



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

LEARN MORE ABOUT ADHD!

Scan the QR code with your phone's camera:



Or type the following address into the address bar of a browser such as Google Chrome, Microsoft Edge, or Safari:

<https://bit.ly/AdultingADHD>

THANK YOU FOR JOINING US!