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Resources used in “Medication review”

1. CC-QoLS https://Ofbd91af-d847-4ca7-821e-e16b585f862f.filesusr.com/ugd/5a1a0e_20319981f22444c884ac8e1072116346.pdf?index=true
2. Challenging Behaviour Foundation resource on medication pathway <https://medication.challengingbehaviour.org.uk/pathway/>
3. Deb et al (2009): International guide to prescribing psychotropic medication for the management of problem behaviours in adults with intellectual disabilities <https://onlinelibrary.wiley.com/doi/pdf/10.1002/j.2051-5545.2009.tb00248.x>
4. Dimensions <https://dimensions-uk.org/>
5. Dyskinesia identification condensed users scale (DISCUS) https://www.drccinfo.org/resources/forms/PM45_to_PM55_Psychotropic_medication/PM49_DISCUS.pdf
6. STOMP <https://www.england.nhs.uk/wp-content/uploads/2017/07/stomp-gp-prescribing-v17.pdf>
7. Tardive dyskinesia <https://www.mind.org.uk/media-a/2961/tardive-dyskinesia-2018.pdf>
8. The modified overt aggression scale (MOAS) <http://depts.washington.edu/dbpeds/Screening%20Tools/Modified-Overt-Aggression-Scale-MOAS.pdf>
9. NICE Guideline: Challenging behaviour and learning disabilities: prevention and interventions for people with learning disabilities whose behaviour challenges <https://www.nice.org.uk/guidance/ng11/resources/challenging-behaviour-and-learning-disabilities-prevention-and-interventions-for-people-with-learning-disabilities-whose-behaviour-challenges-1837266392005>
10. Neuroleptic malignant syndrome <https://rarediseases.org/rare-diseases/neuroleptic-malignant-syndrome/>
11. RCPsych guideline https://www.researchgate.net/publication/312128674_Psychotropic_drug_prescribing_for_people_with_intellectual_disability_mental_health_problems_andor_behaviours_that_challenge_practice_guidelines_FULL_TEXT_AVAILABLE_ON_httpwwwrcpsychacukpdfFR_ID_09_fo
12. Serotonin syndrome <https://www.mayoclinic.org/diseases-conditions/serotonin-syndrome/symptoms-causes/syc-20354758>
13. VODG’s resource on preparing to visit a doctor to talk about medications <https://www.vodg.org.uk/wp-content/uploads/2017-VODG-Preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication.pdf>

Resources used in “Medication withdrawal review”

1. Challenging Behaviour Foundation resource on medication pathway <https://medication.challengingbehaviour.org.uk/section/section-c/>
2. Learning Disability Medication Guideline <https://www.birmingham.ac.uk/research/activity/ld-medication-guide/index.aspx>

Resources used in "Assessment of behaviours"

1. H.E.L.P article by (Bradley & Korossy, 2016) <https://oadd.org/wp-content/uploads/2016/12/41023-JoDD-22-2-v10f-101-120-Bradley-and-Korossy.pdf>
2. MOAS (Modified Overt Aggression Scale) for aggressive behaviour <http://depts.washington.edu/dbpeds/Screening%20Tools/Modified-Overt-Aggression-Scale-MOAS.pdf>
3. PBS <https://www.challengingbehaviour.org.uk/learning-disability-assets/03positivebehavioursupportplanningpart32019.pdf>
4. Monitoring charts (Surrey Place) <https://ddprimarycare.surreyplace.ca/tools-2/physical-health/monitoring-charts/>

Resources used in “Effective liaison with family carers and advocate”

1. BILD <https://www.bild.org.uk/>
2. Challenging Behaviour Foundation medication resources
<https://www.challengingbehaviour.org.uk/>
3. Citizens advice bureau <https://www.citizensadvice.org.uk/>
<https://medication.challengingbehaviour.org.uk/>
4. Culture tool from tools for talking
https://toolsfortalking.files.wordpress.com/2014/04/mycultureworksheet_hires_v2a.pdf
5. Department of Health, Valuing People Now
https://webarchive.nationalarchives.gov.uk/ukgwa/20130105064234/http://www.dh.gov.uk/p/rod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_093375.pdf
6. Information on independent Mental Capacity Advocate
<https://www.scie.org.uk/mca/introduction>
7. PBS Academy <http://pbsacademy.org.uk/>
8. The local offer
<https://fisd.westminster.gov.uk/kb5/westminster/fis/advice.page?id=pIWYNZV0rjU>

