

Exchanging Good Practices for people with Attention Deficit Hyperactivity Disorder (ADHD) and their caregivers

INSIDE

"Learning, Teaching & Training" event

within Thessaloniki Active and Healthy Ageing Living Lab on July 25-27, 2021

Seminars, webinars, and virtual symposia

The Final Project Meeting

held at the Open University of Cyprus (OUC) on October 7-8, 2021



"Learning, Teaching & Training" event, July 25-27, 2021

Due to a betterment of the epidemiologic situation the meeting was organized as a blended meeting in Aristotle University in Thessaloniki, Greece. The "Learning, Teaching & Training" event in the field of ADHD (Attention Deficit Hyperactivity Disorder) was held in July 25-27, within Thessaloniki Active and Healthy Ageing Living Lab (Thess-AHALL), located in the Lab of Medical Physics in the Aristotle University of Thessaloniki.

Participants were first introduced to digital innovations and projects at the Lab of Medical Physics. They had the opportunity to listen to excellent lectures on the topic of so-called neurodiversity, a paradigm based on recognizing, respecting and nurturing differences in the cognitive profiles of people, as well as developing strategies for a successful life with ADHD (pharmacological and non-pharmacological interventions). The development of ADHD screening and diagnostic practices using objective quantitative cognitive profiling based on computer analysis of responses and performance of subjects, in combination with observational scales for response assessment, was discussed, with the aim of cognitive profiling and measuring the efficacy of drugs and other therapies.





(continuing "Learning, Teaching & Training" event)

In addition to lectures on theory, as well as learning about the experiences of people with ADHD, participants also had three terms for training in the use of various applications, as well as a simulation of conversation within a focus group. The first training was about scenario-based learning (SBL) and its key advantages in designing the training itself. It was learnt why this approach to therapy is considered a successful learning strategy.

Participants had the opportunity to take part in the practical training focused on designing and creating scenarios for people with ADHD. The second training was about the use of the cognitive program LLM Care to create the long-lasting memories. LLM Care is an innovative social protection service provided by the Lab of Medical Physics in the Aristotle University of Thessaloniki and is a certified platform that combines state-of-the-art mental exercises with physical activity in an advanced ambient living environment. It provides comprehensive (holistic) solutions in therapy that have a direct impact on improving the quality of life of individuals, including the elderly or other vulnerable groups with intellectual disabilities (e.g. Down syndrome, Parkinson's disease, etc.). The third training was about the ADHD 360 application, which enables the assessment of cognitive profiles of users and monitoring of cognitive progress both by users and by their caregivers or doctors.

Seminars, webinars, and virtual symposia

The 8th World Congress on ADHD

was held on May 6-9, 2021 as a virtual event only and it is a key meeting for acquiring the most recent and authoritative information on the aetiology, pathophysiology, clinical management and treatment of ADHD and comorbid disorders in both children and adults.

The World Federation of ADHD (WFADHD) educates the world about ADHD and advocates for patients and their families at a biennial meeting where world experts teach clinicians, researchers and other ADHD stakeholders how to use scientific facts and clinical wisdom to create better outcomes for people with ADHD.

Celebrating Neurodiverse Authors & Neurodiverse Books on World Brain Day

was held on July 22, 2021. ADHD, ASC & LD Belgium has been hosting this #WBD event annually since 2019 and they were talking to international authors who are either expert professionals, neurodivergent themselves or have written about neurodivergent characters.

Seminar on ADHD in Kemer

Seminar on ADHD with experts organized for counsellors and primary school teachers in Kemer, Turkey on May 21, 2021.

The Final Project Meeting



The Open University of Cyprus (OUC) hosted, on October 7-8, 2021, the final project meeting of the ADHD-CARE project entitled: "Exchanging Good Practices for people with Attention Deficit Hyperactivity Disorder (ADHD) and their caregivers". The agenda included four (4) online invited talks, open to the public, on the important topic of inclusion of adults with ADHD.

More specifically, on Friday, October 8, 2021 (09.30 - 11.30 EEST), Dr. Styliani Spyridi (Consultant Psychiatrist) discussed the topic "Adults with ADHD in Cyprus", Associate Professor Simoni Symeonidou (Inclusive Education, Department of Education, University of Cyprus) addressed the topic of "Inclusive education and learners with ADHD: Challenges and suggestions", and Hans van de Velde (Vice-President of ADHD Europe, Chair of the Dutch Association for people with ADHD, and Ambassador of European Brains at Work) gave a talk entitled "Employees with ADHD: How employer and employee can both profit from it". Ms. Marina Georgiou, President of the ADHD Cyprus, presented the role and work of the Association.

Remote participation and attendance were possible via the eLearning Platform of the Open University of Cyprus. In addition, two focus groups were performed: Focus group of parents with children with ADHD Moderated by Ms. Marina Georgiou (ADHD Cyprus) and Focus group with three adult professionals with ADHD Moderated by Hans van de Velde (via the e-class Platform) the Vice-President ADHD Europe. The OUC research team involved in the ADHD-CARE project is led by Associate Professor Maria Gravani, Academic Coordinator of the postgraduate programs "Continuing Education and Lifelong Learning" and "Adult Education for Social Change" (International Erasmus Mundus Master).

Share a Good Practice with us:

At the end of the project, each partner will present and exchange their good practices in supporting Adults with ADHD and Caregivers of people with ADHD in a "Practical Guide". The exchange of good practices and the practical guide of good practices will be available on-line to everybody that is interested in them.

You can share a good practice here!

Reach us at:



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