Strengths and Needs of Disorder or Disorder, Undergraduate pre-OT student, PhD, OTR/L University of Florida Department of Occupational Therapy

• N = 13
• Males: n = 6 Females: n = 7

Search Terms
• Living with a learning disability
• Dyslexia blogs
• ADD young adults
• ADD blogs
• Dyscalculia blogs
• Learning disabilities college students
• Learning disabilities young adults

N•13
Females:

Sample

• Blogs: n = 9
• Televised interviews: n = 4

Results

Young adults with LD and ADHD live with a wide range of symptoms that affect their school, work, relationships, and self-perceptions. Participants from interviews and blogs shared stories depicting how their LD and ADHD symptoms affect them, their relationships, their daily lives, and their strengths. These tables and passages expound on their stories.

• The ability to see the entire picture and to step back from it and not just hear what I think in a dyslexic: it reaches that in a second
• "I was bound to hear: I’m sorry, but you can no longer have me as a board member. It’s just too much on you. Maybe you should leave the organization for other people who are better able to do it."
• ‘I was never some hyper, out-of-control menace growing up! I never hit other kids or test the school, or anything. How can I have ADD?"
• ‘I decided to try it out (in college). I could SIT DOWN and READ A BOOK without any movement!’
• ‘I’ve absorbed vast amounts of knowledge, much more than me but I impale that empowers the day and my life to

Theme
Sub-themes

Awareness of strengths in school
• Environmental stimulants make it difficult to attend
• Memory difficulties
• Time is a foreign concept
• Need sense of control
• Worry about future
• Compensating for symptoms self-medication

Impact on Relationships
• Asymmetry of LD/ADHD - seems easier to cope with ADHD hidden
• Lack of awareness of social rules can lead to disruption of relationships
• Symptoms impact others via barriers of perpetual forgetfulness
• Can be thwarted to talk with college peers about ADHD
• Society lacks common ADHD knowledge

Discussion

• This study’s young adults struggled with understanding and compensating for their symptoms within their everyday experiences outside of the classroom (social, home life, work, etc.). They shared experiences reflecting LD’s and ADHD’s widespread personal impact and on impact on relationships within their everyday lives (social, home life, work, etc.).
• Much fewer passages regarding strengths.
• Findings begin to shed light on what young adults with LD and/or ADHD might need to successfully handle their symptoms within their everyday life.
• Study findings support similar to findings by Greydanus(2). This study observed that symptoms of LD and ADHD persist in work and relationships.
• A few researchers have asked what the effects of LD and ADHD are outside of the classroom (1).

Strengths and successful strategies identified may be informative to clinicians in assisting young adults with LD and or ADHD work toward optimal occupational performance within their everyday life situation. Further research may help inform clinicians in their interventions and practices with this population.

• This study informed questions developed for an interview guide used in another study with college student with LD and ADHD. Questions developed included:
  - Others with an LD have said it is difficult to talk about it with peers and friends, do you relate to that?
  - Do you have LD symptoms outside of the classroom?
  - What strategies do you use to work with your symptoms?

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