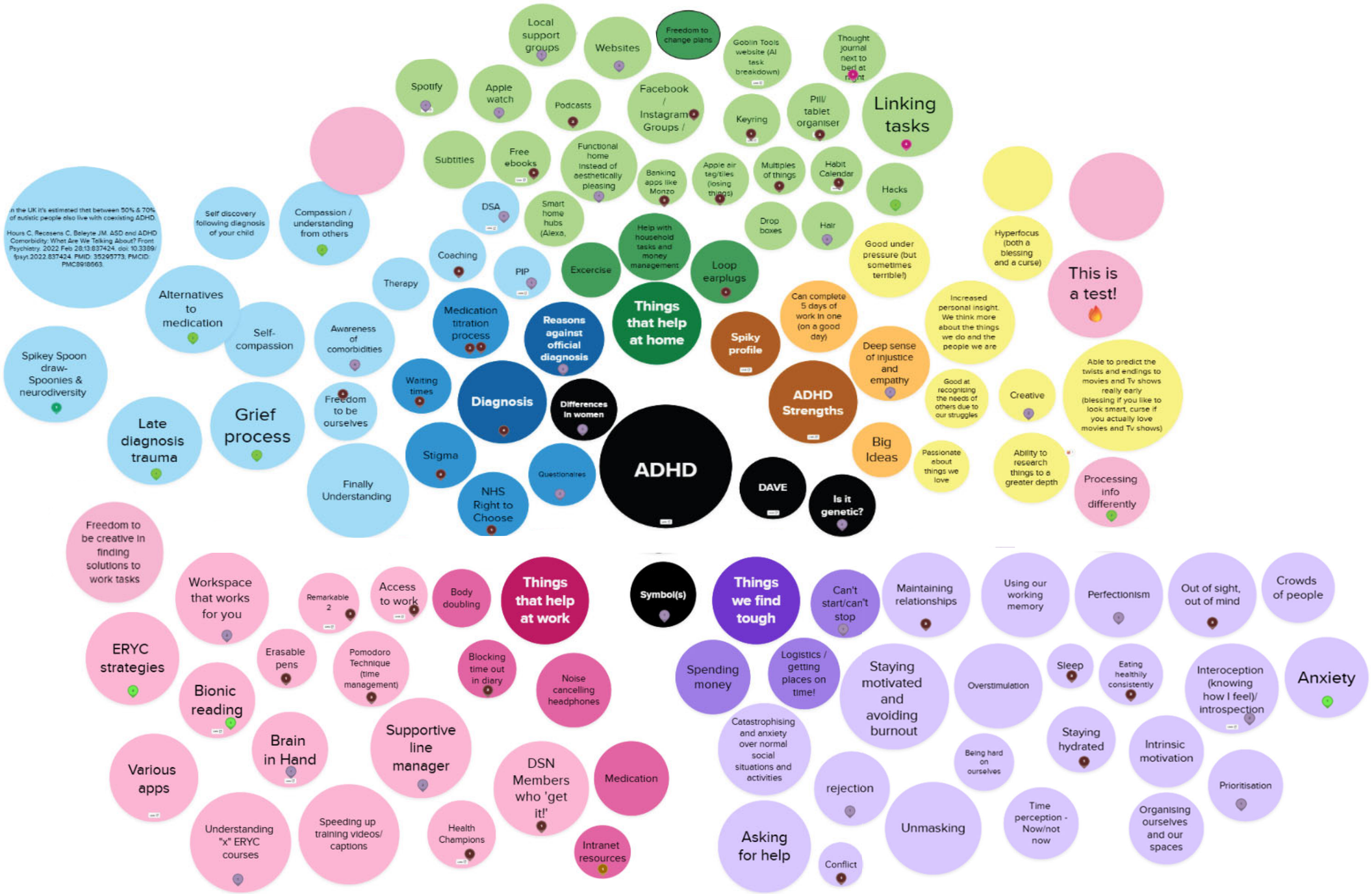
Local support groups
Websites
Freedom to change plans
Goblin Tools website (AI task breakdown)
Thought journal next to bed at night
Spotify
Apple watch
Podcasts
Facebook / Instagram Groups /
Keyring
Pill/ tablet organiser
Linking tasks
Subtitles
Free ebooks
Functional home instead of aesthetically pleasing
Banking apps like Monzo
Apple air tag/tiles (losing things)
Multiples of things
Habit Calendar
Hacks
In the UK it's estimated that between 50% & 70% of autistic people also live with coexisting ADHD.
Hours C, Recasens C, Baleyte JM. ASD and ADHD Comorbidity: What Are We Talking About? Front Psychiatry. 2022 Feb 28;13:837424. doi: 10.3389/fpsyt.2022.837424. PMID: 35295773; PMCID: PMC8918663.
Self discovery following diagnosis of your child
Compassion / understanding from others
DSA
Smart home hubs (Alexa,
Drop boxes
Hair
Help with household tasks and money management
Coaching
PIP
Excercise
Loop earplugs
Good under pressure (but sometimes terrible!)
Hyperfocus (both a blessing and a curse)
This is a test!
Therapy
Alternatives to medication
Self-compassion
Awareness of comorbidities
Medication titration process
Reasons against official diagnosis
Things that help at home
Spiky profile
Can complete 5 days of work in one (on a good day)
Increased personal insight. We think more about the things we do and the people we are
Spikey Spoon draw- Spoonies & neurodiversity
Waiting times
Diagnosis
Differences in women
ADHD Strengths
Deep sense of injustice and empathy
Good at recognising the needs of others due to our struggles
Creative
Able to predict the twists and endings to movies and Tv shows really early (blessing if you like to look smart, curse if you actually love movies and Tv shows)
Late diagnosis trauma
Grief process
Freedom to be ourselves
Stigma
ADHD
Big Ideas
Passionate about things we love
Ability to research things to a greater depth
Processing info differently
Finally Understanding
NHS Right to Choose
Questionaires
DAVE
Is it genetic?
Freedom to be creative in finding solutions to work tasks
Workspace that works for you
Remarkable 2
Access to work
Body doubling
Things that help at work
Symbol(s)
Things we find tough
Can't start/can't stop
Maintaining relationships
Using our working memory
Perfectionism
Out of sight, out of mind
Crowds of people
ERYC strategies
Erasable pens
Pomodoro Technique (time management)
Blocking time out in diary
Noise cancelling headphones
Spending money
Logistics / getting places on time!
Staying motivated and avoiding burnout
Overstimulation
Sleep
Eating healthily consistently
Interoception (knowing how I feel)/ introspection
Anxiety
Bionic reading
Brain in Hand
Supportive line manager
Catastrophising and anxiety over normal social situations and activities
Staying hydrated
Intrinsic motivation
Various apps
DSN Members who 'get it!'
Medication
Being hard on ourselves
rejection
Prioritisation
Understanding "x" ERYC courses
Speeding up training videos/ captions
Health Champions
Intranet resources
Asking for help
Unmasking
Time perception - Now/not now
Organising ourselves and our spaces
Conflict