

## What is ADHD?

The opening slide is displayed. No one is speaking. The following information appears on the screen: The LD@school logo is shown.

Text reads: “Brought to you by LD@school.”

LD@school is identified as a signature initiative of the Learning Disabilities Association of Ontario (LDAO).

The LDAO logo is shown.

### **What is ADHD?**

ADHD is often talked about in a very simple way, but in reality, it is more complex.

Attention-Deficit/Hyperactivity Disorder, or ADHD, is a neurobiological condition that affects attention, impulse control, and self-regulation. It’s not about intelligence, it’s not about laziness or lack of motivation.

ADHD affects how the brain processes information, uses energy, and responds to the environment. Because of this, it can show up differently from person to person.

In this video, we’ll look more closely at some of the ways ADHD can show up, including experiences like hyperfocus, creativity, energy, and big-picture thinking.

These are not labels or categories to define a person, but ways to better understand how ADHD may show up in different situations.

The goal is to build a clearer understanding of how ADHD works, and how experiences are shaped by context, support, and environment.

### **How ADHD Can Show Up ?**

ADHD is often described using three main presentations. These help us understand patterns, but they’re not strict categories.

Some people may show patterns that are primarily inattentive, sometimes referred to as the inattentive presentation. This can include difficulty sustaining focus, trouble staying organized, or having a hard time following through on tasks and instructions.

Others may show patterns that are primarily hyperactive or impulsive, sometimes referred to as the hyperactive-impulsive presentation. This can include restlessness, high levels of movement or talk, and difficulty waiting or controlling impulses.

## Video Transcript: “What is ADHD?”

Some people experience a combination of both, often referred to as the combined presentation.

It is important to remember that these are not fixed categories. Many people see themselves in more than one, and this can change over time and across situations.

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Text reads: “Learn more at [LDatschool.ca](https://LDatschool.ca).”

The LDAO logo is shown, with the text: “LD@school is a signature initiative of LDAO.”