

Not only a problem of children

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Now we know that adults can also suffer from a disorder that prevents them from organizing and carrying out the simplest tasks

Much has been said about the disorder or attention deficit disorder (ADD), but few know what and who suffer it.

It was believed erroneously that only gave in children and what they exceeded to reach adulthood, but now it is known that the ADD-also known as disorder or attention deficit disorder and hyperactivity, or ADHD is an issue that can affect adults.

"THE ADD is a neurobiological disorder that appears in the *Diagnostic and Statistical Manual of Mental Disorders* and is recognized by the Center for Disease Control (CDC) and National Institute of Mental Health as an important health issue for adults and children well, "said Jennifer Koretsky, an expert in monitoring this disease. In adults the problem relates to the inability to organize and carry out everyday tasks simpler.

"The way that affects their lives is through a series of challenges being experienced by the person affected with adult ADD, poor time management is one of them. Adults with ADD suffer much in order to comply with everything they need to do during the day, arriving at appointments on time, for example," said the expert.

According Koretsky, who also was diagnosed with ADD, symptoms must have been present since childhood. "I can say that there are experts who now say that if a child has a very structured life, with parents who set strict schedules and tasks [there is a time for doing homework, another for lunch, to go to bed, etc.]. Then not note the suffering. However, when it leaves the parental home and that structure 'collapses', perhaps suddenly the DDA has more effect on one."

Treatments

"Definitely, the medication is an option. In my experience, many adults say: 'When I take the medicine, it's like getting a pair of glasses when I can not see, because all problems seem to be well focused, everything is clarified with the medicine, "said Koretsky. However, the association of attention deficit disorder (ADDA) indicates that medicine can not only teach the patient how to compensate the knowledge of life that were never purchased. In other words, people acquire knowledge and social morality during childhood. It is assumed that the proper social behavior is now set for when the patient enters adolescence or when an adult Unfortunately, the child who suffers from ADD does not learn appropriate social behaviors to age and

the gap between what is expected and who knows what he knows is going according grows and enters into adulthood.

Another form of treatment is therapy, applied health professionals including psychiatrists, clinical psychologists or social workers. According to Koretsky, therapy is often because people who are diagnosed with ADD for the first time has a certain feeling of sadness, that if we had known before this suffering, could receive the help they needed and would now would be much more successful and happier. In other words, the help of these professionals can provide the patient with appropriate support therapeutic problems that often accompany this condition.

A third form of treatment which is applied Koretsky in its monitoring program (*coaching*), that would be complementary therapy. "Sometimes, this method continues to therapy. When it explores everything that has to do in life, which has to battle all the time, people think: 'What's Next?'. The monitoring can help find what is and how it arrives there. Once you understand what is and what the DDA family history of this disease, but is still having trouble approach, to manage the time to stay organized, then it's monitoring, which can help bring life to the level next."

"I knew when I was monitoring diagnosed with ADD as being adult, and spent a whole process with the doctor and therapist, and then move on to monitoring. The monitoring program, which I notice is that people with ADD tend to really appreciate the opportunity to connect with others who suffer it."

"If one is an adult has ADD and has heard a lifetime: 'You are weak, if we really wanted to do something, you do if you apply a little more, you could have more success'. There are many negative things, but in my group monitoring one of the things I drew attention was the group atmosphere, the connection with which one can interact with other people who understand what it is trying very hard to pay attention in a meeting and simply unable to do so; trying to reach an appointment on time and always arrive 10 minutes late, no matter

how much you strive," stresses this expert.

The monitoring program that directs Koretsky, which commences on January 16, sessions are offered in an environment group. In New York, where this expert, the classes are given in person, but for other states are provided via conference calls and discusses the challenges and strategies for controlling them, it gives people the power of thinking that can control them.

Most people involved in programs like the Koretsky has already received a diagnosis of their physicians and have suggested they receive aid monitors (*coaches*) or, if they have not been diagnosed with ADD, have suspected of suffering from it. Either way, know that the techniques are taught in these programs are going to be helpful.

In women

The experience of working with Latinos Koretsky, mostly women, indicates that a problem facing the Latina woman who suffers from ADD lies in the cultural obligations and expectations felt by many of them put family responsibilities to theirs.

"Caring for the whole family, which is usually large, and everything that comes before them; leave their needs in the background and when you have ADD, this may be something really dangerous, because it is busy taking care of others, but inside is struggling and poor concentration which is devoted to other things. So what gets in life? "That is a big challenge."

"I have not worked with any Latino man, but with many women of that ethnic group and this appears to be the main challenge facing the Latina woman with ADD," says Koretsky, adding: "It's wonderful to give compassion, sensitivity, but they need someone to say: 'You can be much more useful or effective for your family if you spend time with yourself and take care of yourself first'."

Targets

Koretsky summarized in two goals in this treatment:

- 1) Connect with others who understand him. It is very useful for people who've been isolated all his life for this disease.
- 2) Getting to know personally how it affects the ADD. Most people think of this condition as hyperactivity that makes one "climb the walls", and this is not the way it is presented, each person is different: some may have problems with managing your time, with others staying quietly sitting in a

meeting. Once you know how it affects the next step is to find help to overcome the problem.

How do I know if you have ADD?

"The first thing to do is submit to an evaluation that is important. You can make a psychiatrist, psychologist, but should take care to seek someone with experience in this field, otherwise, if you do not know what you're looking for, you can not reach a proper diagnosis. The World Health Organization (WHO) offers a link in Internet [www.add.org/pdf/who_screening.pdf] where you can find a questionnaire to be answered and whether it reaches a certain score, it is suggested that the person undergoes to evaluation," says Koretsky.