

WHY SOME KIDS CAN GET OFF ADHD MEDS AS THEY GET OLDER



ADHD doesn't just "go away" for most people. But as kids grow, their brains, skills, and lives change—so they may not need medication anymore.

SKILLS
STRATEGIES
SELF-AWARENESS

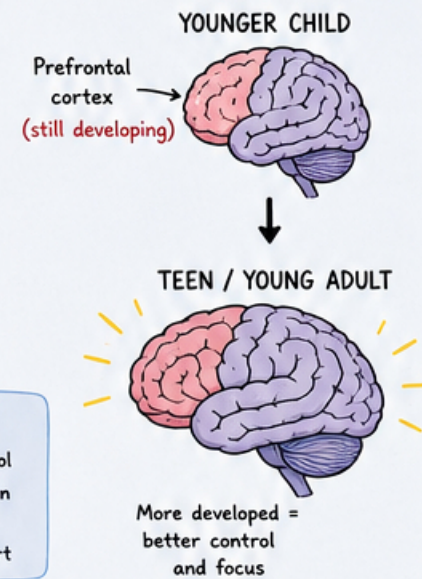
1. THE BRAIN "CATCHES UP"

ADHD involves slower development in areas like the prefrontal cortex—the part of the brain that helps with focus, planning, and impulse control.

As kids grow, these brain circuits can mature and work more efficiently.

This can lead to:

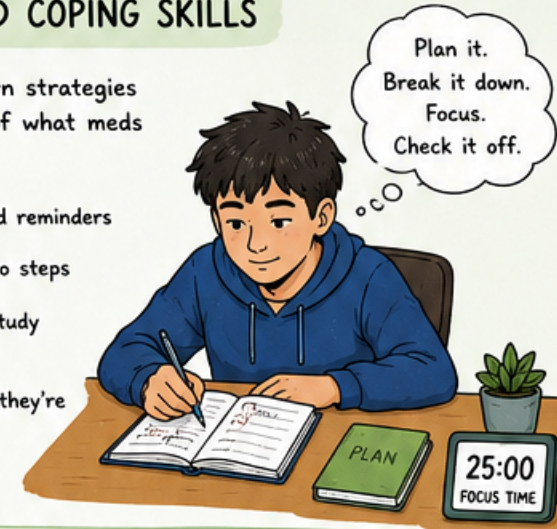
- ✓ Better self-control
- ✓ Improved attention
- ✓ Less need for medication support



2. THEY BUILD COPING SKILLS

Over time, kids learn strategies that replace some of what meds were helping with.

- ✓ Using planners and reminders
- ✓ Breaking tasks into steps
- ✓ Learning how to study effectively
- ✓ Recognizing when they're getting distracted



Meds can be like "training wheels." Skills help them ride on their own.



3. LIFE STRUCTURE CHANGES

YOUNGER KIDS

- Sit still for long periods
- Follow strict schedules
- Less control over their environment



OLDER TEENS / ADULTS

- Choose classes, jobs, or routines that fit their strengths
- Can take breaks, move around, or structure their day differently



The environment becomes more ADHD-friendly, so meds may be less necessary.

4. INCREASED SELF-AWARENESS

They understand how their brain works.

They notice triggers (like lack of sleep, stress, or distractions).

They adjust their behavior more intentionally.

I focus better when I sleep well and have a plan.

This self-regulation can reduce reliance on medication.

5. SYMPTOMS CAN CHANGE (NOT DISAPPEAR)

Hyperactivity often decreases with age.

But attention issues may still exist—just less obvious.

Some people:

- Stop meds completely
- Use them only for certain situations (tests, work)
- Or switch to lower doses

! IMPORTANT REALITY CHECK

ADHD doesn't "go away" for most people—it's usually managed, not cured.

Some people need meds long-term, and that's totally okay.

Stopping meds should always be done with a doctor, not suddenly.

Everyone's brain is different. There is no "right" timeline.

THE BOTTOM LINE

Some kids can stop ADHD meds as they get older because:

- Their brain matures
- They develop strong coping skills
- Their environment fits them better
- They gain self-control and awareness

Everyone's path is different. Needing medication isn't a failure—it's just one tool that can help.

REMEMBER:

The goal isn't to "outgrow" ADHD. The goal is to build a life and tools that help you thrive.



YOU'VE GOT THIS.



Talk with your doctor about what's best for YOU. You're not alone—support, strategies, and time can make a big difference!

