

# ADD/ADHD: How LearningRx Can Help

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## Definition

Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) is a “disruptive behavior disorder” characterized by inattention, hyperactivity or their combination. In those with ADD, the frontal cortex (surface) of the brain has more difficulty using glucose and less blood flow than in people without ADD. The frontal cortex inhibits impulses, initiates behavior, and controls working memory.

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## Diagnosing

LearningRx provides a professional cognitive skills evaluation using the Woodcock Johnson III Tests of Cognitive Abilities, Woodcock Johnson Test of Achievement and/or the Gray Oral Reading Test to pinpoint the exact cause of learning problems. The tests measure all cognitive skills - including memory, processing speed, visual and auditory processing, logic and reasoning, and attention. In people with ADD/ADHD, the weakest cognitive skills are attention (divided, sustained and/or selective), although other areas may suffer as well.

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## Symptoms/Characteristics

### Hyperactivity includes:

- Overactivity
- Fidgeting most of the time
- Squirming in their seat
- Purposeless or non-goal directed activity
- Goes from one activity to another without completing activities

### Distractibility includes:

- Very distractible
- Does not complete tasks
- Lacks selective attention
- Unable to concentrate (unless fascinated by a subject)
- Tendency to daydream

### Impulsivity includes:

- Demands must be met immediately
- Needs immediate reward for achievement
- Poor planners
- Lack of organizational skills
- Lack of self-control
- Does things without thinking of consequences

## Treatments

- Ritalin and other stimulant medications can treat the symptoms of ADD/ADHD.
- Classroom accommodations, such as allowing the child to test alone in a private room, can sometimes help the student focus and prevent class disruptions.
- Cognitive skills training attacks the *root causes* of ADD/ADHD by strengthening weak cognitive skills. (In the case of ADD/ADHD, selective, divided, and sustained attention.)

Unlike tutoring, which focuses on specific academic subjects (like history), cognitive skills training treats the causes of learning struggles to help children, teens, and adults excel in school, sports, the workplace, and extracurricular activities (like music, art and dance).

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Call today to have your child’s cognitive skills tested!  
Visit [www.LearningRx.com](http://www.LearningRx.com) to find a center near you.