Resources used in “Effective liaison with professionals (GPs, CLDT, psychiatrist and pharmacist)”

1. NHS and HEE - Learning Disabilities Core Skills Education and Training Framework developed by Skills for Health, Skills for Care and Health Education England
<https://www.cppe.ac.uk/wizard/files/publications/leaflets/learning%20disabilities%20cstf.pdf>

Resources used in “Alternative to medication - Introduction”

1. ACAT how does CAT work resource <https://www.acat.me.uk/page/how+does+cat+work>
2. Anger management information <https://www.counselling-directory.org.uk/anger.html>
3. Article on CBT with adults with Intellectual Disabilities https://sophia.stkate.edu/cgi/viewcontent.cgi?article=1707&context=msw_papers
4. Aspect - PBS resource <https://www.autismspectrum.org.au/uploads/documents/Aspect%20Practice/PBS/Aspect-Practice-What-is-Positive-Behaviour-Support.pdf>
5. Association for Cognitive Analytic Therapy (ACAT)- CAT information <https://www.acat.me.uk/page/about+cat>
6. Behavioural interventions and their effectiveness (Beresford, 2009) <https://www.york.ac.uk/inst/spru/pubs/pdf/rapid.pdf>
7. BILD PBS information resource <https://www.bild.org.uk/positive-behaviour-support-pbs/>
8. CAT with people with a learning disability resource from ACAT <https://www.acat.me.uk/page/cat+and+learning+disability>
9. Cognitive Behaviour Therapy (CBT) for People with Mild Intellectual Disability and Mood Disorders website <https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-depa/principal-investigators/hassiotis-5>
10. CBF - PBS resource <https://www.challengingbehaviour.org.uk/understanding-challenging-behaviour/what-is-challenging-behaviour/resource-positive-behaviour-support-planning-part-3/>
11. CBT for carers <https://www.ucl.ac.uk/psychiatry/sites/psychiatry/files/cbt-carers-guide.pdf>
12. CBT information sheets <https://www.ucl.ac.uk/psychiatry/sites/psychiatry/files/information-sheets.pdf>
13. CBT manual <https://www.ucl.ac.uk/psychiatry/sites/psychiatry/files/cbt-id-manual.pdf>
14. Challenging Behaviour resource from Challenging Behaviour Foundation (CBF) [https://www.challengingbehaviour.org.uk/learning-disability-files/10_Challenging_Behaviour_Supporting_Change_2008.pdf#targetText=functional%20assessment%20\(sometimes%20referred%20to,gets%20met%20through%20their%20behaviour.&targetText=By%20conducting%20a%20functional%20assessment,you%20intervene%20in%20their%20lives.](https://www.challengingbehaviour.org.uk/learning-disability-files/10_Challenging_Behaviour_Supporting_Change_2008.pdf#targetText=functional%20assessment%20(sometimes%20referred%20to,gets%20met%20through%20their%20behaviour.&targetText=By%20conducting%20a%20functional%20assessment,you%20intervene%20in%20their%20lives.)
15. Controlling Anger accessible leaflet <https://ee494c7bcaebc61df9a5-e19ab9a66520ad61c29310eafb66e6e6.ssl.cf3.rackcdn.com/content/uploads/2019/11/Controlling-anger-ER-final.pdf>
16. EMDR resource <https://www.emdr.com/what-is-emdr/>

