

ADHD

INFORMATION PACKS FOR PARENTS

These are available from the Information Service at the Children's Development Centre (0115 8831157 or 58, infoservicescdc@nottshc.nhs.uk)

Alternatively you can download your own copy from the documents on this website:

- Contents page, including 'Information and Financial Help' (below)
- Information Service, Children's Development Centre (Listed under 'Supporting Behaviour')
- 123 Magic resources (Listed under 'Supporting Behaviour')
- ADHD Support Groups (Listed under 'Local Support Groups')
- Ask Us Nottinghamshire – formerly Parent Partnership Service (Listed under 'Supporting Learning')
- Children's Disability Register application form (Listed under 'Useful Links')

ADHD INFORMATION BOOKLET FOR PARENTS AND CARERS

Contents of this booklet

- Information and Financial Help
- Information Service, Children's Development Centre
- 123 Magic resources
- ADHD Support Groups
- Ask Us Nottinghamshire – formerly Parent Partnership Service
- Children's Disability Register application form
If you join the Register the quarterly IRIS Magazine will be delivered to you by post or email. It includes details of local events and activities for children and young people with disabilities. Phone 07827 938966 for more information.

Information and Financial Help

- Some useful information about ADHD and coping strategies for home and school, is available from the website: <http://www.adhdtogether.com/about-adhd>. Resources on ADHD are available for loan from the Information Service at the Children's Development Centre. Details overleaf.
- Disability Living Allowance (DLA) www.gov.uk/disability-living-allowance-children and Personal Independence Payment (PIP) www.gov.uk/pip. Some children and young people with ADHD may qualify for these benefits. You can get an application form for DLA (for a child under 16 years of age) by ringing 03457 123456. For PIP (16 years and over) phone 0800 917 2222 (textphone 0800 917 7777) to start your claim. Parents can ring on the young person's behalf, but the young person needs to be with them when they call. Details needed include their National Insurance number, bank details and doctor's name. They will then be sent a form to complete. It is worth getting help with completing the forms. There may be a local welfare rights advice session, where you can get help. The Children's Development Centre also currently has sessions on Mondays where you can get help with the form. Phone 0115 8831157 or 58 for an appointment.