

**CHADD**  
National Resource Center on ADHD

## LEARNING DISABILITIES & ADHD

Learning disabilities often occur with ADHD, making it important for parents to be aware of both conditions. Kim Miller, MA, will discuss early identification and ways you can support your child with LD and ADHD.

**REGISTER TODAY**

Join us for this free webinar  
Tuesday, August 15 at 7pm

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## Learning Disabilities & ADHD

- \* Understanding
- \* Overlap
- \* Early Identification
- \* Supports

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## Kim Miller University of Northern Iowa

- \* 38 yrs. at University of Northern Iowa
- \* Degrees in Learning Disabilities, Behavior Disabilities, & Elem. Ed.
- \* 30 yrs. taught in K-7 Resource Program
- \* Supervise Field Experiences
- \* Methods Courses in Special Education

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## Learning Disabilities Assoc. of Iowa LDA-IA - [ldaiowa.org](http://ldaiowa.org)

### \* OUR MISSION

- \* The Learning Disabilities Association of Iowa is dedicated to identifying causes and promoting prevention of learning disabilities and to enhancing the quality of life for all individuals with learning disabilities and their families by:
  - \* Encouraging effective identification and intervention,
  - \* Fostering research, and
  - \* Protecting the rights of individuals with learning disabilities under the law.



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## Learning Disabilities Association of America



[www.LDAAmerica.org](http://www.LDAAmerica.org)

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## What is a Learning Disability?

A **learning disability** is a neurological (brain) condition that interferes with an individual's ability to store, process, or produce information. This causes learning difficulties.

A learning disability can affect one's ability to **read, write, speak, spell, compute math, reason** and can also affect an individual's **attention, memory, coordination, social skills** and **emotional maturity**.

It's sometimes called **THE INVISIBLE DISABILITY**.

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**Learning disabilities do not include learning problems that are primarily the result of:**

<p><b>Other Disabilities</b></p> <ul style="list-style-type: none"> <li>✓ visual, hearing, or motor</li> <li>✓ intellectual or developmental</li> <li>✓ behavioral or emotional</li> <li>✓ autism</li> </ul>	<p><b>Environmental or Cultural Factors</b></p> <ul style="list-style-type: none"> <li>✓ economic disadvantage</li> <li>✓ second language learners</li> <li>✓ family problems</li> <li>✓ adoption or guardianship</li> </ul>	<p><b>Lack of Education</b></p> <ul style="list-style-type: none"> <li>✓ inadequate instruction</li> <li>✓ frequent moves</li> <li>✓ absence due to illness</li> </ul>
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**FACTS ABOUT LEARNING DISABILITIES**

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**Learning Disabilities by the Numbers**

- \* 38% of students with IEPs are identified with a Learning Disability – the largest category
- \* 45% of children with ADHD also have LD (learning and attention issues)
- \* 1 out of 16 public school students have an IEP for LD and/or ADHD
- \* 1/3 of students with LD and/or ADHD have repeated a grade
- \* 46% of work-age adults with LD and/or ADHD are unemployed
- \* 1/2 of young adults with LD or ADHD have had encounters with the justice system

Source: [www.nclld.org/news/state-of-learning-disabilities/understanding-learning-and-attention-issues](http://www.nclld.org/news/state-of-learning-disabilities/understanding-learning-and-attention-issues)  
<https://www.understood.org/en/learning-attention-issues/getting-started/what-you-need-to-know/learning-disabilities-by-the-numbers>

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## Chicken or the Egg

WHICH CAME FIRST  
OR THE

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## Myths & Misperceptions

Nearly 1/3 of people attributed LD to causes that were inaccurate

A large body of research has shown these beliefs to be untrue.

