

Richland’s Delta Alpha Pi Club works to raise awareness about disability and disability-related issues. October is the awareness month for both ADHD and Dyslexia. Delta Alpha Pi is proud to highlight ADHD and Dyslexia Awareness. If you would like to join or learn more about Delta Alpha Pi, please email tmata@richland.edu.

Facts about ADHD:

* ADHD was first mentioned in 1902 and was originally called hyperkinetic impulse disorder
* In 2000, the DSM IV was released naming the three subtypes used today: Combined type ADHD, Predominantly inattentive type ADHD, and Predominantly hyperactive-impulsive type ADHD
* Millions of US children have been diagnosed with ADHD
* Boys are more likely to be diagnosed with ADHD than girls (12.9% compared to 5.6%) per the CDC survey in 2016
* Adult ADHD symptoms are often not as clear as ADHD symptoms in children
* Hyperactivity often decreases in adults with ADHD but struggles with restlessness, impulsivity, and difficulty paying attention may continue
* Justin Timberlake, Michael Phelps, Adam Levine, and Simone Biles have all been diagnosed with ADHD

There are many myths surrounding ADHD. This video, [ADHD Myths and Tips 2019](https://www.youtube.com/watch?v=FeTKYxkm7ZI&feature=emb_logo), was submitted for the 2019 Video Contest for ADHD Awareness and highlights several of the myths associated with ADHD.

To learn more about ADHD, visit the [CDC’s ADHD webpage](https://www.cdc.gov/ncbddd/adhd/index.html) or [Mayo Clinic’s Adult ADHD webpage](https://www.mayoclinic.org/diseases-conditions/adult-adhd/symptoms-causes/syc-20350878). You can celebrate October and ADHD by visiting the [ADHD Awareness Month webpage](https://adhdawarenessmonth.org/).

Facts about Dyslexia:

* Dyslexia is a language-based learning disability and was first called “word blindness” in 1877
* Although coined in 1887, the term dyslexia was not widely used until the 1960s
* An estimated 15-20% of the population have some of the symptoms of dyslexia, like poor spelling or writing, mixing up words, or slow or inaccurate reading
* Dyslexia is not due to lack of intelligence or desire to learn
* Celebrities who have been diagnosed with Dyslexia include Whoopi Goldberg, Steven Spielberg, Octavia Spencer, and Jennifer Aniston

Kendra Thomas was diagnosed with both ADHD and Dyslexia. Read her success story, [Kendra Thomas and Her Struggles](https://dyslexiaida.org/kendra-thomas-and-her-struggles/).

Learn more about dyslexia through the [International Dyslexia Association](https://dyslexiaida.org/).