

Minutes ADHD-CARE Tele Conference 4 with Webinar 20.11.2020, 11:00 - 13:00

The "ADHD-CARE" virtual transnational project meeting (TPM) took place by Zoom on the 20th November 2020 and was coordinated by Serbian Brain Council, as the coordinator of the "ADHD-CARE" project.

Participants:

Pavle Andjus, Serbian Brain Council
Nadja Marić Bojović, Serbian Brain Council
Saša Radovanović, Serbian Brain Council
Vanja Mandić, Serbian Brain Council
Spyridon Zormpas, EPIONI
Fokion Dimitriadis, EPIONI
Manolis Skoulas, EPIONI
Melahat ABRA, Kemer İlçe Milli Eğitim Müdürlüğü
Roland Pochet, BBC
Beverley Sinton, ADHD, ASC & LD Belgium
Maria Gravani, Open University of Cyprus
Panagiotis Bamidis, Aristotle University of Thessaloniki
Evangelia Romanopoulou, Aristotle University of Thessaloniki
Niki Pandria, Aristotle University of Thessaloniki

11:00-11:30 Opening WEBINAR

Presentation of Dr Tony Lloyd from the ADHD Foundation

[\(https://www.adhdfoundation.org.uk/\)](https://www.adhdfoundation.org.uk/)

Dr Tony Lloyd is CEO of the ADHD Foundation since 2011 and previously a board member when the Foundation was established as a Charity in 2007. Dr Lloyd is a Child and Adolescent Psychotherapist with extensive knowledge from working with children in a Child and Adolescent Mental Health Services and Education setting.

Dr Tony Lloyd from the ADHD Foundation covered the following topics:

- Timing of the transition from Adolescent Mental Health Service (CAMHS) to Adult Mental Health Service.
- (Non) Availability of care - efficient support for Adults with ADHD.
- The social stigma of mental health issues for people living with ADHD and their caregivers.

Followed by Q&A session

11:30-12:00 Project Meeting:

The meeting was chaired by Pavle Andus, Project Manager and President of the Serbian Brain Council, with Minutes taken by Spyros Zorbas.

The ADHD-CARE Project promotes the exchange of good practices for adults with ADHD and their caregivers. It includes five partners coming from five different countries: Serbia, Greece, Belgium, Turkey, and Cyprus. In addition, associated partners from the UK, Italy, Belgium and Greece.

ADHD Foundation accepted to share their good practices and be an associated partner in ADHD-CARE project. (to be included in the Final Report). From their website it will be possible to extract good practices.

Each of the project partners made presentations/updates about the work of their organization, the state of play with respect to adults with ADHD and their carers in their respective countries and their strategy in relation to the implementation of the project during COVID-19

Partner Updates

Mr Fokion Dimitriadis shared the updated Risk Management plan

Mr Zorbas highlighted the possibility of transferring 10% of the total budget from the category "Transnational Project Meetings" for each partner and 10% from the category "Learning Teaching & Training Activity" to the category "Exceptional Costs" (75% to be covered from NA) for COVID-19 related costs for Virtual Meetings and webinars. (for example Zoom invoice etc., camera etc.)

Kemer İlçe Milli Eğitim Müdürlüğü participated with Melahat Abra. They are dealing with students with ADHD. Mrs Melahat ABRA made a brief presentation about the current situation of ADHD in Turkey with COVID-19. She stated that they celebrated Erasmus+ Days in October 2020. The event was reported on the project website.

Prof Maria Gravani and the Open University of Cyprus project team prepared the newsletter and have shared three good practices on Google Drive repository. Prof. Gravani will also review the Risk Management procedures.

Update on Project Outputs

Online Good Practice Guide – After some more inputs Content Generation will be performed towards a booklet with introduction by SBC participants and translated in Serbian

Next Project Newsletter is planned close to the end of the project.

Leaflet to be disseminated in congress as e-poster.

Website to upload Dr. Tony Lloyd presentations.

Next Steering committee meeting (Zoom call), to be arranged by Serbian Brain Council, is planned for January 2020. 1 Hour duration.

Decisions/Agreed Actions

- EPIONI can create the graphic design of the Good Practice Guide
- A Video recording of a decision maker (MEP) on support of carers (EPIONI to prepare)
- Contributions for the Good Practice Guide decided from all partners (2-3 per partner)

12:00-13:00 FOCUS GROUP No2

Facilitator:

Nadja Marić Bojović, Serbian Brain Council

Participants:

- Spyridon Zormpas, Adult living with ADHD
- Nikos Tiliakos, EPIONI, young person living with ADHD
- Manolis Skoulas, Adult living with ADHD

Discussion of what issues faced by Spyridon, Nikos and Manolis during their education years and their current life.

