



ADHD Webinar

**Midlife ADHD Diagnosis in Women: Meet
the Challenges, Unlock Your Potential,
Find Happiness**

2013 ADHD Awareness Webinars

(Type your questions in the box to the right.)

Zoë Kessler



Zoë Kessler is a best-selling author, journalist, and motivational speaker who specializes in adult ADHD. A top blogger at psychcentral.com, Kessler's blog, ADHD from A to Zoë, has garnered a loyal readership around the globe.

Kessler is a frequent contributor to ADDitude magazine, and has created radio documentaries and standup comedy about being a woman living with ADHD. Kessler's upcoming book, *ADHD According to Zoë: The Real Deal on Relationships, Finding Your Focus, and Finding Your Keys*, will be published in September 2013.

ADHD and Late Diagnosis in Women: The Facts

- ▶ In childhood, girls are much less likely to be diagnosed with ADHD than boys.
- ▶ In adulthood, the ratio of adults diagnosed is closer to 50 percent men, 50 percent women.

- ▶ Women are frequently misdiagnosed with “look-alike” conditions: bipolar disorder, depression, anxiety disorders, to name a few.
- ▶ Even when these are treated, undiagnosed ADHD can hold women back.

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- ▶ Most women are diagnosed at pivotal times in their lives:
 - ▶ when entering college or vocational school;
 - ▶ when they get married or have children; after a work promotion;
 - ▶ during or after menopause.
 - ▶ These events can become overwhelming, tip the scale, and cause women to seek counseling or treatment.

- ▶ An ADHD diagnosis brings relief and a rollercoaster of emotions. It also unlocks a woman's full potential and can lead to a much happier, more fulfilling life.

- ▶ Moms seeking treatment for their children with ADHD often recognize themselves and subsequently receive their own diagnosis.
- ▶ Opportunities for mother and child to share education, treatment strategies, coping skills, and to build self-esteem and confidence.
- ▶ Mom learns to advocate for herself and for her child; teaches child to self-advocate.

- ▶ Understanding ADHD and identifying your particular ADHD traits and challenges are the first steps to finding and implementing successful strategies to overcome disorganization, procrastination, transition troubles, feeling overwhelmed, financial difficulties, relationship and social challenges.

- ▶ Good news! There are lots of resources to draw on: books, blogs, webinars, support groups, online forums, and more.
- ▶ We'll mention some of these during this webinar, as well (time allowing) tips on how to find a qualified medical practitioner to make the diagnosis and help with treatment.

Questions?

Please enter your questions for Zoë Kessler in the box to your right.



Please note: Attendance and all questions are confidential.

None of the attendees of today's webinar can see the names of other attendees
nor can they see the questions being submitted.

Only the moderator of the webinar will see your questions.

ADDitude does not provide medical advice, diagnosis, or treatment. The material in this webinar is provided for educational purposes only.

▶ Upcoming Webinar Dates

- ▶ June 11, 2013 - How to Manage Comorbid Conditions That Come Along with ADHD with Larry Silver, M.D.
- ▶ June 27, 2013 - Fun Ways to Boost the Academic Skills of Your ADHD Child This Summer with Sandra Rief, M.A.
- ▶ www.additudemag.com/webinars



Thank You!

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ADDConnect

ADDitude's online community for attention deficit support and solutions
where you can join our ongoing ADHD discussion groups.

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