



## Course details

### Course title

Understanding ADHD: Working with ADHD

### Course code

Q00016756

### Course date

Start: 02/05/25

End: 16/05/25

### Number of classes

3 sessions

### Timetable

Fri 2nd May, 10:00 to 13:00

Fri 9th May, 10:00 to 13:00

Fri 16th May, 10:00 to 13:00

### Tutor

Sanjaya Grero

### Fee range

Free to £33.30

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

1

## **Course overview**

Are you or a loved one waiting on a diagnosis for ADHD? If so, the tools and resources in this ADHD course can support you through the process. Having correct and up-to-date information is a crucial part of understanding the diagnosis. This equality & diversity course is aimed at people supporting others with ADHD. Gain understanding of what ADHD is and how it affects behaviour. Consider the facts and myths surrounding ADHD and learn ways to interact productively with individuals with ADHD. Gain awareness of behaviour that challenges and explore strategies to manage it.

## **Course description**

This course is also useful for individuals with ADHD. It can help you understand the condition better and answer questions you may have. You will learn in a supportive and friendly environment.

Depending on your needs, there are various study options after this short course.

You can continue studying ADHD courses if you want to gain more in-depth knowledge. You can also take a SEN course if you'd like to understand the special educational needs of neurodiverse people.

If you're not sure which course is right for you, feel free to ask your tutor for advice. They will be more than happy to guide you based on their life experience.

To study this equality & diversity course you'll need an internet connection. This is so you can access our digital learning platform, Canvas.

The WEA is committed to accessible adult education for all. If you have any accessibility requirements, please let us know and we will do our best to accommodate your needs.

Most of our courses are free for most of our learners. Please note that you need to reach the end of the enrolment process to see the discounts

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/2-may-understanding-adhd-working-adhd>