When the condition has been diagnosed?

How was it to achieve goals during the school? Was it more difficult to cope with social goals (friends, teachers) or academic goals (school achievements)?

What was helping them to concentrate?

How was the overall functioning changing during transition from adolescence to adulthood?

In adult period, what are the main challenges?

How to improve understanding of surrounding about the condition-personal opinions.

End of the TC4with Webinar



ADHD-CARE

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



Co-funded by the
Erasmus+ Programme
of the European Union


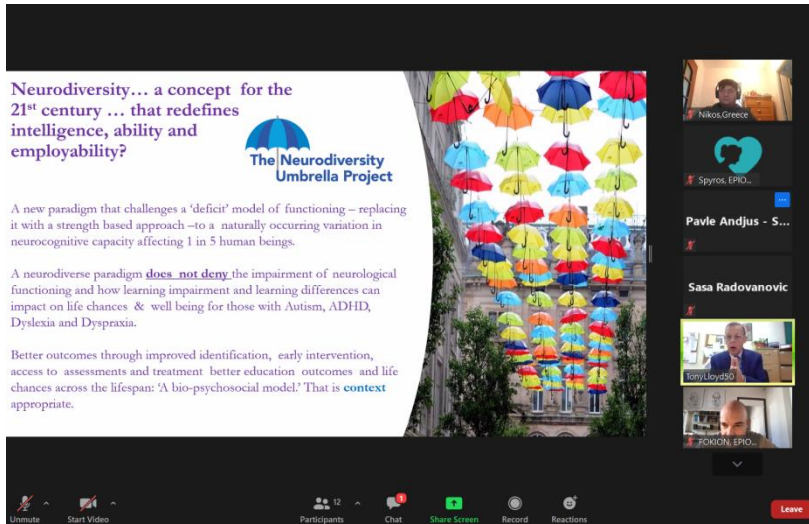
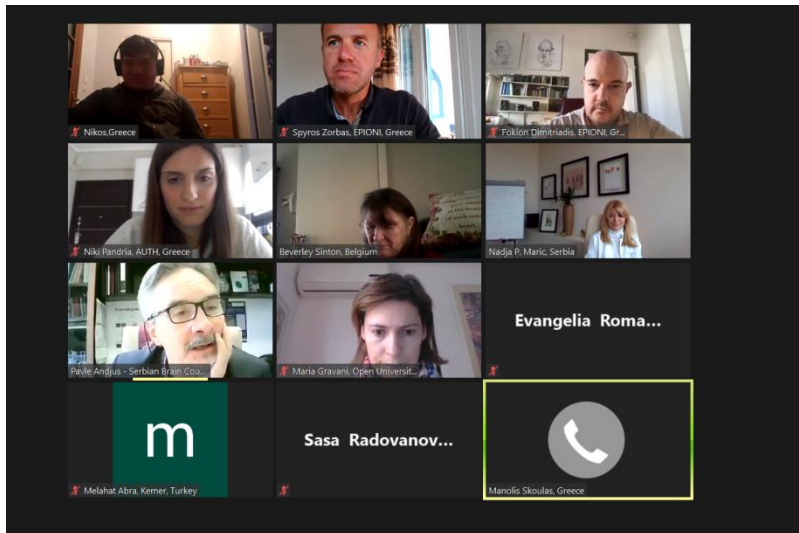
Neurodiversity... a concept for the 21st century ... that redefines intelligence, ability and employability?

The Neurodiversity Umbrella Project

A new paradigm that challenges a 'deficit' model of functioning – replacing it with a strength based approach – to a naturally occurring variation in neurocognitive capacity affecting 1 in 5 human beings.

A neurodiverse paradigm **does not deny** the impairment of neurological functioning and how learning impairment and learning differences can impact on life chances & well being for those with Autism, ADHD, Dyslexia and Dyspraxia.

Better outcomes through improved identification, early intervention, access to assessments and treatment better education outcomes and life chances across the lifespan: 'A bio-psychosocial model.' That is **context** appropriate.

Participants:

- Nikos,Greece
- Spyros Zorbas, EPIONI, Greece
- Fokion Dimitriadis, EPIONI, Gr...
- Niki Pandria, AUTH, Greece
- Beverley Sinton, Belgium
- Nadja P. Maric, Serbia
- Pavle Andjus - Serbian Brain Council
- Maria Gravani, Open Universit...
- Melihat Abra, Kemer, Turkey
- Sasa Radovanov...
- Manolis Skoulas, Greece
- Evangelia Roma...