

THRIVE

ADHD New Zealand Ambition
2021-2026



The problem: **an estimated 280,000 Kiwis have ADHD.**



ADHD impacts the lives of 6% of all Kiwis¹. These Kiwis are our whanau, friends, neighbours and colleagues. ADHD makes their lives much more challenging at school, at home, at work and socially.

Around one child in every classroom has ADHD – often undiagnosed. It's devastating to know that students with ADHD are likely to get an 8-10% lower score in literacy and numeracy than their classmates. They're also 2.7 times more likely to drop out of school before graduating.² Many families and schools are in crisis, without the knowledge and strategies needed to support the ADHD community.

The challenges continue into adulthood for those with ADHD. By 30 years of age, an adult with ADHD has a 10% chance of being unemployed and earns 33% less. 15% also require 'social assistance'.³

It doesn't have to be this way.

1. New Zealand Ministry of Health, [New Zealand Health Survey: Prevalence/mean 2020](#), 2020

2. Centre for ADHD Awareness Canada, [Information and resources for educators](#), sourced online April 2021

3. Conway, Jillian, 2019, [Adult ADHD in Motion: Workplace Physical Activity and Improved Occupational Outcomes for Adults With ADHD](#), Master's thesis, Harvard Extension School.

Our vision.



Our vision is to enable those living with ADHD to reach their full potential and thrive.

Over the next five years, our work will focus on making this a reality.

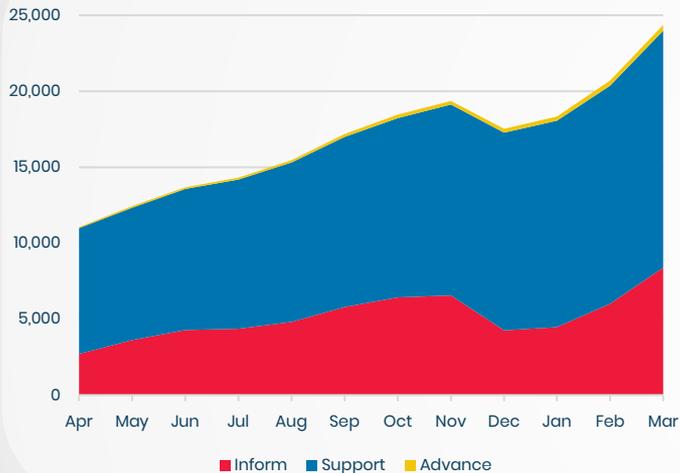
Our community is made up of children and adults with ADHD, their families and support networks. They're telling us what they need.

Our success will be measured by the impact of our efforts on those living with ADHD throughout New Zealand.

Our impact in the 12 months to 31 March 2021.



Our community grew 220%



27

Participants in inaugural online "Everyday with ADHD" parenting course.



33

Participants across 2x in-person "Everyday with ADHD" parenting courses.



70

Participants in our 1st ever online-only annual conference.



+100

Massey University students attending a teacher-training module for managing ADHD in the classroom.



KiwiSport

160

Participants over a year at ADHD basketball programme in Auckland.



10,845+

Members in ADHD NZ Facebook groups.



65,484

Accessed adhd.org looking for healthcare professionals.



+1,549

ADHD adult meetup members (support in Aklid, Wgtn, Chch).



46

Wellington parent support attendees. Other support groups emerging elsewhere.



20

Participants in Wellington Lego club. Waitlist of further attendees.



122

Participants in Wellington Minecraft club. Waitlist of further attendees.

Our mission: to advance the ADHD community by providing practical information and support.



Strategic Building Blocks

- We will understand ADHD and the needs of our community in New Zealand.
- We will spark our community and empower our volunteers.
- We are financially viable with the resources we need to be successful.



It will become easier to get a diagnosis and support

- Engage with the wider medical community so they understand ADHD.
- Proactively work to help make it faster and more affordable for our community to get a diagnosis.
- Work with Pharmac and MedSafe to help remove the barriers to getting prescription for the treatment of ADHD.



Students with ADHD are successful

- Proactively work with the education sector, by providing training and support to teachers, to facilitate, promote and ensure implementation of learning strategies for students with ADHD in the classroom.
- Provide families with the strategies and support they need in the home environment so their child can reach their potential at school.
- Develop a research programme (with partners) to highlight where specific key issues and gaps are. This will inform our strategic direction.



Adults with ADHD are successful

- Celebrate diversity and work with Government agencies to provide education of ADHD and acceptance of those with ADHD.
- Provide adults with ADHD the tools and mechanisms to manage their lives.
- Educate businesses so they understand what ADHD is and the benefits of ADHD in their workplace.
- Develop a research programme (with partners) that highlight where specific key issues and gaps are. This will inform our strategic direction.

- ✓ We will have at least 25 support groups.
- ✓ We will have a sustainable financial model with income of at least \$750k, with only 30% provided by grants.
- ✓ We will have a community of at least 50 volunteers.

- ✓ Getting a diagnosis for ADHD will be as easy as seeing a GP.
- ✓ Making ADHD prescription medication and on-going support more easily accessible.
- * More measures to be added as research is completed.

- ✓ The education sector can facilitate the learning of students with ADHD in their classroom.
- ✓ Parents understand how ADHD impacts their child's behaviour to support well-being at home.
- * More measures to be added as research is completed.

- ✓ Adults with ADHD feel celebrated and accepted and not discriminated against.
- * More measures to be added as research is completed



ADHD
New Zealand

