

Adult to Adult: ADHD & Adults e-Learning Content and Objectives

This self-paced course is designed for adults newly diagnosed with ADHD or for adults who suspect they may have ADHD and includes a certificate upon completion.

Modules:	Adult learners will:
ADHD & Adults (30 minutes)	<ul style="list-style-type: none"> • Describe how ADHD is defined in the DSM-5 (book used by doctors in diagnosing psychological conditions) • Learn the possible effects of ADHD in adults • Understand common myths and facts about adults with ADHD • Familiarize yourself with strategies to better manage adult ADHD • Complete the Adult ADHD Self-Report Scale • Gain more access to ADHD-related resources with the Adult ADHD Starter Kit
Diagnosing ADHD (30 minutes)	<ul style="list-style-type: none"> • Understand the symptoms and diagnosis of adult ADHD • List how medication can help with ADHD symptoms • Compare other disorders that mimic ADHD • Describe common co-occurring disorders with ADHD • Analyze ADHD factors to think about when diagnosing and managing ADHD • Explain how to choose the right professional • Complete the Diagnosing ADHD quiz • Gain more access to ADHD-related resources with the Symptoms and Diagnosis Starter Kit
Executive Function (30 minutes)	<ul style="list-style-type: none"> • Describe executive functions of the brain • Know at least five executive functions of the adult brain • Identify where you may have your own executive function deficits • Understand how to replenish your own executive function tank • Describe the challenges that adults with ADHD have with self-regulation • Discover how to organize your mental space • Familiarize yourself with emotional strategies related to executive function • Complete the Executive Function quiz • Gain more access to ADHD-related resources with the Executive Function Starter Kit
More About ADHD (60 minutes)	<ul style="list-style-type: none"> • List how medication can help with ADHD symptoms • Realize the potential impact of untreated ADHD • Understand general information that everyone should know about ADHD • Know how ADHD presents differently in women (and girls) • Know some differences and unique difficulties of ADHD in older adults • Complete the More About ADHD quiz • Gain more access to ADHD-related resources with the More About ADHD Starter Kit
Conclusion (10 minutes)	<ul style="list-style-type: none"> • Complete the Are You Living With ADHD? Survey • Complete the course post-evaluation