17. Good therapy Anger management resource <https://www.goodtherapy.org/learn-about-therapy/types/anger-management>
18. Information on meditation from Mayo clinic <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
19. Mind <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/#.XfjeAtX7SM8>
20. MIND information on mindfulness <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/#.XfjsTtX7SM9>
21. Mencap - *Out of sight: stopping the neglect and abuse of people with a learning disability* <https://www.mencap.org.uk/sites/default/files/2016-08/Out-of-Sight-Report.pdf>
22. National Collaborating Centre for Mental Health (UK) (2015) Challenging behaviour and learning disabilities: Prevention and interventions for people with learning disabilities whose behaviour challenges. https://www.ncbi.nlm.nih.gov/books/NBK305019/pdf/Bookshelf_NBK305019.pdf
23. NHS Anger <https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/>
24. NHS Breathing exercise resource <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
25. NHS CAT leaflet <http://www.awp.nhs.uk/media/424698/cognitive-analytic-therapy-leaflet-082016.pdf>
26. NHS CBT information <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/overview/>
27. NHS - how it works (CBT) <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/how-it-works/>
28. NHS information on relaxation techniques <https://www.nhsinform.scot/healthy-living/preventing-falls/fear-and-anxiety-about-falling/relaxation-techniques>
29. PBS Academy <http://pbsacademy.org.uk/about-pbsacademy/>
30. PBS Academy - information for family carers <http://pbsacademy.org.uk/family-carers/>
31. PBS Academy - information for support workers <http://pbsacademy.org.uk/support-workers/>
32. PBS Academy - information in easy read <http://pbsacademy.org.uk/wp-content/uploads/2016/01/PBS-Academy-Book-1-Using-PBS-to-have-a-Good-Life.pdf>

33. PBS Academy - PBS framework <http://pbsacademy.org.uk/wp-content/uploads/2016/11/Positive-Behavioural-Support-Competence-Framework-May-2015.pdf>
34. PBS Academy - standards for services <http://pbsacademy.org.uk/standards-for-services/>
35. PBS checklist for service providers by PBS Academy <http://pbsacademy.org.uk/service-providers/>
36. Reasons for challenging behaviour resource from CBF <https://www.challengingbehaviour.org.uk/understanding-challenging-behaviour/what-is-challenging-behaviour/resource-finding-the-reasons-for-challenging-behaviour-part-2/>
37. Stress management resource from helpguide <https://www.helpguide.org/articles/stress/stress-management.htm>
38. Tools for Positive Behaviour Support <https://www.ndiscommission.gov.au/sites/default/files/documents/2019-06/compendium-resources-positive-behaviour-support.pdf>

Resources used in “Communication needs”

1. Augmentative and Alternative Communication resource from ASHA
<https://www.asha.org/NJC/AAC/>
2. British Institute of Learning Disabilities <https://www.bild.org.uk/positive-behaviour-support-pbs/>
3. Challenging Behaviour Foundation (CBF) <https://www.challengingbehaviour.org.uk/learning-disability-files/03---Positive-Behaviour-Support-Planning-Part-3-web-2014.pdf>
4. Communication Passport template <https://www.communicationpassports.org.uk/creating-passports/>
5. Helen Sanderson Associates
<http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/>
6. Intensive interaction resources:
 - a. <https://www.intensiveinteraction.org/>
 - b. <https://www.youtube.com/watch?v=YzVvYj1RfKl>
7. Mencap’s communication book
<https://www.mencap.org.uk/sites/default/files/2016-06/hospitalcommunicationbook.pdf>
8. PBS academy <http://pbsacademy.org.uk/about-pbsacademy/>
9. The five good communication standards from the Royal College of Speech and Language Therapists <https://www.rcslt.org/-/media/Project/RCSLT/good-comm-standards.pdf>
10. Tools for Talking <https://toolsfortalking.wordpress.com/resources/>

Resources for “Effective engagement with people who have intellectual disabilities”

