



ADULT ADHD

AWARENESS AFTERNOON

“What Happens to Your Attention in ADHD”

Saturday, 7 September, 2019

ADHD is a common condition, yet many people have little idea about what it actually means to have ADHD and work with a mind that has difficulty maintaining concentration.

**Unique Opportunity to Learn About ADHD plus
Contribute to ADHD Research and How it is Explained to Others**

The purpose of this meeting is to find out about the day-to-day experiences of adults with ADHD

- How does the mind work in ADHD?
- What happens with concentration hour-by-hour, minute-by-minute?
- What are the most important effects this has on daily functioning?

Open to Adults with ADHD, Partners, Family Members and Carers

The outcome hoped for is to agree on an analogy or illustration that people can relate to, that is also understandable for people who do not have ADHD.

A greater understanding of what it means to have ADHD, may help with lobbying government for adequate resources - medical and other support services.

LED BY

Dr Alison (Sally) Poulton, Senior Lecturer, Sydney Medical School Nepean, University of Sydney

WHERE

St Barnabas Centre, 57-61 Mountain St, ULTIMO (near Broadway)

TIME

2.00 PM – 4.00 PM (includes afternoon tea)

REGISTRATION is ESSENTIAL go to: www.adultadhd.org.au

Tea/coffee and chat afterwards.

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