Adaptation checklist

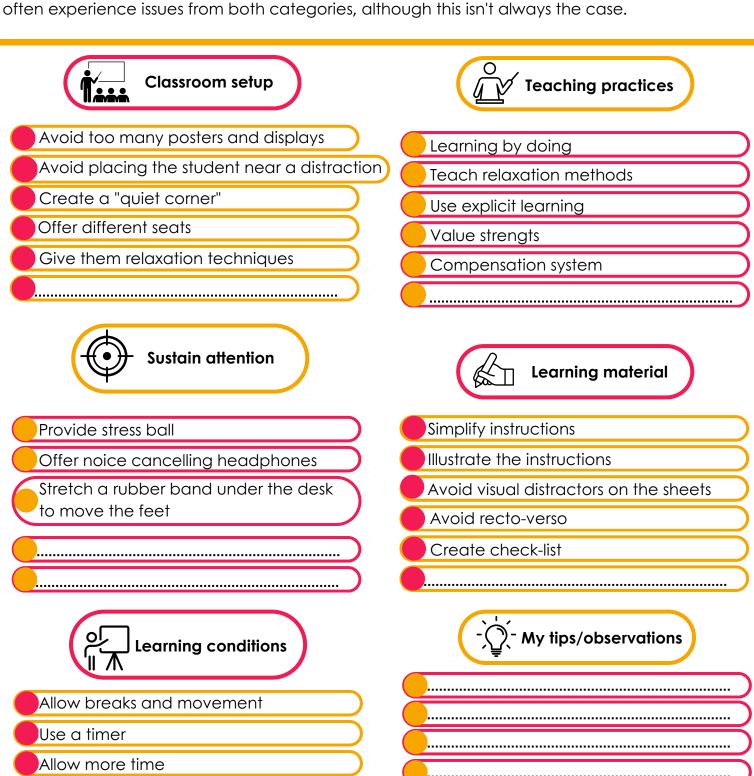
ADHD



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What is it?

ADHD, or attention deficit hyperactivity disorder, involves two main types of challenges: inattentiveness, where someone has trouble concentrating and staying focused, and hyperactivity with impulsiveness, where someone is overly active and may act without thinking. People with ADHD often experience issues from both categories, although this isn't always the case.



Break down units into smaller units