1. Article on choice-making (Brown and Brown, 2009) - <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1741-1130.2008.00198.x>
2. Communication Passport template <https://www.communicationpassports.org.uk/creating-passports/>
3. Community mapping <https://www.thera.co.uk/help/support/community/mapping/>
4. Community mapping toolkit example <https://ucanr.edu/sites/CA4-HA/files/206668.pdf>
5. Helen Sanderson Associates’ communication chart resource <http://www.helensandersonassociates.co.uk/wp-content/uploads/2015/02/Commchartmetoyou.pdf>
6. Helen Sanderson Associates <http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/>
7. Intensive interaction <https://www.intensiveinteraction.org/>
8. Mencap resource - communicating with people with learning disability <https://www.mencap.org.uk/learning-disability-explained/communicating-people-learning-disability>
9. National Autistic Society - visual support resource <https://www.autism.org.uk/about/strategies/visual-supports.aspx>
10. Tools for talking resource - Things I do now and things I would like to do https://toolsfortalking.files.wordpress.com/2014/04/activitiesposter_hires_v2a1.pdf
11. Tools for taking resource <https://toolsfortalking.wordpress.com/resources/>
12. Visual timetable resources <https://www.twinkl.co.uk/resources/sen-autism-spectrum-disorders/sen-autism-spectrum-disorders-visual-resources/visual-timetables-visual-resources-autism-spectrum-disorders-communication-and-interaction-sen>
13. Volunteering Matters - opportunities <https://volunteeringmatters.org.uk/pillars/disabled-people/>

Resources used in “Psychiatric disorders in people with intellectual disabilities”

1. An Easy Read guide to Anxiety <https://peterbates.org.uk/wp-content/uploads/2017/11/Anxiety-5.pdf>
2. Anxiety Disorder (Easy read) <https://peterbates.org.uk/wp-content/uploads/2017/11/Anxiety-1.pdf>
3. Bipolar affective disorder <https://peterbates.org.uk/wp-content/uploads/2017/12/Bipolar-1.pdf>
4. Dementia accessible leaflet <https://peterbates.org.uk/wp-content/uploads/2017/12/Dementia-1.pdf>
5. Dementia screening questionnaire for individuals with intellectual disabilities (DSQIID) <https://www.birmingham.ac.uk/documents/colleges/psych/ld/iddementiascreeningquestionnaire.pdf>
6. Depressive disorder accessible leaflets <https://peterbates.org.uk/wp-content/uploads/2017/12/Depression-1.pdf>
7. European Guideline <http://www.community-networks.ca/wp-content/uploads/2015/11/practiceguidelines.pdf>
8. Healthy Mind Tool - Resource to build good mental health <https://www.healthymind.org.au/Index.aspx#>
9. Helping a person with Dementia <https://peterbates.org.uk/wp-content/uploads/2017/12/Dementia-4.pdf>
10. Practice guidelines for the assessment and diagnosis of mental health problems in adults with intellectual disability. <http://www.community-networks.ca/wp-content/uploads/2015/11/practiceguidelines.pdf>
11. Psychosis accessible leaflet <https://peterbates.org.uk/wp-content/uploads/2017/12/Psychosis.pdf>
12. PTSD accessible leaflet <https://peterbates.org.uk/wp-content/uploads/2017/12/Post-Traumatic-Stress-Disorder.pdf>
13. Resource to facilitate the mental health assessment of people with intellectual disability (Department of Developmental Disability Neuropsychiatry, 3DN; The University of New South Wales, Sydney) <https://www.3dn.unsw.edu.au/news/launch-mysigns-app-facilitate-mental-health-assessment-people-intellectual-disability>
14. Understanding psychosis: An accessible workbook <http://www.awp.nhs.uk/awp-understanding-psychosis-workbook/>

Resources used in “Physical disorders and challenging behaviour”

