

# DECLARATION OF MEMBERSHIP

I would like to become a member of ADHS Deutschland e. V.

Name \_\_\_\_\_  
Surname \_\_\_\_\_  
Street \_\_\_\_\_  
Area code; City \_\_\_\_\_  
Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
Email \_\_\_\_\_  
Date of birth \_\_\_\_\_  
Profession \_\_\_\_\_

Membership fee 45.00 €/year  
 Partner  Children (number) \_\_\_\_\_  
(data for statistical purposes)

Reduced membership fee 24,00 €/year (proof according to SGB II)

Legal entities (institutions, medical practices etc.) 80,00 €/year

Annual sponsoring membership fee €\_\_\_\_\_

Your personal data will only be processed for the purpose of membership administration, mailing of information about the association and for the calculation of membership fees. In particular, your data will not be used for the purpose of advertising or market or opinion research.

ADHS Deutschland e.V. uses and processes the acquired personal data exclusively within the scope of the data protection regulations. Further information is available at: <https://www.adhs-deutschland.de/Home/Ueber-uns/Datenschutzerklaerung.aspx>

City, date \_\_\_\_\_

Signature \_\_\_\_\_

How did you find out about us?

Internet  Recommendation  
 Other \_\_\_\_\_

I/we hereby revocably authorise ADHS Deutschland e. V. to collect the membership fee to be paid by me/us annually in advance from my/our account by SEPA direct debit. At the same time I/we instruct my/our bank to honour the direct debit.

BIC \_\_\_\_\_

IBAN \_\_\_\_\_

Bank \_\_\_\_\_

Account holder \_\_\_\_\_

City, Date \_\_\_\_\_

Signature \_\_\_\_\_

# ADHS Deutschland e. V.

- is a non-profit self-help association with volunteer members at federal, state and local level
- is active in more than 200 self-help groups and a telephone counselling network throughout Germany
- offers e-mail counselling and a young team of youth counsellors
- offers regular training for its regional group leaders to ensure a specialised quality standard
- organises regional and supra-regional training events for parents, doctors, therapists, educators, pedagogues, affected persons and members of the association and those interested in the subject
- provides contacts, sharing of experience and publications on ADHD
- encourages the implementation of projects and initiates therapies through social institutions, charities, etc.
- initiates and supports participation in working groups and networks
- maintains a presence and gives lectures at regional, national and international events
- maintains contacts with other national and international organisations with similar objectives for the coordinated representation of interests, particularly at political level
- supports cause studies as well as diagnosis and therapy of ADHD and the accompanying disorders at any age
- works according to scientifically proven principles and in so doing is oriented to the current scientific state-of-the-art
- is open to new ideas, politically neutral and independent of sponsorship

## ADHS Deutschland e. V.

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As of: 09/2020

### Donations account

Pax-Bank eG  
BIC: GENODE1PAX  
IBAN: DE95 3706 0193 6010 1150 17

### Contributions account:

Hannoversche Volksbank eG  
BIC: VOHADE2H  
IBAN: DE36 2519 0001 0221 4385 00

# ADHS DEUTSCHLAND e.V.

Selbsthilfe für Menschen mit ADHS

## Attention-Deficit/ Hyperactivity Disorder

## Help towards

## self-help

(Subject to change)

## Information on the clinical picture of ADHS

The clinical picture of Attention-Deficit/Hyperactivity Disorder still receives too little attention from the public, but above all in the daily lives of those affected. Even in professional circles, the complexity, extent and need for treatment of this disorder is often not sufficiently perceived.

The characteristics of the disorder predominantly involve three areas:

the **area of perception**(attention), e.g. in the form

- Increased distractability
- Daydreaming
- Lack of stamina
- Sensitivity to criticism
- Extreme forgetfulness

the field of **social behaviour**, e.g. with

- Impulsivity (spontaneous action without prior reflection)
- Lack of self-control
- Low frustration tolerance
- Difficulties in planning and organising oneself
- Listlessness

the **motor area**, e.g. with

- Fidgeting
- Clumsiness in gross/fine motor skills
- Incorrect force dosage

As a rule, these are accompanied by:

- A delay in mental development
- Rapid onset of mental and physical fatigue
- An extraordinary sense of justice towards others  
and
- considerable vulnerability to be influenced by others

The symptoms are highly individual for each person affected. Other diseases (associated disorders) often occur in conjunction with ADHD: in childhood, e.g. reading, spelling, arithmetic and tic disorders; in adulthood, e.g. anxiety, depression, addictive behaviour.

According to current scientific understanding, ADHD is probably a regulatory disorder in the frontal brain based on genetic factors.

The transmission of stimuli is caused by so-called neurotransmitters (including dopamine and norepinephrine), which the body produces itself. The release and absorption of these transmitters is not balanced in people affected by ADHD.

Treatment is provided in accordance with standard-of-care guidelines by a physician-coordinated multimodal therapy, i.e. a treatment strategy tailored to individual needs, which may include psychoeducation, psychotherapy, medication and other forms of treatment and training programmes. In a few cases the symptoms can also be reduced by an oligoantigenic diet.

ADHD is not curable. However, comprehensive and also medical support ensures better living and working conditions. All opportunities for improvement should be utilised as early as possible in order to be able to specifically promote the positive aspects and talents that are inherent in every person with ADHD.

Nevertheless, the road remains more or less rocky. Even with a favourable response to medication and psychological support, there are still ups and downs.

## Publishing house of ADHS Deutschland e. V.

ADHS Deutschland e. V. offers information material as well as its own publications and recommended literature for people affected, interested parties and all those who simply want to find out more. Here you will find recommended books on the topic of ADHD.

## The objective "Help for self-help" of ADHS Deutschland e. V.

Many parents of ADHS children have experienced a long and frustrating journey through all kinds of counselling facilities. They have often been rejected indifferently or impatiently when they had hoped for help. They have endured many years of difficulties in their private and professional lives.

In adults the disorder is frequently not diagnosed because the clinical picture in adults is still largely unknown. Affected people need unprejudiced listeners, want to talk to experts, seek guidance in life and learning. They need information on relevant publications, school guidelines or laws. Others wish to pass on their knowledge and experience to others who are also affected or to go public with their knowledge.

ADHS Deutschland e. V. supports these endeavours with its numerous self-help groups, telephone counselling, e-mail counselling and the youth counselling team.

Support our association, become a member!

(See overleaf declaration of membership)

# neue AKZENTE

The association's journal „neue AKZENTE“, which you receive free of charge as a member, offers 3 times a year information about

- News from science, medicine and therapies
- News from the self-help groups
- Reviews of new books about ADHD
- News from "ADHS Deutschland e. V."

Visit us on the Internet  
[www.adhs-deutschland.de](http://www.adhs-deutschland.de)