

Why is it important to diagnose and treat ADHD in adulthood?

By: Evelyn Polk Green

Diagnosis and treatment of ADHD in adulthood is important because it is never too late to improve your life and you can't solve a problem until you identify it. Realizing that you have ADHD and seeking treatment go a long way toward self-acceptance - and understanding that you aren't just lazy, crazy, or stupid!

Diagnosis and treatment of ADHD in adulthood is important because **many adults have lived with feelings of failure, anxiety, poor self-esteem, depression and other negative emotions for years**, never understanding that there is a reason for the challenges they have faced. For those adults who have always felt "off" or like they just didn't fit in easily with others, discovering that they have ADHD can be life changing. Imagine the relief that comes with knowing that there is a reason for all of the lost keys, missed meetings – and opportunities, emotional outbursts and failures at work, relationships and/or finances. I should know since I experienced that ah-ha moment for myself as an adult!

Once you KNOW you can seek answers, treatment and solutions. Even if you have managed to be relatively successful and don't feel the need to seek further treatment just

knowing can make a positive difference. I did not seek treatment immediately after my diagnosis at the age of 41. I was a busy single parent, raising two sons and successfully navigating my career. I'd not only survived but thrived up until that point. But then came the **fluctuating hormones of menopause** and a **new demanding job** that required more paper pushing than interactions with people. It was such a relief to realize right away that I could **seek multiple treatment paths** to help me get through this rough patch. Knowing there was a reason I was having such difficulty made all the difference.

So whether you've been successful all your life, or have struggled because of undiagnosed ADHD, just KNOWING can open up new possibilities and provide new paths to self-acceptance and inner peace.

About the Author



Evelyn Polk Green, MSED, is a past president of both ADDA, the Attention Deficit Disorder Association, and CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder). Evelyn is an adult with ADHD and the mother of two adult sons who also have ADHD. She has been active in ADHD and mental health advocacy for more than 25 years.