



ADHD & ASD Resources

Skills and Support for ADHD & Autism – For Kids, Teens, and Adults

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a **neurodevelopmental condition that affects attention, organization, impulse control, and regulation of activity and emotions**. People with ADHD may experience difficulty sustaining focus, managing time, or completing tasks, but often bring creativity, energy, and strong problem-solving abilities. With effective support and treatment, individuals with ADHD can thrive in work, school, and daily life.

What is ASD?

Autism Spectrum Disorder (ASD) is a **neurodevelopmental condition that affects social communication, sensory processing, and patterns of behavior or interests**. Individuals with autism may prefer predictability, communicate or connect in unique ways, and experience sensory sensitivities, while also demonstrating strong attention to detail, deep interests, and meaningful strengths. Supportive environments and individualized services can promote independence, wellbeing, and quality of life.

Skills & Support for Adults with ADHD and/or ASD

ADHD

- Focus on routines, organization, and time-management skills
- Support for emotional regulation and coping with stress
- Practical tools such as planners, reminders, and scheduling strategies
- Therapy, skills-based coaching, and collaborative treatment planning
- Strengths include creativity, problem-solving, and adaptability

ASD

- Support for communication styles and sensory preferences
- Strategies for navigating social interaction and life transitions
- Assistance with workplace accommodations and daily-living skills
- Services that promote independence, wellbeing, and community connection
- Emphasis on strengths such as focus, reliability, and specialized interests



Ready to Get Started?



☎ 651-615-2641

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Support for Parents of Children with ADHD and/or ASD

ADHD

- Structure, predictable routines, and positive reinforcement
- Support for attention, impulse control, and emotional regulation
- Collaboration with therapists, healthcare providers, and schools
- Parent guidance and skills-focused interventions
- Emphasis on confidence, resilience, and strengths-based growth

ASD

- Individualized strategies that honor strengths and sensory needs
- Support for communication, independence, and daily routines
- Partnership with therapists, educators, and family supports
- Guidance for advocacy and navigating services
- Focus on safety, connection, and long-term wellbeing



Support for Caregivers for Adults with ASD

- Education about autism and available community resources
- Guidance for collaborative and respectful communication
- Support for balancing autonomy and safety
- Planning for future care and long-term needs
- Encouragement for caregiver wellbeing and education on respite support

10 Warning Signs of Caregiver Stress

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|-------------------------|--|
| 1. Anger & frustration | 6. Feeling irritable |
| 2. Denial | 7. Difficulty with concentration & attention |
| 3. Fatigue & exhaustion | 8. Anxiety & stress |
| 4. Sleep disturbance | 9. Depression |
| 5. Social withdrawal | 10. Health deterioration |



Answers, support, and a plan forward start here.

We provide **comprehensive ADHD and ASD evaluation**, clear diagnosis, and personalized recommendations so you can move forward with confidence and the right supports in place.

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