




Attention Deficit Hyperactivity Disorder And/Or Executive Dysfunction Associated With Tourette Syndrome

TSA Educational In-Service


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 **ADHD and Executive Function**

- **Attention Deficit Hyperactivity Disorder**
 - Many people with TS have ADHD
 - There are 3 ADHD subtypes according to the DSM IV:
 - Predominantly Inattentive
 - Predominantly Hyperactive-Impulsive
 - Combined





- **“Executive Functions” are brain processes that guide thought & behavior in real world situations**
 - Planning, decision making, error correction, troubleshooting, response in novel/difficult situations, overcoming strong habitual responses, resisting temptation
 - No single behavior indicates Executive Dysfunction, but it is common in ADHD and TS


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 **Common ADHD and Executive Dysfunction Characteristics**

- Children with ADHD will sometimes, but not always
 - Be hyperactive
 - Be socially immature
 - Be distractible
 - Have impulse control problems
 - Exhibit short-term memory difficulties
 - Have problems with executive function
- Executive Dysfunction isn't an IQ problem, but it often makes real world tasks difficult
 - Planning new, unfamiliar projects
 - Sequencing activities for new assignments
 - Responding appropriately to the unexpected




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 **ADHD/Executive Dysfunction Behaviors Often Seen At School**



- Inattention
- Impulsivity
- Social immaturity
- Disorganization
- Poor time management
- Blurting out
- Difficulty controlling emotions
- Poor self direction
- Inability to learn from consequences
- Inability to sit still for long periods of time
- Difficulty with field trips, hallways, play grounds
- Frustration from being overwhelmed


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 **Common Struggles For Students With ADHD/Executive Dysfunction**





- Keeping track of their belongings
- Organizing materials
- Getting started on a task and staying on task
- Failing to finish tasks
- Managing time/workload
- Initiating activities
- Writing down homework assignments
- Developing concrete strategies
- Performing to their potential


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 **Strategies to Help Students With ADHD/Executive Dysfunction**



- Teachers and parents must work together as a team
 - Communication is the key
- Creative methods for keeping track of assignments:
 - Teacher signing assignment book
 - Emailing assignments home or leaving message on home voicemail each day
 - Providing an assignment and activity plan for the coming week
- Extra set of books at home
- Breaking down large assignments into more manageable subtasks
- Reducing workload: Quality vs. Quantity
 - The primary goal is to master the material





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 **Summary**


- Many people with TS also have ADHD
- ADHD may include Executive Dysfunction
- ADHD/Executive Dysfunction can cause problems at school
- Parents and teachers must work together for success
 - Frequent communication
 - Knowledge of the issues and strategies to compensate



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 **Contact TSA for More Information and Resources**

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