



## ADHD & COVID-19 Resources Toolkit Simple Solutions for Living Through a Pandemic

Resources to help you cope with the stress, anxiety, and the challenges created by virtual learning, working remotely, and family conflicts during the pandemic can be found in this toolkit.

### Quick Facts

- [ADHD and Stress: Information for Parents](#)
- [ADHD and Stress: Information for Young Adults](#)
- [Helping Children with Grief](#)
- [ADHD, Grief, and Loss During the Pandemic](#)
- [Organizing Your Home and Office](#)

### Infographics

- [Low-cost Treatment for ADHD](#)
- [Remote Learning Tips for Students with ADHD](#)
- [Tips for Building Resilience During the Covid-19 Pandemic](#)

### Watch and Listen

#### *Managing mental & physical health*

- *Podcast:* [Guidance for Uncertain Times: Managing Anxiety](#)  
Dr. Craig Surman discusses the importance of identifying anxiety through physical clues and evaluating your mindset. He talks about the importance of taking care of yourself physically and mentally especially if you have ADHD. (29 mins. 20 secs.)
- *Ask the Expert:* [Helping Children with ADHD/LD Conquer Chronic Stress](#)  
In this webinar, Dr. Jerome Schultz, a clinical neuropsychologist and expert on ADHD and learning disorders, discusses the impact of chronic stress on children who have ADHD and/or learning disorders, and the steps in the DE-STRESS Model that can help them. He answers questions from parents after the presentation. (1 hr. 30 mins.)
- *Podcast:* [Guidance for Uncertain Times: Ways to Stay Healthy During the Coronavirus Pandemic](#)  
Dr. Roberto Olivardia discusses how to develop better sleep and eating habits by listening to your body's cues and taking advantage of the increased time at home. (47 mins. 9 secs.)

#### *Parenting & family relationships*

- *Podcast:* [Guidance for Uncertain Times: Tips to Help You Manage and Avoid Family Conflicts](#)  
Families coping with ADHD may experience conflicts due to the impact of the COVID-19 crisis. Parents need to manage their own stress levels to avoid or decrease the conflicts among



their children, especially if there are teens at home. Dr. Margaret Sibley, PhD, offers strategies and tips for parents to help manage and avoid potential conflicts. (15 mins.)

- *Podcast:* [Guidance for Uncertain Times: Tips for Creating an ADHD-Friendly Home Environment](#)  
Dr. Margaret Sibley offers advice for parents on how to create an ADHD-friendly home environment. She discusses ways to minimize distractions, keep children motivated and engaged, and how to deal with behavior problems. (14 mins. 52 secs.)
- *Podcast:* [Guidance for Uncertain Times: Parenting Children With ADHD During a Crisis](#)  
Dr. Andrea Chronis Tuscado discusses things parents can do to help maintain a calm home environment and how best to keep routines for our children. She also talks about signs parents can look for if they think their child may have ADHD or co-occurring condition. (19 mins. 15 secs.)
- *Podcast:* [Guidance for Uncertain Times: Navigating Relationship Challenges](#)  
During these times of uncertainty, underlying tension and miscommunication amongst family members leads to more conflict and stress. Coping with uncertainty because of the coronavirus is something that families are doing now, but life in general is full of uncertainties. Dr. Ari Tuckman shares how couples and family members can maintain good relationships during this challenging time. (24 mins. 29 secs.)

### ***Learning from home***

- *Ask the Expert:* [Online Learning: Teaching Students How to Work from Home \(Ezra Werb, 2020\)](#)  
In this webinar, educational therapist Ezra Werb, M.Ed., explains how executive function challenges make online learning difficult and provides strategies, including digital organization, time management, and options/supports for completing reading and writing assignments, to help students take steps towards independence. (50 mins. 58 secs.)
- *Podcast:* [Online Learning for Children with ADHD](#)  
Due to the impact of the COVID-19 pandemic, many schools have transitioned to remote learning or hybrid learning. Laci Culbret, MEd, discusses the difficulties of ADHD symptoms while learning from home and talks about her experience as a teacher. She provides suggestions for parents on how to help their children with ADHD at home. She also discusses strategies teachers can use to increase support for students with ADHD through remote learning. (29 mins. 53 secs.)
- *Podcast:* [What Are My Child's 504 and IEP Rights for Distance Learning?](#)  
Due to the impact of COVID-19, many schools are having to change from face-to-face teaching to remote learning or even a hybrid environment. For students with ADHD who required classroom accommodations, whether through a 504 plan or an IEP, will the same guidelines apply in each learning situation? Dr. Jeffrey Katz gives parents insight into the child's rights to educational accommodations for the 2020-2021 school year. (17 mins. 14 secs.)



