

Attention Deficit / Hyperactivity Disorder

Attention-deficit/hyperactivity disorder (ADHD) is a common neurodevelopmental disorder that typically begins in childhood and can continue into adulthood. It affects the brain's executive functioning, leading to persistent patterns of inattention, hyperactivity, and impulsivity that can interfere with daily life, school, work, and relationships.

Key Aspects of ADHD

- **Core Symptoms:** ADHD is defined by three main characteristics: inattention (difficulty sustaining focus), hyperactivity (excess movement), and impulsivity (acting without thinking).
- **Neurodevelopmental Basis:** It is considered a neurobiological condition reflecting differences in brain development and function, often involving altered neurochemistry.
- **Lifelong Management:** While diagnosed in childhood, symptoms often persist into adulthood. It is not a sign of low intelligence, but rather a different way the brain processes information.
- **Types of ADHD:**
 - **Predominantly Inattentive Presentation:** Difficulty focusing, organizing, and finishing tasks.
 - **Predominantly Hyperactive-Impulsive Presentation:** High activity levels, restlessness, and impulsive behaviour.
 - **Combined Presentation:** A mix of both inattentive and hyperactive-impulsive symptoms.

Symptoms and Impact

- **Children:** Often show high levels of movement, trouble waiting their turn, and difficulty staying on task.
- **Adults:** May experience difficulties with time management, organization, focus, and emotional regulation.
- **Impact:** If unmanaged, these symptoms can create challenges in academic, professional, and social environments.

Benefits from working with RDA

- Concentration; Programs include educational concepts, learning numbers, colours, shapes, patterns and sequencing. Memory and concentration can be improved through playing games.

- Social Isolation; Group lessons provide riders with the opportunity to join in with their peers and understand concepts of teamwork and participation in social rituals such as appropriate greetings and thanking volunteers
- Psychological Benefits; Adaptive equipment helps riders to participate in a sport to the best of their ability. This includes competition opportunities. Learning to control the horse and other skills provides riders with a sense of achievement.
- Poor Self-discipline and emotional control; The riders learn self-control through the structure of lessons.