

Attention Deficit Hyperactivity Disorder

John is a 9-year-old student in 4th grade. He was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and has a learning disability in reading. He also experiences social and racial challenges as he is one of the few students of colour in his school and sometimes faces discrimination from his peers. John has a history of asthma and is prone to allergies, which can affect his breathing and concentration in class. He also has poor fine motor skills, making it difficult for him to write and complete tasks that require dexterity. John struggles with executive functioning skills and has trouble with organization, planning, and prioritizing. He also has difficulties with memory retention and recall. John has a tendency to act impulsively and can become disruptive in class. He can also become easily frustrated and overwhelmed, leading to outbursts of anger. He has low self-esteem and feels socially isolated at times. John struggles with reading comprehension and has difficulties decoding and recognizing words. He requires accommodations such as extra time on tests and the use of assistive technology.

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that can affect a child's academic, social, and emotional functioning. Early identification and intervention are crucial in managing the symptoms of ADHD and improving outcomes for affected children. The following action plan can be used in an educational setting to identify and address his needs:

Step 1: Assessment. The first step is to assess John's needs. A comprehensive evaluation by a school psychologist or other qualified professional can help determine the extent of John's ADHD and his learning disability in reading. This will provide the necessary information to develop an individualized plan for John.

Step 2: Collaboration. Collaboration is key to addressing ADHD in the classroom. Collaboration is essential to addressing John's needs. Teachers can work with John's parents, school psychologists, and other support staff to develop an individualized plan for him. The team should identify specific goals, strategies, and accommodations to support John's learning and behavior. The team should also meet regularly to monitor progress and make adjustments as needed.

Step 3: Accommodations and Modifications. Accommodations and modifications can help support John's learning and behavior in the classroom. Examples of accommodations and modifications for John could include preferential seating, extended time on assignments and tests, frequent breaks, and chunking assignments into smaller tasks. Teachers can also use visual supports like schedules, checklists, and cue cards to help John stay organized and focused. Additionally, John could benefit from assistive technology like audiobooks or text-to-speech software to help him with reading.

Step 4: Behavior Interventions. Behavior interventions can help John learn and practice appropriate behaviors in the classroom. Teachers can use positive

reinforcement strategies like praise, rewards, and token economies to encourage positive behavior. Teachers can also teach John self-monitoring and self-regulation skills to help him manage his own behavior.

Step 5: Referral. If John's behavior and symptoms persist despite interventions, the team can refer him for additional evaluations or services. This could include a referral for additional medical or therapeutic services or a referral to a specialized reading program.

In conclusion, an action plan for identifying and addressing John's needs involves screening, collaboration, accommodations and modifications, behavior interventions, and referral. Early identification and intervention can help support the child's learning and behavior and improve outcomes for children with ADHD. The plan should be individualized to meet John's specific needs and should be monitored regularly to ensure progress is being made. With the right support and interventions, John can succeed academically and socially.