1. Alcohol <https://www.easyhealth.org.uk/resources/category/16-alcohol>
2. Autism Spectrum disorder (ASD) <https://www.nhs.uk/conditions/autism/>
3. Angelman syndrome <https://www.nhs.uk/conditions/angelman-syndrome/>
4. Annual health check <https://www.easyhealth.org.uk/resources/category/105-annual-health-check>
5. Ataxia syndrome (Associated with fragile X) <https://www.fragilex.org.uk/fxtas>
6. Blood pressure
https://www.chesterfieldroyal.nhs.uk/application/files/3315/4270/6862/Blood_Pressure_Easy_Read_Patient_Information.pdf
7. Blood test
https://www.chesterfieldroyal.nhs.uk/application/files/2615/4270/6959/Having_a_Blood_Test_-_Easy_Read_Patient_Information.pdf
8. Brain CT <https://www.nhs.uk/conditions/ct-scan/>
9. Cerebral palsy <https://www.nhs.uk/conditions/cerebral-palsy/>
10. Constipation <https://www.nhs.uk/conditions/constipation/>
11. Constipation accessible leaflet <https://southendccg.nhs.uk/about-us/key-documents/easy-read-resources/3254-constipation-resources-easy-read/file>
12. CT scan accessible leaflet <https://www.northamptongeneral.nhs.uk/Patients-and-Visitors/Downloads/Easy-Read-CT-Leaflet-final.pdf>
13. Dementia <https://www.nhs.uk/conditions/dementia/about/>
14. Disability Distress Assessment Tool
https://www.wamhinpc.org.uk/sites/default/files/Dis%20DAT_Tool.pdf
15. Down’s syndrome <https://www.nhs.uk/conditions/downs-syndrome/>
16. Dravet syndrome <https://www.epilepsy.org.uk/info/syndromes/dravet-syndrome>
17. Early intervention framework for positive health
https://www.3dn.unsw.edu.au/sites/default/files/documents/12644_UNSWMed_3DNPromo_Algorithm_Adult_Jul16_LR_FA.pdf
18. ECG accessible scan
https://www.ruh.nhs.uk/patients/learning_disabilities/documents/easy_read_leaflets/Having_an_ECG.pdf

19. EEG <https://www.nhs.uk/conditions/electroencephalogram/>
20. EEG accessible leaflet <https://tam.nhsh.scot/media/2633/geting-an-eeeg-print.pdf>
21. Epilepsy <https://www.nhs.uk/conditions/epilepsy/>
22. Epilepsy management resource by National Disability Insurance Scheme (NDIS), Australia <https://www.ndiscommission.gov.au/sites/default/files/documents/2020-11/practice-alert-epilepsy-management.pdf>
23. Epilepsy proforma https://0fbd91af-d847-4ca7-821e-e16b585f862f.filesusr.com/ugd/5a1a0e_e419fc2f811c4ef6a9b00eb8a1987bf7.pdf?index=true
24. Exercise https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/216264/dh_133103.pdf
25. Foetal alcohol syndrome <https://www.nhs.uk/conditions/foetal-alcohol-syndrome/>
26. Fragile X syndrome <https://www.fragilex.org.uk/syndrome>
27. Gastroesophageal reflux disease causing heartburn <https://www.nhs.uk/conditions/heartburn-and-acid-reflux/>
28. Health Action Plans Information in accessible format by Mencap <https://www.mencap.org.uk/sites/default/files/2016-06/What%20is%20a%20health%20action%20plan%3F.pdf>
29. Health Action plan examples - Female version: <http://www.surreyhealthaction.org/assets/files/Health%20action%20plan%20-%20female%20-%20web%20enabled.pdf>
30. Health Action plan examples - Male version: <http://www.surreyhealthaction.org/assets/files/Health%20action%20plan%20-%20male%20-%20web%20enabled.pdf>
31. Healthy Eating and Being Active Accessible Leaflet <https://www.easyhealth.org.uk/resources/221-healthy-eating>
32. Healthy lifestyle <https://southendccg.nhs.uk/your-health-services/learning-disabilities/easy-read-documents/3250-healthy-lifestyles-essex/file>
33. How NHS will continue to support people with intellectual disabilities <https://www.england.nhs.uk/wp-content/uploads/2019/05/action-from-learning-easy-read.pdf>
34. Ketogenic diet <https://www.gosh.nhs.uk/medical-information/procedures-and-treatments/ketogenic-diet>