- While too much television or a poor diet may negatively impact brain development and functioning, there is no proof that these factors **alone** cause learning disabilities.
- The claim that vaccinations cause LD or autism has been **disproven**:  
<https://www.disabilitycoop.com/2015/04/21/study-mmr-autism-risk/20231/>

**22%** Believe that LD is caused by too much television

**31%** Believe that LD is caused by poor diet

**24%** Believe that LD is caused by childhood vaccination

Source: 2012 Survey of Public Perceptions of LD -NCLD

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## What We Know About Causes

No one knows exactly what causes LD, but we do know some risk factors:

- LD often runs in families
- Problems during pregnancy and birth
  - ✓ drug and alcohol use
  - ✓ maternal illness or malnutrition
  - ✓ prematurity
  - ✓ complications during delivery
- Incidents after birth
  - ✓ head injuries
  - ✓ extreme deprivation
  - ✓ exposure to toxic substances

***There is often no obvious cause for a person's learning disability.***

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## THE "SPECIFIC" IN SPECIFIC LEARNING DISABILITIES

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## Reading (Dyslexia)

- Sometimes called a "language-based learning disability"
- Deficit in sound/symbol component of language
- Severity can differ
- Marked by difficulty with:
  - ✓ accurate and/or fluent word recognition
  - ✓ spelling
  - ✓ decoding ("word attack")
- Often impacts:
  - ✓ reading comprehension
  - ✓ vocabulary knowledge
  - ✓ writing skills



<http://ldaamerica.org/types-of-learning-disabilities/dyslexia/>

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## Reading (Dyslexia)

- Difficulty learning and using written language
  - ✓ slow, labored reading
  - ✓ listening comprehension often better than reading comprehension
  - ✓ may not appear until upper elementary
- Marked by difficulty with:
  - ✓ accurate and/or fluent word recognition
  - ✓ spelling
- Often impacts:
  - ✓ reading comprehension
  - ✓ vocabulary knowledge
  - ✓ writing skills
  - ✓ verbal and oral expression
  - ✓ foreign language learning

[Eida.org](http://Eida.org), [Understood.org](http://Understood.org), [Dyslexia.Yale.edu](http://Dyslexia.Yale.edu)

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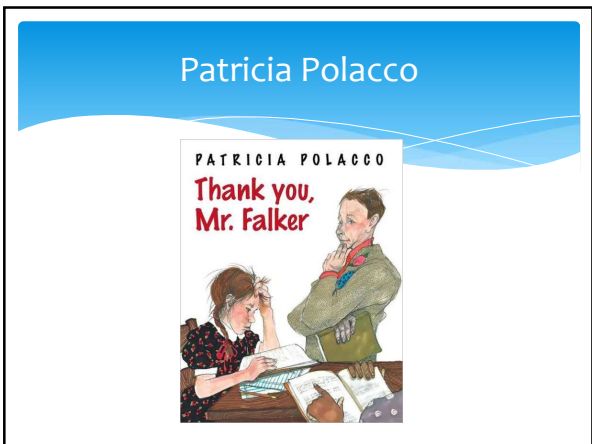
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## Writing (Dysgraphia)

Affects many areas of writing and fine motor skills

- ✓ not legible
- ✓ inconsistent use of space, style
- ✓ poor spatial planning on paper
- ✓ odd grip, hand pain
- ✓ spelling
  - writing paragraphs and stories
  - getting ideas on paper
  - thinking while writing



<http://ldaamerica.org/types-of-learning-disabilities/dysgraphia/>

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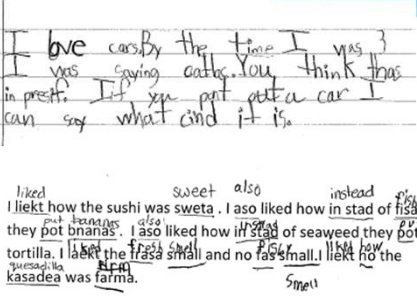
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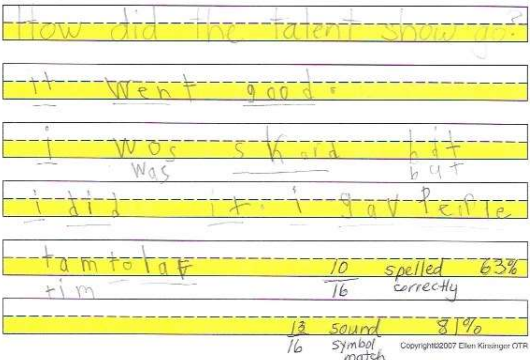
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## Through Your Child's Eyes

