

After Diagnosis - Next Steps

There is no 'right' way to respond after receiving a diagnosis. Some people continue as they were. Others begin learning, making changes, or sharing their diagnosis. Some dive into everything: connecting with community, exploring resources, and embracing their identity.

If you are interested in exploring medication, a clinician may work with you to find the right medication/options based on your medical history.

Whatever path you take, we hope it leads to understanding, acceptance, and pride. Your experience is valid, and you are not alone.

"I began to unmask with people I trusted and everything just fell into place. I was able to accept myself for who I am. I am still learning a lot about myself and how ADHD affects me, especially my relationships with my peers" - Jenny

You can read more personal stories on how people found the assessment process on our website:
adhdandautism.org/your-stories/

Find us
@ADHDandAutism



This leaflet was created by the Adult Team at CAAS, with input from neurodivergent adults and staff. It aims to provide inclusive, helpful information based on over 25 years of experience and community insight. Our goal is to support, inform, and empower autistic and ADHD individuals, their families, and the wider community - while working to challenge stigma and remove barriers.

We recognise that language and views in the neurodivergent community are always evolving and aim to reflect that with respect and care.

Note: This booklet was written in June 2025. We try to ensure that the information we provide is accurate at the time of publishing, but some individuals may prefer different language, and language may also have changed since this date, so we are aware this booklet may not be in keeping with these preferences and changes.



Embracing ADHD: After-Diagnosis Leaflet for Adults



<https://adhdandautism.org/>



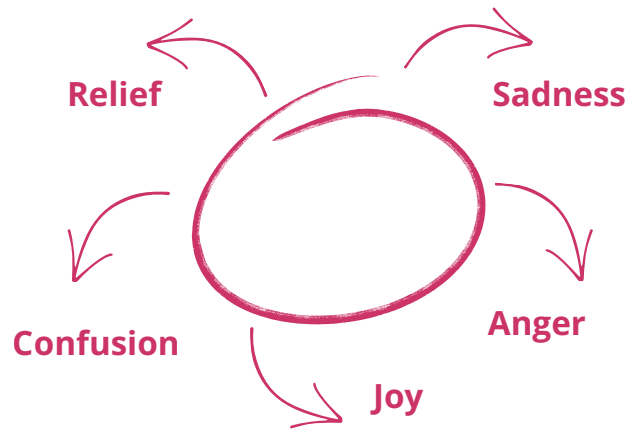
2nd Floor, Television House,
269 Field End Road,
Eastcote, HA4 9XA
Tel: 020 4568 4629

Charity Registration No. 1193799

Please open me up for more information

Feelings After Diagnosis

Receiving an ADHD diagnosis can bring a mix of emotions. People have shared with us that they feel:



Many people describe it as a "journey of self-discovery" with ups and downs. **There's no "right" way to feel.** Some people feel joy. Others tell us they feel grief. Many feel both - sometimes at the same time. That mix is okay. Your reaction is valid, and it may change over time.

If you would like to understand more about what ADHD is like for you and, want a safe space to process emotions you may be feeling, we offer a **6-week Embracing ADHD course created by ADHD people.** Email adults@adhdandautism.org to register your interest.

Do I share my diagnosis with others?

Telling others about your diagnosis is a personal decision. It can help people understand you, lead to support and adjustments, and aid self-acceptance. However, not everyone may understand it, and while people might ask questions to learn more, you don't have to share anything you're uncomfortable with.

Myths of ADHD

You may have heard these phrases - but **they aren't true...**

- "ADHD is just laziness" – it's a real neurodevelopmental condition, not a lack of effort
- "Only kids have ADHD" – ADHD is a lifelong condition
- "Everyone with ADHD is hyperactive"- There are three types of ADHD, (hyperactivity, combined and inattentive)
- "ADHD isn't a strength" – it comes with unique abilities and creativity

Strengths of ADHD

- Creativity and innovation – unique ideas and fresh problem-solving approaches
- Hyperfocus – deep concentration on tasks that spark interest
- Adaptability – quick to adjust to new situations or challenges
- Empathy – strong understanding and care for others

What support can I receive at CAAS?

CAAS Support

CAAS provides ongoing support after diagnosis, including our social groups and ADHD groups. We also offer a 6-week Embracing ADHD course, which supports individuals in understanding their ADHD in a positive, neuro-affirming environment.

Further information & resources

Follow the QR code below for further information that lists all the support we know of in the local area.

ADHD Coaching

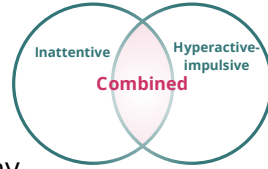
Coaching can offer valuable support, structure, and accountability. Funding may be available through Access to Work schemes if you are working or the Disability Student Allowance if you are a student and most coaches offer a free introductory session. You could also get ADHD coaching privately as well.

Scan the QR code or visit our website to find out more about our groups and explore our resource board detailing external support around the local area.



How might ADHD present?

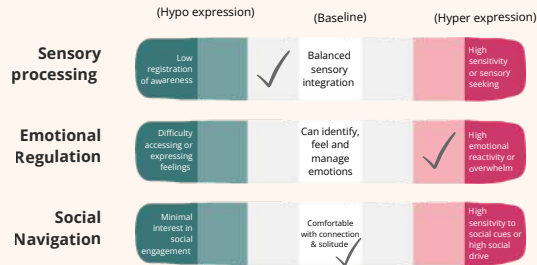
ADHD (Attention Deficit Hyperactivity Disorder) is a lifelong neurodevelopmental condition characterised by a consistent pattern of inattention and/or hyperactivity-impulsivity. These patterns may influence how individuals focus, manage tasks, and engage with their surroundings. People with ADHD often have different experiences of executive functioning and emotional regulation. Not everyone with ADHD is hyperactive.



EXAMPLE:

This handout helps you reflect on where you sit across a range of typical behaviours and traits. Everyone has a unique mix, and this tool can support self-understanding.

You may find it helpful to bring it to your GP appointment to guide the conversation.



What environment is this for?

Home

- **Hypo = experience to a lesser degree / less sensitivity**
- **Hyper = experience to a greater degree / greater sensitivity**

If you are wondering what other words mean, have a look at our glossary via the QR code.



What does my personal profile look like?

Think about the environment or situation you are filling this handout out for (e.g. work, family, home etc.) and write it down in the space provided. Then, for each item, tick the box that best represents where you 'sit' on the scale.

DISCLAIMER: This is a general reflection tool for everyone. It is not diagnostic or specific to any condition like autism or ADHD.

What environment is this for?

