

# Lived Experience - ADHD

5.11.24 This is a summary of the discussions:

## Areas discussed



Assessment Pathways & Diagnosis

Experiences of working with schools/other professionals

Missing support

Collaboration of services

Effects on individuals

## Themes identified



- Lack of clarity and support around the referral pathways/processes.
- Concerns being dismissed and parents not feeling properly heard.
- Stigma and myths around ADHD.
- Parent blaming for behaviour.
- The impact of negative comments on the child's self-esteem leading to worse behaviour.
- Unmet needs leading to behaviour that challenges and child/young person reaching crisis point before interventions are put in place.
- Inconsistent approaches, short-term interventions and high turn-over of staff all detrimental to the child.
- Loneliness as a parent/lack of understanding about ADHD from others.
- Collaborative working together with schools, professionals & parents is needed.
- No support following diagnosis.
- Lack of training or specialist teachers/support staff.
- ADHD nurse needed in the borough.
- Specialist groups/forums needed for parents and carers to share ideas and experiences.
- The importance of a trusted adult in school to offer support
- Successful adjustments - child allowed to stand at desk, wobble cushion/fidgets have all helped.
- Masking appeared to be better understood.
- Increased understanding of the impact of sensory issues. (uniform, lunchtimes etc.)
- Better understanding of complexities of joint diagnosis and co-occurring needs.

## Follow up



### **Actions to be taken: The Bexley Educational Psychologists will:**

- Research into children's and young people's views. A parent/carer online survey to seek wider views.
- Pilot ADHD training with professionals.
- Professional working party on ADHD within the LA with ADHD Champions in each service.
- Develop a comprehensive ADHD training and toolkit for schools to develop understanding and improve identification and support.
- Neurodiversity Network meetings to include a dedicated standing item on ADHD.



Join non-judgemental support groups & gain understanding from other parents.