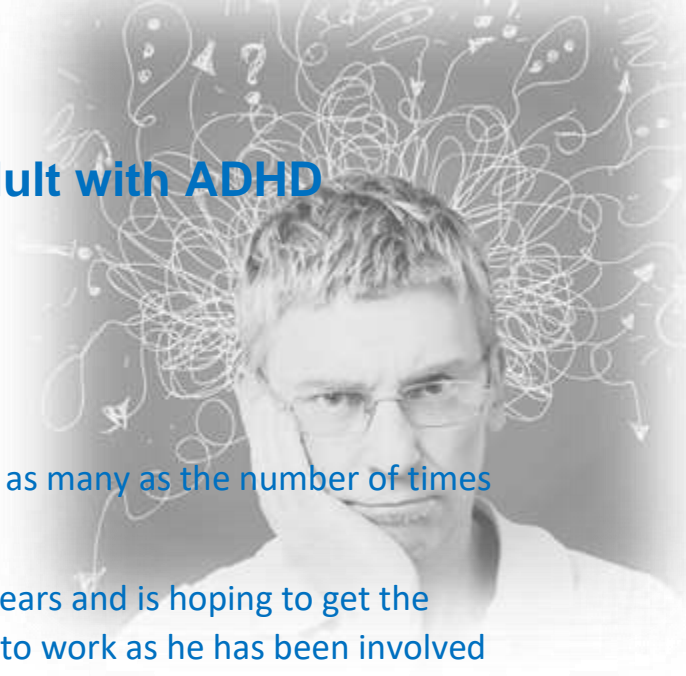


A day in the life of an adult with ADHD



Let me introduce you to Tom.

Tom is a 37-year-old architect from Brighton.

Tom has had a few “failed” relationships but not as many as the number of times he has missed the train.

Tom has been working at this new firm for two years and is hoping to get the promotion that is coming up. Tom gets the train to work as he has been involved in several small car accidents.

Tuesday Morning

Tom is at work and has just gone to make himself a cup of tea following the weekly staff meeting led by his boss.

Tom’s boss approaches Tom in the staff room and asks Tom if he would lead the staff meeting next Tuesday.

How this relates to ADHD: organisation, flexibility, memory and prioritisation difficulties. Tom is away from his desk in a non-working environment and cannot write this down or set a reminder.

Tom was super enthusiastic with this opportunity. Tom thinks this is a way of his boss seeing if he would be a good candidate to consider for the upcoming promotion.

Tom goes back to his desk and continues with his day.

How this relates to ADHD: organisation, attention, working memory challenges, prioritisation.

A week goes by....

The following Tuesday morning Tom wakes up.

Tom tries to think of everything he has to do for the next couple of days and becomes overwhelmed.

How this relates to ADHD: simultaneous thoughts, struggle to focus, time management, feeling overwhelmed or information overload, organisation of tasks and week.

Tom arrives at work and walks into the conference room with his tea ready for the weekly meeting.

Tom joins his colleagues around the desk waiting for his boss to arrive and start the meeting.

The boss is nowhere to be seen and the meeting does not go ahead. Instead, the staff begin to talk about planning a much-needed staff night out.

Tom thinks it's strange his boss didn't show up but is enjoying the informal chat and is looking forward to going out with his colleagues. Tom is wondering what he will order at the chosen restaurant.

How this relates to ADHD: struggles with flexibility, focusing, hyper fixation on enjoyed tasks, struggles to keep to commitments.

After lunch, Tom's boss asks him how the meeting went. Tom was a bit puzzled by this question and said he enjoyed planning the staff night out. Since lockdown everyone has been working from home and not getting out much.

Tom's boss looks at Tom surprised and says, "Are you kidding me?!". At first, Tom doesn't understand this reaction but then it suddenly dawns on him that he has forgotten again. Tom has missed his chance to lead the meeting and stand out for his promotion.

Tom feels like a failure. Guess who didn't get the promotion?

How this relates to ADHD: more likely to have problems at work, sustaining work.

Tom feels like he is always anxious and paranoid that he has always forgotten to do something.

How this relates to ADHD: feelings of shame, low confidence, and self-esteem.