**Writing challenges**

Aidan, 1st grade



**Writing challenges**

Lucy, 5th grade



[www.understood.org/en/articles/through-your-childs-eyes](http://www.understood.org/en/articles/through-your-childs-eyes)

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## Visual Perceptual/Visual Motor Deficit



Affects understanding of what is **seen**, or the ability to draw or copy

- ✓ Often seen with dysgraphia or nonverbal LD
- ✓ Impacts many academic areas, especially reading and writing

Signs and symptoms

- ✓ Missing small differences in shapes or letters
- ✓ Reversals
- ✓ Trouble cutting or copying; messy papers
- ✓ Losing place in reading
- ✓ Eye fatigue

<http://ldaamerica.org/types-of-learning-disabilities/visual-perceptual-visual-motor-deficit/>

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## Cutting and Writing



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## Near and Far Point Copying



- \* Visual Tracking
- \* <https://adayinourshoes.com/iep-goals-handwriting/>

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## Driving



- \* merging
- \* parallel parking
- \* turning a corner
- \* parking in a garage

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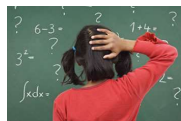
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## Math (Dyscalculia dis - cal - qu - lee - u)

Affects ability to understand numbers and learn math facts

- ✓ Patterning
- ✓ Counting
- ✓ Sequencing
- ✓ Math facts
- ✓ Place value
- ✓ Time and money
- ✓ Word problems
- ✓ Organizing problems on page



<http://ldaamerica.org/types-of-learning-disabilities/dyscalculia/>

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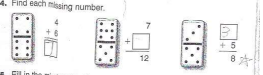

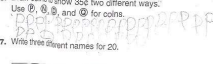
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Unit 1 Checking Progress

- Show 17 with tally marks.
- Write the amount.  

- Write the largest number you can with the digits 6, 3, and 9. Use each digit only once.  
 963
- Find each missing number.  

- Fill in the missing numbers.  

- Draw coins to show \$5c two different ways. Use 1c, 5c, 10c, and 20c for coins.  

- Write three different names for 20.

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Solve the problems.

Ellie had 5 rings on one hand. She had 2 rings on her other hand.  
 How many rings did she have in all?  
 $5 + 5 = 10$

Alex had 9 cookies. He got 3 more cookies.  
 How many cookies did he have?  
 $9 + 3 = 12$

Shaylie had 5 frogs in a lake. 5 more frogs hopped in.  
 How many frogs were in the lake?  
 $5 + 5 = 10$

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Through Your Child's Eyes

**Math challenges:**



Tommy, 1st grade

**Math challenges:**



Alex, 6th grade

[www.understood.org/en/articles/through-your-childs-eyes](http://www.understood.org/en/articles/through-your-childs-eyes)

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### Guess Who...

- Is a person with dyslexia.
- Performed poorly in school.
- Later discovered his ability to connect with people.
- Founded Virgin Group companies.
- Is the 7<sup>th</sup> richest citizen in the UK\* (net worth:\$4.2 billion)

\*2014 Forbes List of Billionaires  
www.friendsofquinn.com/



Sir Richard Branson

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34

### Listening (Auditory Processing Disorder)

Sometimes called **Central Auditory Processing Disorder**

- Auditory discrimination
- Auditory figure-ground
  - ✓ Trouble screening out background noise
- Auditory recall
  - ✓ Trouble following multiple directions

"Be sure and put some of those neutrons on it."



