

MYTH: People with ADHD just can't concentrate.

FACT: Individuals with ADHD can concentrate when they are interested or intrigued by what they are doing.

While it is true that people with ADHD can be easily distractible or impulsive, someone with ADHD can focus intently on an activity.



When someone has ADHD, they have a different mental and emotional system of evaluating what to do and when to do it. They prioritize tasks according to emotional importance.

The problem isn't a lack of attention, but difficulty sustaining and regulating attention — especially for tasks that are considered to be mundane or boring.



It is common for individuals with ADHD go into intense moments of concentration, called hyperfocus, where they are completely absorbed in activities that interest them.

While in hyperfocus, an individual's concentration be so intense that they lose track of time, other chores, or the surrounding environment.



Find out more at ADHDAwarenessMonth.org

Information adapted from "People With ADHD Can't Concentrate" by ADHD Coaches Organization