



FAMILY SELF MANAGEMENT CARE PLAN FOR ADHD

Patient Name: _____ Date: _____

Medications: _____

Instructions for Self Care Management:

One week after starting a new stimulant medication or after a change in medication dosage (2 weeks after a non stimulant) and on a regular basis between visits, please assess your level of ADHD control by asking yourself the following questions:

1. Do you often have difficulty sustaining attention in your tasks or play activities?
2. Do you often have trouble following through on instructions or staying organized?
3. Do you often fail to finish your schoolwork or chores?
4. Do you often fidget with your hands and feet and/or leave your seat in the classroom or in another situation in which remaining seated is expected?
5. Do you often run about or climb excessively in situations in which it is inappropriate?
6. Do you often have difficulty waiting your turn or do you interrupt others frequently?
7. Is your medication working as expected and was it explained appropriately by your provider?
8. Are you having any side effects from the medication?

If you answered **"YES"** to any of the above questions or if you answered **"NO"** to question # 7, please refer to the **recommendations below**.

If you answered **"NO"** to all of the above questions **EXCEPT** question #7, you are in **good control** and can follow up at your next scheduled appointment.

Recommendations for answers to the 8 questions above:

A **"YES"** answer to any of the **questions 1 thru 6** means you may need a medication change. Call during regular office hours and a provider will review your treatment plan and advise accordingly.

A **"NO"** answer to **question 7** means your medication may not be lasting long enough during the day or it does not begin working soon enough in the morning. There may be other things that were not expected as well. Call during regular office hours and a provider will review your treatment plan and advise accordingly.

A **"YES"** answer to **question 8** means side effects need to be addressed. See possible side effects and suggestions listed:

Possible Side Effects:

1. **Loss of appetite and mild abdominal pain** – This is common after starting a stimulant medication or increasing your dosage. It usually improves after being on medication for awhile. Here are some tips:
 - a. Try giving medication after eating a good breakfast, some kind of protein is recommended.
 - b. Pack small lunches that can be eaten quickly.
 - c. If not hungry at your normal dinner time, you can eat later in the evening.
 - d. May supplement diet with high calorie protein supplements like Pediasure or Boost.
2. **Trouble falling asleep at night** – Insomnia is usually transient (noticeable at first but usually goes away). Here are some tips:
 - a. Make sure your medication is not given too late in the day when you're not getting up for school (weekends, holidays, and days off school).
 - b. Try herbal teas or a natural supplement like Melatonin (both available at health food stores).
 - c. If problems persist, a prescription may be written, contact us during regular office hours and a provider will review appropriate treatment.
3. **Behavior changes** – Symptoms such as moodiness, irritability, tiredness and headaches are usually transient also, however, may persist. Here are some tips:
 - a. When medication is wearing off in the afternoon, allow for some quiet. Spend some time alone time for 30-45 minutes.
 - b. If falling asleep or not participating in class, call during regular office hours to have dosage of medication reviewed by a provider.
 - c. Afternoon headaches are often from not eating well during the day, try having a snack!?
4. **Call immediately and stop medication for any of the following:**
 - a. Allergic reaction to your medication, including a rash or trouble breathing.
 - b. Severe abdominal pain and/or vomiting.
 - c. Psychotic changes, extremely aggressive, verbally or physically abusive, causing property damage, etc.

Suggested Resources for ADHD:

☐ **CHADD of Lee County, #613**

(Children & Adults with Attention Deficit/Hyperactivity Disorder)

14851 David Drive

Fort Myers, FL 33908

Phone: (239) 466-1167 or (239) 472-9758

Website: www.chadd.net

☐ **Florida MENTOR**

13420 Parker Commons Boulevard, Suite 106

Fort Myers, FL 33912

Phone: (239) 466-2000

Helpful Web links for ADHD:

www.chadd.net

www.islandcoastpeds.com