

Social Stories

The journey to understanding

Taylor

Receiving an ADHD diagnosis

My name is Taylor, and I was diagnosed with ADHD when I was 11. Unlike what most people expect from ADHD, I wasn't hyperactive. I wasn't running around or climbing on things. Instead, I was constantly daydreaming, zoning out in class, and struggling to get started on my schoolwork. I worked hard but forgot instructions, lost my things, and felt like I was always behind.

At first, teachers thought I just wasn't paying attention, but I was trying my best. My parents noticed that I spent hours doing homework that should have only taken minutes. I would sit at my desk but not know how to begin. It was frustrating because I wanted to do well but felt like my brain wouldn't cooperate.

Getting help

Eventually, my parents spoke to my school, and we were referred for an assessment. The doctor asked me about my struggles, how I felt at school, and what happened when I tried to concentrate. They explained that ADHD can look different in everyone – not just the bouncing-off-the-walls stereotype.

When I was diagnosed, I finally had an explanation for why I struggled the way I did. It wasn't that I wasn't trying hard enough; my brain just worked differently.

Finding the right support

One of the biggest changes was starting medication. At first, I wasn't sure how I felt about it, but after trying it, I realised how much easier things became. I could start my work without feeling stuck, and I wasn't so overwhelmed by distractions. I still had to work on organisation and planning, but I wasn't constantly battling my own mind to focus.

My teachers and parents also learned more about how ADHD affects me. Instead of assuming I wasn't listening, they gave me written instructions to follow. Instead of expecting me to sit still for long periods, I was allowed short movement breaks. These small changes made a big difference.

Thriving with ADHD

Now, I understand that ADHD is just part of who I am. It brings challenges, but also strengths. I'm creative, I can think outside the box, and I have a lot of energy for the things I love. I've learned strategies that help me manage my struggles, and I know that with the right support, I can succeed in my own way. My diagnosis didn't change who I am – it just helped me understand myself better. And that has made all the difference.