-Mike Smith, baseball pitcher, ordering a salad at a restaurant

<http://ldaamerica.org/types-of-learning-disabilities/auditory-processing-disorder/>

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### A Few More...

- My tea hoax farm ladle egg horns grow.  
*Mighty oaks from little acorns grow.*
- Want a drain sit bores.  
*When it rains it pours.*
- Win rum dues a romance stew.  
*When in Rome do as the Romans do.*
- Law tent britches full in town.  
*London Bridge is falling down.*

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When I hear, I forget.  
What I see, I remember.  
What I do, I understand.

Xunzi (340-245 BC)

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## Language Processing Disorder

A specific type of Auditory Processing Disorder

- ✓ Relates only to the processing of language
- ✓ Affects expressive and/or receptive language

Signs and Symptoms

- ✓ Difficulty with meaning of spoken language
- ✓ Poor reading comprehension
- ✓ Can describe or draw an object, but have trouble naming it
- ✓ Difficulty expressing thoughts

<http://ldaamerica.org/types-of-learning-disabilities/language-processing-disorder/>

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## Non-Verbal Learning Disabilities (NVLD)

Trouble interpreting nonverbal cues; may have poor coordination

- ✓ Higher verbal skills, weaker social and coordination skills
- ✓ "Illusion of competence"

Signs and Symptoms

- ✓ Trouble recognizing nonverbal cues
- ✓ Clumsy
- ✓ Difficulty coping with changes in routine
- ✓ Difficulty generalizing previously learned information
- ✓ Makes very literal translations
- ✓ Asks too many questions; inappropriately interrupts flow of a lesson



<http://ldaamerica.org/types-of-learning-disabilities/non-verbal-learning-disabilities/>

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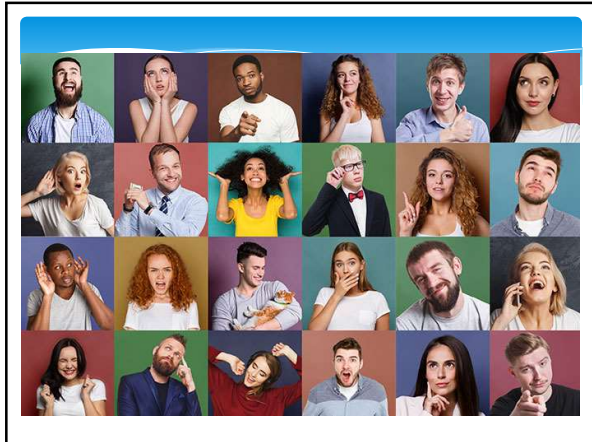
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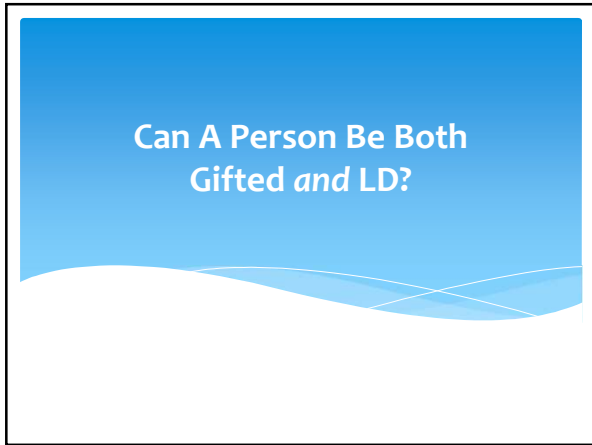
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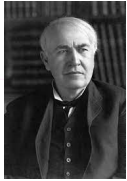
**Guess Who...**

- Could not remember the letters of the alphabet or math facts.
- Teacher said that he was too stupid to learn
- Greatest inventors of all time
  - 1,093 inventions - light bulb, phonograph, microphone
- Invention is 99% perspiration and 1% inspiration
- Saw failure as an opportunity to learn

Dear Mother-

Started the Store several weeks. I have grown considerably I dont look much like a boy now-  
How's all the folk did you receive a Box of Book from Memphis that he promised to send them-  
languages.

