

Adult ADHD (*Interview Transcripts*)

Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare

“Maybe you were in school and couldn’t keep all of your homework together and a wise teacher suggested keeping track of it on a phone or calendar somehow, so you might carry that on with you as an adult and keep using that strategy to help with the situation. That’s okay for a while, but then you get a job where there is no end to the work and you are never done and it adds more complexity to the problem.” (:29)

Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare

“As you get older and you start engaging in these more complex social relationships, ADHD symptoms can be challenging sometimes – especially when it comes to focusing on what your partner is saying. While they are talking to you, your mind may be drifting and you change the topic and they may say: ‘Hey, we’re not done talking about that.’ So it can cause some stressful situations in a relationship.” (:28)

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“There is one way to ask questions, like: ‘Do you experience XYZ?’ or ‘Have you seen XYZ happening?’ Those questions help us understand what might be going on with the potential ADHD, but proper and in-depth evaluation isn’t asking about how you might be experiencing things, it actually measures how you do them.” (:23)

Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare

“You hear a lot about organization and how that helps someone with ADHD. The idea is that you need some scaffolding around your day in order for you to live a fulfilling life and productive life and things like that. But there is nothing more boring to a person with ADHD than structure. You really need structure with pizzazz.” (:26)