



ULTRA ACCESS ADHD Awareness Month

Raising awareness for this common, albeit misunderstood condition

ADHD Awareness Month, observed annually in October in Britain, serves as a vital platform to educate the public about **Attention-Deficit/Hyperactivity Disorder (ADHD)** and to combat stigma around this condition.

This initiative in Britain aligns with global efforts, coordinated by organisations like **ADHD UK** and the UK's **National Health Service (NHS)**, to highlight the condition's prevalence and challenges.

The apparent sub-theme for 2025, is "**The Many Faces of ADHD**" which emphasises the different ways the disorder manifests across various ages, both genders, and social backgrounds, encouraging sharing of personal stories to foster empathy and understanding.

It is estimated that some 2.6 million people in the UK living with ADHD, including 1.5 million undiagnosed adults - but this number could be much higher, the month promotes early diagnosis, access to support, and workplace accommodations.

Events such as webinars, school campaigns, and social media drives aim to shift perceptions from viewing ADHD as a mere "behavioral issue" to recognising it as a neurodevelopmental condition affecting brain function.

This awareness is crucial in a society where misconceptions persist, often leading to delayed interventions and unnecessary suffering.

ULTRA ACCESS has previously released a publication on how ADHD (could) be considered a neurological "Superpower" - especially within / when scaffolding (and the scaffolders) are concerned, but there are also negatives to this often misunderstood mental health condition, one being the negative stigma that surrounds it.



The myth is that **ADHD** is not a "real" medical disorder but rather a label for laziness or poor discipline is a significant problem in changing public perception...

In reality, neuro-imaging studies show differences in brain structure and neurotransmitter activity, particularly dopamine - which regulate one's attention and impulse control.

Another common misconception attributes ADHD to bad parenting or excessive screen time, ignoring genetic factors that account for up to 80% of cases.

Critics often claim it's over-diagnosed, especially in children, yet evidence suggests under-diagnosis in girls and adults due to subtler symptoms like internal restlessness rather than hyperactivity, with between 60-70% of cases persisting well into adulthood, and due to the incorrect diagnosis' said adult could often mask it by other coping mechanisms, such as drug and alcohol use.

ADHD if it is unable to be managed within any degree of success can lead to; inattention, hyperactivity, and impulsivity—disrupt executive functions like planning, organizing, and time management. For instance, adults might forget appointments, misplace items, or struggle with procrastination, leading to cluttered homes and chronic lateness.

As time goes on, these awareness campaigns are slowly shifting public opinion, but it's an uphill struggle...

ULTRA ACCESS
Scaffold Technical Support

www.ultra-access.co.uk
UADIP: #ultacc211025