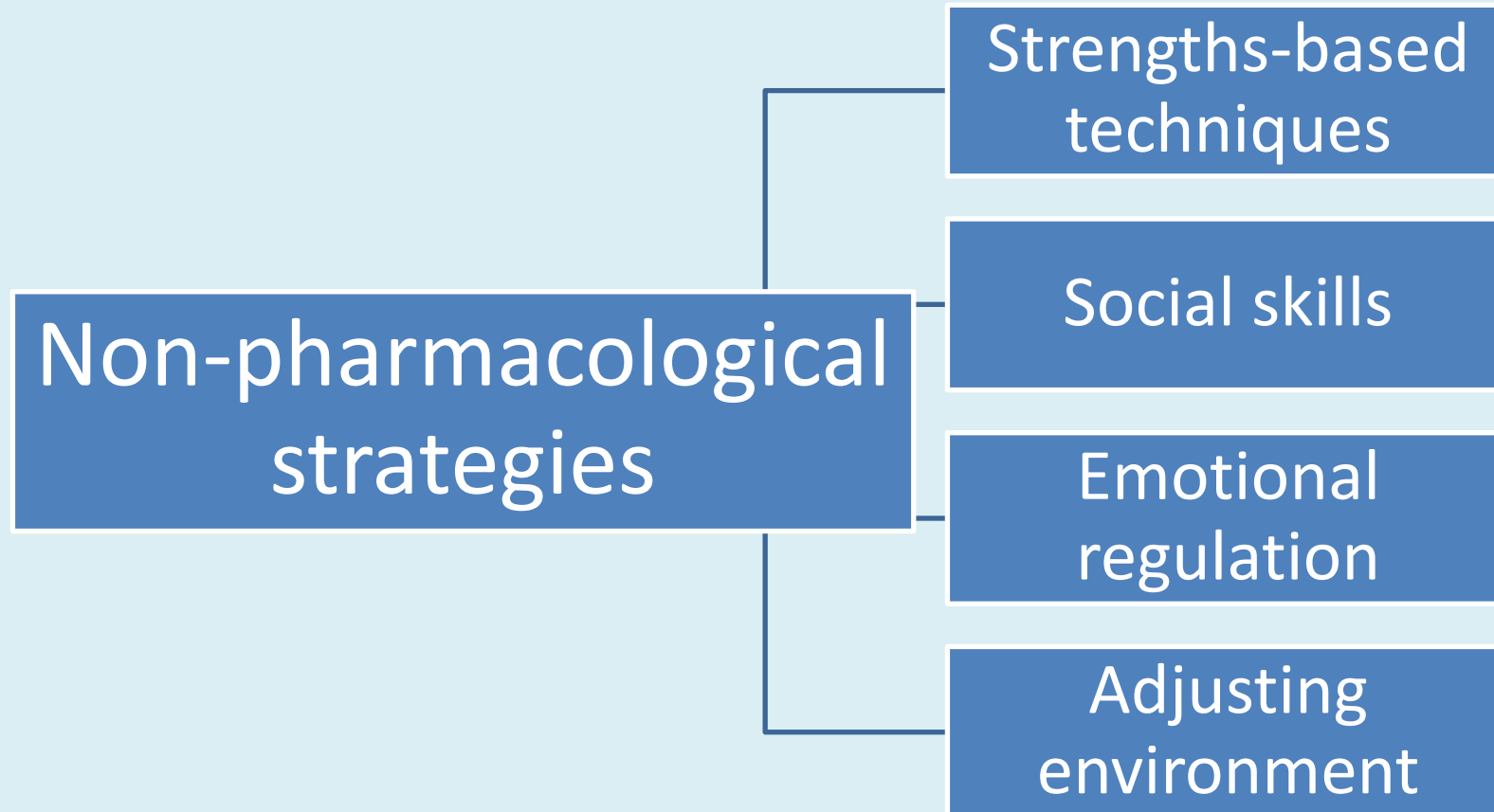
# Right to choose:

- [Right to Choose - ADHD UK](#)

You may want to check:

- Has the GP agreed to make a referral for ADHD assessment ?
- Does the provider have an NHS commissioning contract?
- Is the provider accepting referrals?
- Can the provider prescribe medication if required?
- Is your child affected by any of the restrictions on the right to choose?

# Is medication necessary?



# What to expect if your child is on medication

Baseline assessment

Titration

Yearly check up

My child has ADHD and autism- AuADHD



# Bucks SENDIAS Service

- If you require further information to help you please first refer to the SENDIAS webpages: [Bucks SENDIAS service | Buckinghamshire Council](#) and if necessary contact SENDIAS using the [clickable Bucks SENDIAS Contact Form](#)

- Sign up for our email updates
- Live webchat:  
Mondays 1-3pm and Fridays 10am- 12 noon
- See our [recorded webinars](#)  
and slides with clickable links

## Important information

In this news update you will find information about:

- New to SEND? - Free FACT Bucks/Bucks SENDIAS Service Webinar - 10-11am on Friday 27 January 2023
- Shout out for SEND - Youth Voice Bucks
- The Prince's Trust Team Programme
- Family Support Service - three exciting projects online and in person for young people in school years 7 and upwards starting in February 2023
- Contact - Welcome to What's new
- Bucks SENDIAS Service Live Web Chat



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