



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

*TSA Educational In-Service*



# 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





# 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





# 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**



# 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



# 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





# 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





# Contact TSA for More Information and Resources

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