With time, many people with ADD/ADHD will transition from pediatric to adult health care providers. Now that you are getting older, it is important to take an active role in your health and in managing your life as an adult. We created this fact sheet about ADD/ADHD as a tool to help you better understand your condition as you make the transition to college, a job, or moving away from your parents.

**What is ADD/ADHD?**
Attention deficit/hyperactivity disorder is a chronic neurodevelopmental disorder. If you have ADD/ADHD, you may have symptoms of inattention, impulsivity, and hyperactivity. What you might not know is that over 75% of children will continue to have symptoms as an adult.

**ADD/ADHD in symptoms in Adults**
Symptoms in adulthood are very similar to pediatric ADD/ADHD, but their effects can change over time. Symptoms will depend on whether you have more inattention, more hyperactivity/impulsivity, or both:

**Inattentive:**
- Cannot pay close attention
- Do not appear to be listening
- Have difficulty with following directions or staying organized
- Often lose or forget things

**Severe, untreated symptoms can sometimes result in:**
- School or job failure
- Difficulty in relationships
- Risk-taking behavior that can end in injuries, substance use, and breaking the law

Individuals with ADD/ADHD are also at risk for other mental and developmental health disorders like depression, anxiety, learning disorders, substance use, and sleep disorders.

**How do I treat ADD/ADHD?**
If you are taking medications, you should not stop them while waiting to see a new adult doctor. But remember that medication does not cure ADD/ADHD. Treatment for ADD/ADHD may include medication, behavioral management techniques to help you stay organized, and mental health counseling for therapy to learn techniques to live successfully with ADD/ADHD.

**Where to go for more information:**
- Your current doctor
- Your family
- chadd.org

Our clinic is happy to help you every step of the way in your transition. Please don’t hesitate to reach out to us with questions or concerns.