

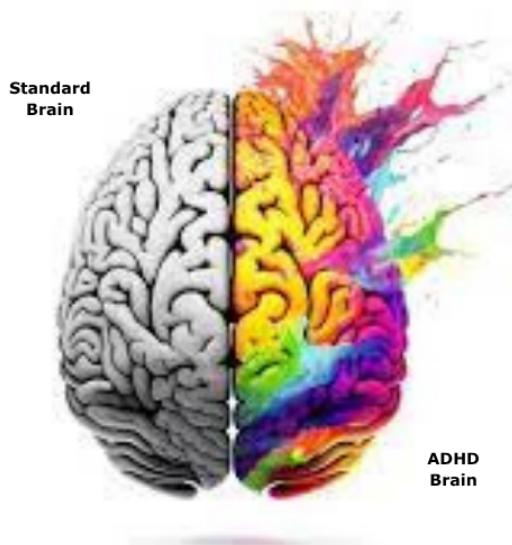
## ULTRA ACCESS

### ADHD: The Scaffolding Superpower

And how those with this condition can become AMAZING scaffolders...

**ADHD** short for, **A**ttention **D**eficit **H**yperactivity **D**isorder is a **mental health condition** that affects part of the human brain called the "Prefrontal Cortex", (among other parts) that is responsible for ones "executive functions", with things like decision / plan making and impulse control, as well as it being attributed to regulating ones emotional and social behaviour.

Although, it's not all bad, or should be necessarily seen as a negative condition to have... with many people who have **ADHD** often possessing unique strengths and characteristics, including a heightened creativity **increasing ones ability to think "outside the box" - which is PERFECT for scaffolders...**, where many a times, you are required to think fast and on your feet, to get yourself out of tricky or potentially dangerous situations. Some other positive examples of those with ADHD is the ability to become hyper-focused, and concentrating deeply on the various tasks that they find engaging, leading to high productivity and achievement in specific areas. It could also encourage ones natural enthusiasm to overcome challenging situations.



People with ADHD should not worry too much, as its fairly common among the population, with some **5%-10%** of all humans exhibiting traits of this condition, and with **Mental Health being a ever moving continuum**, and spectrum - some people have more characteristics than others.

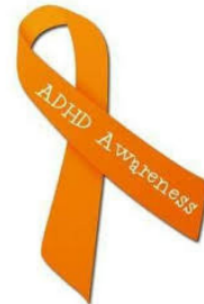
It could also have familial traits and be hereditary in nature, passed down from parent to child in some instances... ... but, like with anything that affects the brain, there are also a few unfortunate downsides to the list of potential positives.

Studies have shown that those with ADHD are more likely to also suffer with depression, anxiety and have an addictive personality - which might lead to substance abuse issues.

The main thing is to utilise this condition if you indeed show signs of ADHD, to the fullest... use its strengths to increase your creativity and divergent thinking, it can help you become highly focussed on the task at hand, and can help considerably with your problem solving skills, especially whilst on site and trying to scaffold your way out of a problem.

This doesn't need to be a condition that holds you back and it will only succeed in doing so, if you allow it to.

**Learn to harness your own ADHD Superpower and it could make you a significantly better scaffolder in the process.**



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