## Articles

### *Treatment of ADHD*

- [New Options for ADHD Treatment During COVID-19](#)  
This article discusses the relaxing of telehealth restrictions, what it means for individuals with ADHD, and items you may need at home for a successful telehealth visit. (*ADHD Weekly*, April 16, 2020)
- [Staying In Touch With Video Chat](#)  
Staying in touch with family and friends is critical for our well-being especially for those with ADHD. This article talks about creative ways to stay socially connected through video chat. (*ADHD Weekly*, April 2, 2020)
- [Keeping Extra ADHD Medication On Hand](#)  
During the pandemic it may be necessary to have an emergency supply of ADHD medication due to store closures, delayed shipping, or doctor unavailability. This article suggests ways to ensure you have enough medication. (*ADHD Weekly*, April 2, 2020)

### *Working & learning from home*

- [How Do You Work from Home and Help Kids Navigate Remote Learning?](#)  
Working from home while helping your child learn remotely has increased parent and caregiver stress immensely. Dr. Carey Heller provides guidance on ways to stay focused, reduce distractions, and how to make the best out of a complex and challenging situation. (*Attention*, June 2020)
- [A Week in the Pandemic Life of Complex Families](#)  
Elaine Taylor-Klaus, PCC, CPCC, identifies common struggles she sees in her work with complex families. She offers strategies and tips for parents to help them handle challenges that are amplified due to the pandemic. (*Attention*, June 2020)

### *Managing mental & physical health*

- [You Can Manage ADHD and Anxiety During This Public Health Crisis](#)  
Many individuals with ADHD and anxiety are experiencing increased symptoms during the pandemic. This article talks about the importance of schedules and routines and other ways to manage increased symptoms of ADHD and anxiety. (*ADHD Weekly*, April 2, 2020)
- [After It's Over: The Pandemic's Secondary Effects on Mental Health](#)  
Dr. Daniel Shapiro asks readers to consider the aftereffects of the pandemic on our mental health. He gives suggestions on things to do to prepare kids to confront challenges and build resiliency for when life gets back to normal. (*Attention*, June 2020)
- [ADHD, Self-Harm, and Suicide](#)  
This article addresses the link between ADHD, self-harm and suicide in youth. Risk factors and



warning signs are identified as well as what to do if someone you know is suicidal. (*Attention*, Summer 2017)

- [Exercise for Adults with ADHD in Quarantine](#)  
Physical therapist, Ruth Mulvany discusses the benefits of exercise on executive function. She identifies the three types of exercise and suggests creative ways to exercise at home. (*Attention*, June 2020)
- [Including Exercise with Behavioral Interventions Can Increase Benefits](#)  
This article talks about the latest research on exercise combined with behavioral interventions to relieve some ADHD symptoms in children. (*ADHD Weekly*, February 20, 2020)

## Blogs

- [Better Self-Care in the Age of COVID](#)  
Individuals with ADHD already feel stressed due to their ADHD symptoms. Dr. Sharon Saline suggests ways to cultivate inner calm during times of increased stress which she says is critical for those with ADHD.
- [Telehealth for Teens and Young Adults with ADHD](#)  
There are many things to consider should your child need professional treatment. Dr. Carey Heller discusses common questions about finding a provider, the cost of treatment, and how to overcome your child's resistance to seeking help.
- [Staying Home or House Arrest? Quarantine and Teens](#)  
Dr. Ari Tuckman offers supportive advice on dealing with your teenager during the pandemic. During this period of increased time at home, parents can help their child develop life skills including being able to deal with uncertainty.
- [Steadying Our Communal Raft During Uncertain Times](#)  
Dr. Mark Bertin asks readers to consider their place in the communal raft during the pandemic. Being mindful of our intentions can help us examine whether we are contributing to problems or helping.
- [More Time Together Can Be a Mixed Blessing](#)  
Spending increased time with your partner or spouse can both be rewarding and stressful especially if one of you has ADHD. Making the most of the situation by learning to manage your stress can help you enjoy time together as well as apart.
- [Resilience and Routines for Families During the Pandemic](#)  
A key to dealing with uncertainty in our changing times is to build resilience. Dr. Mark Bertin suggests ways to build resilience while helping your family stay calm and grounded.
- [Balancing Your Job and Your Child's Educational Needs](#)  
How can you keep your sanity while working from home and your children are learning



remotely? Dr. Carey Heller offers advice on how to keep everyone in your family on track while working and learning from home.

- [When Children with ADHD Attend School from Home: An Expert's Tips](#)  
Dr. Margaret Sibley shares tips for parents of children with ADHD who are learning from home during the COVID-19 pandemic. She identifies motivational challenges for kids with ADHD that get in the way of learning remotely.
- [Suddenly Working From Home?](#)  
Suddenly working from home can be a challenge. CHADD staff provide tips to help you stay productive and on track when doing work from home.

### **Other Resources**

- [How Right Now](#)  
This online tool helps to address your feelings during this pandemic--whether it is fear, anger, grief, loneliness, sadness, stress, worries or other emotions. A variety of resources, including articles, fact sheets, a helpline or hotline, and online courses or guides, are provided to help you manage these emotions.