Your son Al



**Thomas Edison**

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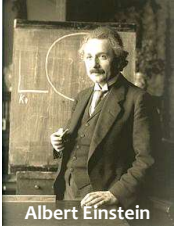
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**Guess Who...**

- Could not talk until the age of 4.
- Didn't learn to read until age 9.
- Was considered by teachers to be slow, unsociable, and a dreamer.
- Failed his entrance examination into college.
- Became a theoretical physicist.
- Received the 1921 Nobel Prize for Physics.



Albert Einstein

[www.ldrfa.org/famous-people-with-learning-disabilities-dyslexia/](http://www.ldrfa.org/famous-people-with-learning-disabilities-dyslexia/)

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43

**ADHD with Accommodations**



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**RELATED DISORDERS**

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## Attention Deficit Hyperactivity Disorder (ADHD)

ADHD affects focus, attention & behavior, and can make learning challenging.

- ✓ Although ADHD is **not considered a learning disability**, research shows that 30-50% of children with ADHD also have LD.
- ✓ Between 3 – 5% of children have ADHD- at least **one** out of a class of **24-30** children.



Three subtypes:

- ✓ Hyperactive/Impulsive
- ✓ Inattentive
- ✓ Combined

<http://ldaamerica.org/types-of-learning-disabilities/adhd/>

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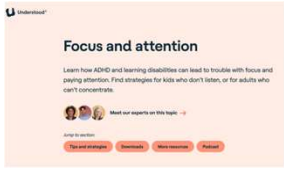
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[www.understood.org/topics/focus-and-attention](http://www.understood.org/topics/focus-and-attention)



[www.understood.org/podcasts/howd-you-get-that-job/lessons-from-a-chief-marketing-officer-with-adhd-and-dyslexia](http://www.understood.org/podcasts/howd-you-get-that-job/lessons-from-a-chief-marketing-officer-with-adhd-and-dyslexia)

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## Executive Functioning (EF)

Affects, planning, organization, strategizing, attention to details & managing time and space.

- ✓ “Thinking about thinking”
- ✓ Difficulty organizing all aspects of learning- materials, work completion
- ✓ Although **not a learning disability**, weaknesses in EF are almost always seen in the learning profiles of individuals with LD or ADHD.



- ✓ Many low and high-tech strategies are available
- ✓ Cell phones & other small devices - a great help

**The good news...**

- ✓ EF skills can be taught

<http://ldaamerica.org/executive-functions-development-and-learning-disabilities/>

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## Dyspraxia

Problems with movement and coordination, language and speech

- ✓ Often exists with dyslexia, dyscalculia, or ADHD
- ✓ Difficulty with muscle control
- ✓ Poor balance
- ✓ Coordination between sides of body
- ✓ Sensitivity to touch
- ✓ Treatments include occupational therapy or sensory integration training



<http://ldaamerica.org/types-of-learning-disabilities/dyspraxia/>

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49

## Memory



Three types of memory are important to learning:

- ✓ Working memory
- ✓ Short term memory
- ✓ Long term memory

Affects storing & later retrieving information or getting information out.

All three types are used in processing verbal and non-verbal information.

<http://ldaamerica.org/types-of-learning-disabilities/memory/>

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## Supports

- 🔗 Relationships
- ↔ Strengths & Interests
- 👉 Active Engagement
- ⊕ Prevention
- 🧠 Mindfulness
- 📅 Extra Assistance – summer and homework

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51

## Relationships

- \* Family
- \* Teachers
- \* Friends
- \* Community

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## Best Thing Since Sliced Bread



Don't care how much you know,  
Want to know how much you care.

