



ADHD

Are you or your child *easily distracted*? Is it *hard to sit still*, hard to keep track of *details*, hard to *manage the expectations* of work or school?

Take the test.

Check those statements that you believe are true about you or your child on a regular basis. **Are you struggling with inattention?**

- Fails to give close attention to details and makes careless mistakes.
- Has difficulty sustaining attention in tasks.
- Doesn't seem to listen.
- Doesn't follow through on instructions and doesn't complete tasks.
- Avoids or dislikes tasks that require sustained mental effort.
- Loses things necessary for tasks or activities.
- Is easily distracted.
- Is forgetful in daily activities.

Are you or your child dealing with impulsivity?

- Fidgets or squirms in a seat.
- Gets up in situations where one should remain seated.
- Runs or climbs in situations where it is inappropriate (in adults, a persistent feeling of restlessness.)
- Has difficulty engaging in quiet leisure activities.
- Is "on the go" and acts as if "driven by a motor."
- Talks excessively.
- Blurts out answers before questions have been completed.
- Has difficulty waiting for a turn.
- Interrupts or intrudes on others.

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Score your results

If you checked 6 or more statements in either category, you should share the results with your physician or with a mental health professional.

If you checked fewer than 6 statements, but still feel concerned that you or your child's ability to function in everyday life is being impaired, you may also want to share the results with a health care provider.

ADHD is a neurobiological disorder that also has emotional, relational, and environmental components. Your physician can speak with you about the variety of medications available to treat ADHD. A mental health professional can assist you or your child in successfully managing the everyday challenges that accompany an attention or impulsivity problem.