

## ADHD and The Jellyfish within!

I have long been fascinated by Jellyfish and it strikes me that there are parallels between life as an adult with ADHD and life as a jellyfish:

Jellyfish are free swimming creatures that go where the current takes them. I don't plan ahead and live in the moment going wherever life takes me.

Jellyfish are found in every ocean, from the surface to the deep sea, just as people with ADHD come from every walk of life, every colour, race and social class.

Jellyfish are likely to stay in "blooms" and are vulnerable when on their own. I like to be with the people I know and in situations where I am comfortable. My family and friends are important to me. Going out on my own makes me feel uncomfortable and exposed.

Jellyfish come in various colours, various brightness, just as people with ADHD are all different and have their own talents, characteristics and strengths.

Getting up-close and personal with a jellyfish is really not a good idea. They tend to sting. IF you upset me, scare me or frustrate me, you will find I have a sting too!

Written by Yazzie O'Dell aged 18



Lincolnshire ADHD Support Services



## HOW TO GET IN TOUCH



[lincsadhd@outlook.com](mailto:lincsadhd@outlook.com)



01522 539939

07940290365



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



[lincoln.adhd1](https://www.snapchat.com/add/lincoln.adhd1)



[/lincoln.adhd](https://www.facebook.com/lincoln.adhd)



[/lincolnadhd](https://twitter.com/lincolnadhd)



Jubilee Hall  
25 Shelley Drive, Lincoln  
LN2 4BY

Formerly known as Lincoln ADHD Support Group



*A frontline service for those  
who live or work with children  
and adults who have*

**ADHD**

*and associated*

***Behavioural Disorders***

*Providing Support across  
Lincolnshire since 1996*

**Registered Charity 1124090**

## About us

Lincolnshire ADHD Support Services (LASS) is a registered charity which was founded in 1996. Our primary aim is to support families, individuals and professionals who are living and working with Attention Deficit Hyperactivity Disorder (ADHD)

We are committed to raising awareness of ADHD and educating families, the public and professionals about the impact of ADHD and associated disorders on the individual, home life and society.

We do this through:

- Sharing information
- Telephone support line
- One-to-one support
- Family work
- Supporting Adults
- Support in schools
- Training
- Conferences
- Events
- Fundraising

We are a dedicated team, offering our services to help families and individuals, to bring about positive change within their lives, to encourage community living and to promote emotional well-being and independence.



## Criteria

The DSM V criteria for Children with ADHD is laid out below together with some Adult indicators

CHILDHOOD CRITERIA	ADULT INDICATORS
<b>Inattention</b> Careless Has trouble sustaining attention Fails to listen Does not follow through Often cannot organise Trouble sustaining mental effort Loses things Easily distracted Forgetful	<b>Inattention</b> Weak attention span Difficulty finishing tasks Poor time management Loses things Easily distracted Forgetful Poor organisation skills Missing social cues Procrastination
<b>Hyperactivity</b> Fidgets and squirms Has trouble staying seated Runs/climbs excessively Fails to play/work quietly Always on the go Talks excessively Chronic distraction	<b>Hyperactivity</b> Inner restlessness Self-selects active jobs Easily overwhelmed Talks excessively Trouble sleeping Chronic distraction Invades personal space
<b>Impulsivity</b> Blurts out answers Cannot wait turn Intrudes or interrupts	<b>Impulsivity</b> Irritability/quick to anger Impulsive job changes Drives too fast Money spending/debt

This list is not exhaustive and is no substitute for medical advice. Please contact your GP for a referral for assessment

Our Support Line is open Monday - Thursday 10.30 - 2.30pm

## Training workshop programmes

### ADHD Training

From bite size workshops to full staff training

For individuals, families and professionals

Training can be tailored to meet the needs of your organisation

Training can be delivered at your own premises

### The Why Try Programme

10 session programme for young people ages 11-25 years

Simple hands on techniques

Helping young people overcome their challenges

Improving outcomes in truancy, behaviour and academics

### 1-2-3 Magic

Effective behaviour management

3 session programme

For parents, families, carers and professionals of children 2-12 years

Inclusive for all children

Contact the office for more details and our current training schedule

## Subscription

### As a subscriber you are entitled to:

- Discounted places at training, events and family activities
- Priority pre-sale booking
- Newsletter

From just 58p per week\* you can benefit from all the above.

To receive your welcome pack and subscribe to our services, call our Support Line or e-mail [lincoln.adhd@btconnect.com](mailto:lincoln.adhd@btconnect.com) for terms and conditions.

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