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## Strengths and Interests



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## Active Engagement



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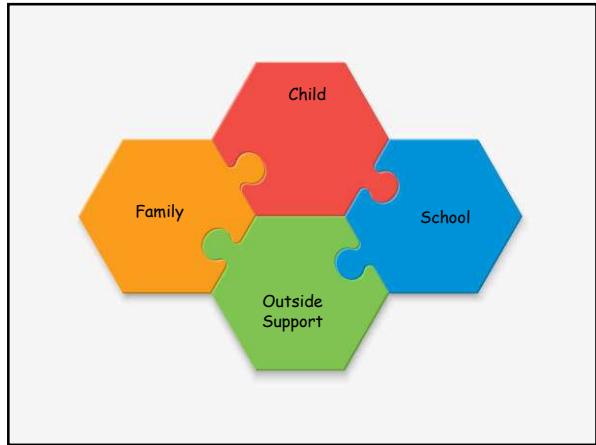
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## Visual Goal Setting & Self-Monitoring



Stop and Think!

Are you on task? \_\_\_\_\_

Or

Are you off task? \_\_\_\_\_

How Job		
3=yes	2=sometimes	1=no
Student Rating	Teacher Rating	Match

Be Prepared

Participate & Collaborate

Good Attitude

Stay On Task

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(4 minutes in)

Rating Sheet	No	Somewhat	Yes
Is the work being shared equally?			
Are you encouraging others?			
Is the task being accomplished?			

(8 minutes in)

Rating Sheet	No	Somewhat	Yes
Is the work being shared equally?			
Are you encouraging others?			
Is the task being accomplished?			

(End)

Rating Sheet	No	Somewhat	Yes
Was the work shared equally?			
Did you encourage others?			
Did you accomplish the task?			

What did you do well as a teammate?

\_\_\_\_\_

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What is something you could improve on?

\_\_\_\_\_

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## Prevention Proactive not Reactive




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## Social Stories

**We know that these differences help us grow and learn.**



[dianeromo@onegiggleclassroom.com](mailto:dianeromo@onegiggleclassroom.com)  
Teachers Pay Teachers

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# Teach Procedures and Strategies

- ACTIVE LEARNING
- Look
- Ask & Answer?
- Work Done
- Set Goals

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61

# Understood.org

ADHD and sleep: Bedtime routine tips for kids and teens

Understood®

A good night's sleep is so important. But some kids with ADHD can have a hard time winding down. Learn how to help kids, tweens, and teens with ADHD catch more zzz's.

**Bedtime tips for teens and tweens**  
Healthy sleep habits at bedtime can help kids get the rest they need for school. Here are eight tips to get them on a school sleep schedule.

[Getting sleep](#)

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62

# Mindfulness

30 Mindful Moments For Kids to Feel Calm and Focused Anytime, Anywhere

**Breathe like a Bear**

Kira Willey  
Illustrated by Anne Berry

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Growth Mindset

**ADDITUDE**  
**ADHD and LD at School**

CULTIVATING GROWTH MINDSETS  
What Happens When We Reward Effort, Not Results



[ADDitude Magazine](#)

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Extra Assistance



COLLABORATE WITH TEACHERS



HOMEWORK TUTOR



SUMMER SCHOOL

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**INSTRUCTION: BEST PRACTICES**

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## What We Know WORKS

**Reading**

5 Components

- ✓ Phonological Awareness
- ✓ Phonics
- ✓ Fluency
- ✓ Vocabulary
- ✓ Comprehension

**Writing**

- ✓ Early writing
- ✓ Words and sentences
- ✓ Grammar
- ✓ Mechanics
- ✓ Paragraphs and essays
- ✓ Spelling

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## What We Know WORKS

**Math**

- \* Early skills
- \* Number concepts
- \* Computation
- \* Problem solving
- \* Applications
  - ✓ Time
  - ✓ Money

**Learning in Content Areas**

- \* Understanding textbooks
- \* Vocabulary
- \* Organizing information
- \* Tests

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## Academic Accommodations

Accommodations:

