



## King County

Department of Community and Human Services  
Developmental Disabilities and Early Childhood Supports Division

# BOARD FOR DEVELOPMENTAL DISABILITIES

# ADULTING WITH ADHD AGENDA

1:00 p.m. Welcome

1:10 Panel Discussion

**Topic 1:** How does adult ADHD intersect with other disabilities like Autism or learning disabilities?

**Topic 2:** How does adult ADHD impact an individual's behavior, emotions, and relationships?

**Topic 3:** How does adult ADHD effect everyday activities like parenting work, and managing a household?

1:50-200: Break

2:00 – 2:30 Panel Discussion

**Topic 4:** How is adult ADHD diagnosed?

**Topic 5:** How can coaching, therapy and other supports benefit adults with ADHD?

2:30 Questions

2:40 ADHD Resources and Socializing

3:00 Event Ends