



APPS TO HELP MANAGE ADHD SYMPTOMS

- Sunsama
- Endeavor OTC
- EverNote
- Remember the Milk
- Asana
- Trello
- Inflow
- Routinery
- Dwellingright
- Productive Habit Tracker
- MindNode
- UnStuck
- myHomework

CONTACT US



For general information about our services, please call or email:

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Where We Are

- Broome
- Chemung
- Chenango
- Cortland
- Delaware
- Fulton
- Herkimer
- Madison
- Montgomery
- Oneida
- Otsego
- Schoharie
- Tioga
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SOUTHERNTIER CONNECT

AN ID/DD CARE COLLABORATIVE

Attention

Deficit

Hyperactivity

Disorder



WHAT IS ADHD?

ADHD is characterized by a pattern of persistent inattention, hyperactivity, and impulsivity that can interfere with daily functioning and overall quality of life.

WHAT ARE COMMON SIGNS & SYMPTOMS OF ADHD?

- Difficulty Focusing
- Impulsiveness
- Hyperactivity
- Forgetfulness
- Disorganization
- Difficulty Following Instructions or Completing Tasks



SUPPORTS AND RESOURCES

- **Children and Adults with Attention Deficit Disorder**
(www.chadd.org)
- **www.MoretoADHD.com**
- **New Frontiers: Executive Function Coaching**
(www.nfil.net)
- **County Mental Health Offices**
- **Single Point of Access (SPOA)**
- **Individual or Group Counseling**
(www.psychologytoday.com)

TIPS FOR MANAGING ADHD

- Maintain structured routines
- Reduce distractions
- Encourage exercise & physical activity
- Adopt a healthy diet
- Ensure adequate sleep
- Consider behavioral supports
- Comply with medication management
- Use visual schedules, task lists, etc.
- Create sensory friendly environments
- Implement positive reinforcement
- Focus on social skills, such as listening, taking turns, & sharing