35. Landau Kleffner syndrome <https://www.epilepsy.org.uk/info/syndromes/landau-kleffner-syndrome>
36. Lennox Gastout Syndrome <https://www.epilepsy.org.uk/info/syndromes/lennox-gastaut-syndrome>
37. Lesch Nyhan Syndrome <https://rarediseases.info.nih.gov/diseases/7226/lesch-nyhan-syndrome>
38. Lowe syndrome <https://rarediseases.org/rare-diseases/lowe-syndrome/>
39. Malformations of cerebral cortical development <https://www.epilepsydiagnosis.org/aetiology/malform-cortical-dev-overview.html>
40. Mindfulness <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
41. MRI scan <https://www.nhs.uk/conditions/mri-scan/>
42. MRI scan accessible leaflet <https://be.macmillan.org.uk/Downloads/CancerInformation/Easyread/MAC16317Having-an-MRI-scan.pdf>
43. Obesity <https://www.nhs.uk/conditions/obesity/>
44. Rubenstein-Taybi Syndrome <https://rarediseases.info.nih.gov/diseases/7593/rubinstein-taybi-syndrome>
45. Rett Syndrome <https://www.nhs.uk/conditions/rett-syndrome/>
46. Pilates <https://www.nhs.uk/live-well/exercise/guide-to-pilates/>
47. Physical activity <https://www.nhs.uk/live-well/exercise/>
48. Prader Willi <https://www.nhs.uk/conditions/prader-willi-syndrome/>
49. Preparing for an operation accessible leaflets <https://www.rcoa.ac.uk/sites/default/files/documents/2020-05/EasyRead-OpwithAnaes2018web.pdf>
50. Sleep apnoea <https://www.nhs.uk/conditions/sleep-apnoea/>
51. Smith-Magenis syndrome [https://rarediseases.info.nih.gov/diseases/8197/smith-magenis-syndrome#:~:text=Smith%2DMagenis%20syndrome%20\(SMS\),sleep%20disturbances%2C%20and%20behavioral%20problems](https://rarediseases.info.nih.gov/diseases/8197/smith-magenis-syndrome#:~:text=Smith%2DMagenis%20syndrome%20(SMS),sleep%20disturbances%2C%20and%20behavioral%20problems)
52. Staying active <https://www.mencap.org.uk/sites/default/files/2016-04/ELDSA%20easy%20read%20v1.pdf>
53. Sturge Weber syndrome <https://www.epilepsy.org.uk/info/syndromes/sturge-weber-syndrome>

54. Tuberous sclerosis <https://www.nhs.uk/conditions/tuberous-sclerosis/>
55. Vagus Nerve Stimulation <https://www.epilepsysociety.org.uk/vagus-nerve-stimulation#.XyAJYVVKgdU>
56. West syndrome (infants) <https://www.epilepsy.org.uk/info/syndromes/west-syndrome-infantile-spasms>
57. Wellbeing record <https://www.3dn.unsw.edu.au/wellbeing-record>
58. Williams syndrome <https://williams-syndrome.org/what-is-ws>
59. X-ray <https://www.northamptongeneral.nhs.uk/Patients-and-Visitors/Downloads/Easy-Read-X-Ray-Leaflet-final.pdf>
60. Yoga <https://www.nhs.uk/live-well/exercise/guide-to-yoga/>

Resources used in “Autistic Spectrum Disorder (ASD)”

1. Autism Training [hp://ipa-project.eu/training/](http://ipa-project.eu/training/)
2. Carol Gray’s Social Stories www.carolgraysocialstories.com
3. Intensive Interaction www.intensiveinteraction.org

Resources used in “Attention Deficit Hyperactivity Disorder (ADHD)”

1. ADHD Foundation <https://adhdfoundation.org.uk>
2. CNWL information page on ADHD
<https://www.choiceandmedication.org/cnw/condition/attention-deficit-hyperactivity-disorder/>
3. DIVA Foundation <https://www.divacenter.eu/DIVA.aspx?id=461>
4. NHS information on ADHD <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>
5. UK ADHD Adult Network (UKAAN) <https://www.ukaan.org/>
6. The ADD resource centre <https://www.addrc.org/>