

Adult ADHD

Providing resources, education and clinical support to enhance skills and strategies for managing ADHD.

**NEW
PROGRAM**

Who is the program for?

Individuals who have diagnosis of ADHD and want to learn strategies for managing attention, distractibility and procrastination. This program will also address self-esteem and negative thinking commonly associated with ADHD.

Program content

- Understanding the neuroscience
- Lifestyle changes
- Managing attention
- Reducing procrastination
- Dealing with emotions
- Changing unhelpful thinking
- Increasing motivation
- Improving self-esteem

About the program

This half-day program is designed to offer strategies that address the specific symptoms of ADHD in conjunction with other medication strategies. This skills-based group will support participants to make adjustments to their lives to improve their capacity to live with ADHD.

When is it held?

One day a week over 12 weeks as detailed below. Morning tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:00pm Group Program
Check our webpage for the current timetable.

How to join

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to South Coast Private Hospital.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team
T: 02 4286 6847
E: sco.dayprograms@aurorahealth.com.au

**South Coast
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