



BLOCK BUILDING
THERAPIES

ADULT ADHD PROGRAM

Block Building Therapies offers a comprehensive assessment and treatment program for adults who have diagnosed or undiagnosed ADHD. Our therapists have specialized training and expertise in working with adults who are experiencing challenges in life roles and transitions secondary to attention deficit challenges. This includes but is not excluded to school, work or home roles as well as social relationships. We firmly believe that a multidisciplinary and collaborative team-based approach should occur with doctors, psychologists,



psychiatrists, counsellors, employers, educators and case managers. We assist clients to utilize resourceful tools and strategies to be as successful as possible in all of their environments. Lastly, our program offers a strong emphasis on social skills training with clients and their families in order to increase self-advocacy and assertiveness skills while navigating life transitions.



Why OT?

To successfully overcome challenges associated with adult ADHD, the adult must build both coping/management skills, *and* the ability to adapt to environments. As functional experts, occupational therapists are uniquely equipped to provide both services. We use CBT-and DBT-based approaches to assist with skill building, and our community-based approach allows us to not just discuss different environments (such as home, work or school), but to visit them to provide insight and hands-on assistance with making changes as needed. In the event that a talk-based therapist is already in place to assist with skill-building, an OT is able to work in tandem with them to provide community-based environmental supports to complement pre-existing clinic-based services.

Supporting through Transitions is the Key to Success!

In the last number of years the diagnosis rate of adult ADHD has increased and so has our understanding of both the condition and the effect it has on function. Many adults with ADHD are not diagnosed earlier because of naturally occurring supports and coping mechanisms. However, when these adults experience a significant role change such as increased expectations at work or the birth of a child, it can result in serious reduction in functioning as their previous supports and coping mechanisms become insufficient for the increased demands necessitated by the life role transition. This reduced functioning can cause increased absence from work or even a sick leave. People in this position must build skills to increase their adaptability, resilience, and capacity, and make environmental changes to adapt the way tasks can be completed. Occupational therapy is the perfect fit to address both areas.

Our client-centred, comprehensive assessment is completed over 2-3 sessions with the occupational therapist and covers medical history, ADLs, cognition, sensory challenges, mood, social life, medication management, and more. Through the assessment, clients are enabled to identify key areas of functional concern. A comprehensive assessment and report will include recommendations and strategies to assist clients in navigating their work, home or school goals. Regular therapy sessions as well as collaboration with the multidisciplinary team can also occur once an assessment has been completed.

If the client is off of work, treatment will support an overarching goal of return to work. Occupational therapists in the Adult ADHD program have a variety of tools and strategies to help equip clients.

These include:

- Education and advocacy training
- Strategies for environmental and life changes
- Accommodations in the workplace, school or home
- Coping and assertiveness training
- Compensatory strategies
- Goal setting and Life skill development
- Cognitive and Dialectical Behavioral Therapy
- Mindfulness Training /ACT
- Social skill development

For more information or to make a referral to the Adult ADHD program, please visit our website at www.blockbuilding.ca

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