HANDOUT

Case Study Persona: Living with ADHD

Background

Jordan Lee is a 27-year-old graduate student pursuing a Master's degree in Environmental Science. He grew up in a suburban area and moved to the city to continue their studies. Jordan enjoys hiking, photography, and working with local environmental nonprofits.

Medical and Personal History

Jordan was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), combined presentation, at the age of 12 after experiencing persistent difficulties with concentration and impulsivity in school. Early interventions included behavioural therapy and academic accommodations, but Jordan did not begin medication until university, when academic demands increased.

Daily Life and Challenges

Jordan often finds it challenging to manage time effectively, especially when balancing coursework, part-time employment at a local bookstore, and volunteer commitments. They tend to get easily distracted during lectures and require frequent breaks to maintain focus. Organizational tasks, such as keeping track of deadlines and appointments, can be overwhelming without the use of digital reminders and planners.

Jordan's impulsivity sometimes leads them to speak out of turn in group settings or make decisions quickly without considering all consequences. Socially, they can be lively and engaging, but sometimes miss cues or forget appointments, which has occasionally strained friendships.

Strengths and Coping Strategies

Jordan is highly creative, an excellent problem-solver, and brings energy and enthusiasm to group projects. They have developed a set of coping strategies to manage their ADHD symptoms, including:

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- Using smartphone apps and digital calendars for reminders
- Breaking large assignments into small, manageable tasks
- Scheduling regular exercise to help with focus and reduce restlessness
- Seeking regular feedback from professors and peers
- Practicing mindfulness and relaxation techniques

Support System

Jordan has a close relationship with their academic advisor, who provides guidance and support. They also attend a weekly ADHD support group, where they share experiences and learn strategies from peers. Family and a few long-term friends serve as a strong foundation, offering encouragement and understanding, especially during stressful periods.

Goals and Aspirations

Jordan's immediate goals include completing their thesis and applying for research grants. Long-term, they hope to work in environmental policy, advocating for sustainable practices and inclusive workplaces. They are passionate about raising awareness of ADHD and reducing the stigma around neurodiversity.

Conclusion

Jordan's journey with ADHD highlights both the challenges and unique strengths that come with the condition. Through a combination of self-advocacy, external supports, and adaptive strategies, they continue to progress towards their personal and professional aspirations.

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