

One Practice Educators
perspective and thoughts
on what support you
could put in place during
placements and where
you can find more
information and
resources

ADHD AND SOCIAL WORK PLACEMENTS





THINKING ABOUT ADHD...

There are different types of ADHD:

- Hyperactive
- Mixed
- Inattentive

Most adults fall into the mixed category

What causes it?

One possible explanation is low dopamine, and it is believed that there is a strong genetic component.

...CONT



Procrastination
and overwhelm



Impulsiveness



Disorganisation
and difficulty
prioritising



time
management
skills affected



Hyper Focus



Challenges in
multi-tasking



Excessive activity



Challenges with
planning



Difficulties coping
with stress



ADHD SKILLS

Ability to
hyperfocus

Resilience

Creativity

Conversational
skills and
humanity

Spontaneity

High energy

Empathy



IDEAS AND TIPS – GOOD PRACTICE FOR ALL STUDENTS BUT PARTICULARLY IMPORTANT TO CONSIDER FOR NEURODIVERGENT STUDENTS

- Start placement planning and discussions as early as possible
- Be aware of noise and distraction and discuss working environment
- Consider supporting with prioritisation of tasks and checking in each day
- Use practice curriculum to structure placement & develop early & together
- Build planning time into workload expectations of your student and be realistic
- Consider walking supervisions or shorter sessions more regularly rather than screen or office based
- Focus on scaffolding learning, one area at a time
- Be flexible and be willing to change plans
- Organisational tools like timers, lists and apps to aid productivity

BREAK OUT GROUPS

- LET'S LEARN AND SHARE TOGETHER



Share any experiences and tools you currently use to support your students learning within the context of neurodiversity



Reflect on what you have heard this morning and share what learning you are taking away with you



When planning future placements is there anything you might do differently?

REFERENCES AND RESOURCES

- ADHD UK adhduk.co.uk
- ADDitude additudemag.com
- National Autism Society autism.org.uk
- Autistica autistica.org.uk
- On youtube ADHD Jesse
- [you tube how to ADHD j - Google Search](#)
- [How to Use Hyperfocus to Your Advantage \(webmd.com\)](#)

