

Rosario Counseling  
&  
Associates  
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## Do you wonder if you or your child may have ADHD

The symptoms of attention deficit hyperactivity disorder (ADHD) also commonly referred to as ADD include but are not limited to inattention and/or hyperactivity and impulsivity. Children with ADD may have difficulty staying on task, whether it's listening to a teacher, completing homework or finishing a chore. Although children will display some of these at some point or another, the level of impairment differentiates typical behaviors from a clinical level. Frequently ADD is mistaken for laziness. Often the true problem is unrecognized throughout childhood.

Life can be a balancing act for any adult, if you find yourself constantly late, disorganized, forgetful, and overwhelmed by your responsibilities, you may have ADD. Up to half the Adults diagnosed with ADD had it as children. In childhood, some were able to compensate for the symptoms of ADD, only to run into problems as responsibilities increase in adulthood.

When ADHD persists into adulthood, symptoms may vary. For instance, an adult may experience restlessness instead of hyperactivity. In addition, adults with ADHD often have problems with interpersonal relationships and employment. The demands on your abilities to organize, focus, and recall information can be challenging for anyone, but if you have ADD/ADHD, it can feel impossible.

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- As many as 10,000,000 American adults live with ADD.
  - About 60% of children diagnosed with ADD experience these symptoms into adulthood.
  - Many people with the disorder don't receive an official diagnosis until middle age.
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Rosario Counseling & Associates provides compassionate, collaborative care for children, teens and adults dealing with ADD/ADHD. Our comprehensive services for ADHD/ADD include evaluations, counseling, family support and practical solutions.

Evaluations at Rosario Counseling & Associates include consideration of the physical, emotional and environmental dimensions of care. Our therapists work with the family to educate on the symptoms of ADD/ADHD, specific related behaviors and practical strategies to implement. In addition, we offer a written report documenting the results for your use with schools, doctors and/or for your personal record. If you or someone you love could benefit from an ADD/ADHD evaluation call Rosario Counseling & Associates 919-649-5882.

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### Resources:

Driven to Distraction - Hallowell and Ratey

ADD- Friendly Ways to Organize Your Life - Judith Kolberg and Kathleen Nadeau

You Mean I'm Not Lazy, Stupid or Crazy?! - Kate Kelly, and Peggy Ramundo

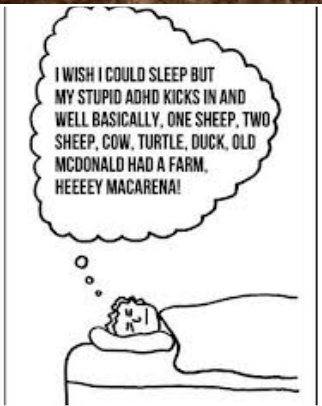
Organizations: CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder).

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The information contained in this publication should not be used as a substitute for a medical diagnosis. There may be variations in diagnosis based on individual facts and circumstances.



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