

Resources Sheet – New Beginnings: Strategies for Life with Late-Diagnosed/Suspected ADHD

General information

- Informational articles, webinars and resources for people with ADHD and their loved ones: <https://www.additudemag.com/>
- Resources and blog posts from Dr Megan Anna Neff, psychologist with ADHD and autism: <https://neurodivergentinsights.com>
- A YouTube channel offering strategies, information and personal anecdotes by Jessica McCabe: <https://www.youtube.com/@HowtoADHD>
- “This is what it’s really like to live with ADHD”, Ted Talk by Jessica McCabe: https://www.ted.com/talks/jessica_mccabe_this_is_what_it_s_really_like_to_live_with_adhd_sep_2017?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare
- ADHD UK is a charity founded in 2020 by people with ADHD for people with ADHD, with multiple resources and information: <https://adhduk.co.uk/>
- ADHD Partners Peer Support Group (meets monthly over Zoom): <https://adhdaware.org.uk/adhd-support-group-meetings/supporting-partners-drop-in-session/>
- Scottish ADHD Coalition Groups in Scotland: <https://www.scottishadhdcoalition.org/local-groups-in-scotland/>

Resources for the workplace

Reasonal adjustments for people with ADHD: <https://adhduk.co.uk/reasonable-adjustments/>

Further reading and resources

- ADHD in women and girls: <https://www.additudemag.com/category/adhd-add/adhd-in-adults/add-women/>
- ADHD and motivation: <https://www.youtube.com/watch?v=OM0Xv0eVGtY>
- A support group and information hub for black women and non-binary people with ADHD: <https://www.adhdbabes.com/>
- ADHD toolbox for tracking strategies that may work for your loved one: <https://irradiated-monarch-30f.notion.site/My-ADHD-Toolbox-ff5a531aeb90411788d51d1b809a7a5e>
- ADHD Friendly Lifestyle, a podcast about making life more accessible and supportive for people with ADHD: <https://adhdfriendlylifestyle.com/about/>
- When Parent and Child Both Have ADHD, Susan C Pinsky, organising solutions for people with ADHD – tips and tools to help you take charge of your life and get organised, <https://childmind.org/article/help-for-parents-with-adhd/>
- How to Fall Asleep with a Rowdy, Racing ADHD Brain: <https://www.additudemag.com/how-to-fall-asleep-adhd/>