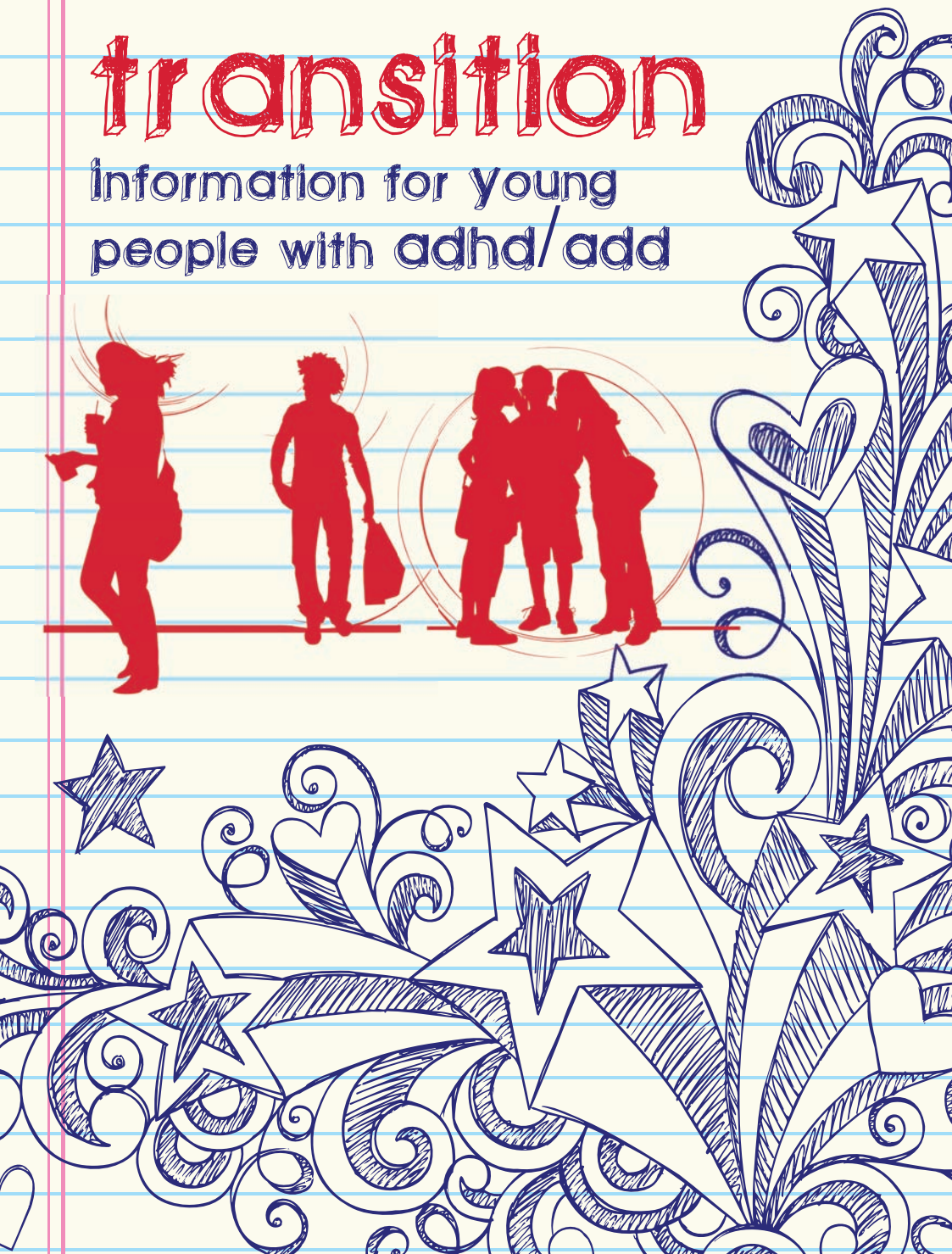


# transition

Information for young  
people with adhd/add



Dear .....

Teenage years can be challenging for most young people but may be even more so if you have ADHD. We would like to provide you and your parents/carers with as much information as possible to help you prepare for some of the challenges you might face as a teenager / young adult with ADHD/ADD. In this pack we will discuss:

**\*DRIVING**

**\*DRUGS** including smoking tobacco and marijuana

**\*DRINK** (alcohol)

**\*DIFFICULTIES** at School, College and Work

**\*DATING and RELATIONSHIPS**

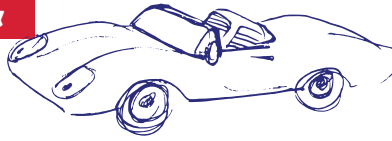
including family and peer relationships

**\*DEALING WITH ADULT SERVICES**





## DRIVING



- ADD or ADHD may increase the risk of unsafe driving.
- Young drivers with ADHD have nearly **four times** as many car accidents and **three times** as many speeding offences as those without ADHD
- The reasons for this may be because of the following:
  - **Difficulty judging risks and making appropriate decisions**
  - **lack of organisation**
  - **problems concentrating**
  - **unpredictable driving actions due to being impulsive**
- There are many distractions that can be dangerous when driving such as using your mobile phone, playing with the radio and changing CDs and carrying many passengers.
  - **You should not use your mobile phone at all when driving**
  - **CDs or the radio station should not be changed while you are driving and it is worth considering keeping the music off altogether while driving**
  - **It may be helpful to limit the number of passengers you carry as lots of chatter may also be a distraction**
- It is also important for you to discuss driving with your parents. Together you can think of ways to help limit distractions, focus attention, and make driving a safe experience.
- Before applying for a licence it is really helpful to talk things through carefully with us or your GP
- You should contact the DVLA direct for advice on personal matters and if you are open about your diagnosis the DVLA can ensure you are provided with the appropriate support
- Medical clearance to drive is encouraged – we are obliged to inform the DVLA if in our judgement it is unsafe for you to drive
- We can complete any necessary forms which need to be sent to the DVLA.
- You will need to speak to your Insurance Company especially if you are on medication as you may find your insurance will not cover you if you have an accident and have not informed them of your diagnosis.
  - **Manual cars have been found to be safer for you than automatics as they hold your attention better.**

**It is very important that if you need medication to help you control your ADHD symptoms and to focus and concentrate, that you take it as it may be unsafe for you to drive otherwise.**