- \* level “the playing field”
- \* give students with LD equal access to the curriculum
- \* help them learn more effectively
- \* help them show what they know
- \* do not change grade level expectations for learning

<http://daamerica.org/accommodations-techniques-and-aids-for-learning/>

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## Strategies for Executive Functioning

- \* Checklists for organization
- \* Large projects broken down
- \* To-do lists with priorities highlighted
- \* Short work periods with breaks
- \* Provide systems for routine tasks
- \* Time limits for task completion
- \* Consistent daily routines
- \* Use of sticky notes
- \* Cell phone alarms & messages
- \* Memory strategies

<http://www.additudemag.com/resources/free-downloads/10205.html/routines-for-adhd-kids>  
<http://www.ncld.org/archives/blog/routines-reflections-and-rewards-using-apps-for-kids-with-ld-and-adhd>

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70

## Q & A




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71

“Learning disabilities are not a prescription for failure.

With the right kinds of instruction, guidance and support, there are no limits to what individuals with LD can achieve.”

Sheldon H. Horowitz, Ed.D., Director of LD Resources, National Center for Learning Disabilities

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72



## How to Find Us

**LDA-IA State Office**

LDA-IA  
5665 Greendale Rd., Ste. D  
Johnston, IA 50131

Local: (515) 209-2290  
info@ldaiaowa.org

**Online**

**Website**  
[www.LDAIowa.org](http://www.LDAIowa.org)

**Facebook**  
<https://www.facebook.com/pages/Learning-Disabilities-Association-of-Iowa>

**Twitter**  
<https://twitter.com/LDAofIowa>

**Thank You!**

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73

## More Facts... and Why It's So Important To Understand LD

- **75 – 80%** of special education students identified as LD have their basic deficits in language and reading\*
  - **19%** of students with LD drop out of high school\*\*
  - **28-43%** of youthful offenders have been identified with a disability; majority LD\*\*\*
- Up to **50%** of the prison population has some type of learning disability\*\*\*\*
  - **60%** of adults with severe literacy problems have undetected or untreated learning disabilities\*\*\*\*\*

\*National Institutes of Health      \*\*\*National Council of Juvenile and Family Court Judges  
 \*\*National Center for Learning Disabilities      \*\*\*\*1995 Washington Summit on Learning Disabilities  
    \*\*\*\*\*National Adult Literacy and Learning Disabilities Center

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74

## ACROSS THE LIFESPAN: KEYS TO SUCCESS

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75

## Across The Lifespan: Keys To Success



### PREVENTION

- Good prenatal health & medical care
- Avoid environmental toxins
- Read to your baby!
- Be aware of risk factors
  - ✓ Knowledge
  - ✓ Preparation

### EARLY CHILDHOOD

- Early intervention is key!
- Good medical care & vaccinations
- Language-rich, stimulating environment
- Quality preschool programs
- Be aware of developmental milestones
- Know where to find help
  - ✓ Birth to age 3 services

76

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## Across The Lifespan: Keys To Success



### ELEMENTARY SCHOOL

- Preparation for entry
  - ✓ Talk about concerns
  - ✓ Get your child ready
- Be aware of early signs
- Know your rights
- Develop relationships with your child's teachers
- Frequent communications

### MIDDLE SCHOOL

- Preparation for entry
  - ✓ Talk to school
  - ✓ Get your child ready
- Transition planning
- Social / emotional issues

77

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## Across the Lifespan: Keys to Success



### HIGH SCHOOL

- Preparation for entry
- Frequent communications
- Post-secondary planning
  - ✓ Disability Services- Voc. Rehab
  - ✓ College requirements
- Course selection for graduation
- Scholarships
- Self-advocacy skills

### ADULTHOOD

- IDEA no longer in effect
- Living
  - ✓ Social / emotional issues
- Learning
- Working
  - ✓ Know your rights
  - ✓ Accommodations on the job
- Finding support

78

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