



ABIL-OT PLLC
enriching your child's natural ability

ADHD
AWARENESS MONTH

Abil-OT X-Change, October 2021 9th Edition



October is Down Syndrome Awareness Month!

Down syndrome occurs across the human spectrum and is the most common chromosomal condition. Each year, about 6,000 babies are born with Down syndrome — a 1 in 700 chance. The truth is that children born with Down syndrome can absolutely go on to live happy and long lives. And with Down Syndrome Awareness Month every October, we can be inspired to learn more about this topic and to celebrate people born with Down syndrome and the medical advancements that increasingly improve their quality of life.



October is Sensory Awareness Month!

Sensory Processing Disorder (SPD) affects nearly 1 in 20 of us, even though most of us don't know much about it. Did you know that while many kids living on the autism spectrum are also suffering from some form of SPD, autism itself isn't actually SPD? Technically, SPD isn't even a set of behavioral disorders. Actually, it's a neurological condition that sometimes presents through those behavioral problems. The diagnosis of SPD remains complicated, in part because even doctors don't know to routinely look for it when similar symptoms present. The behavioral issues often associated with this neurological condition are a result of mostly environmental factors. A child will become stressed because they do not know how to respond to certain stimuli — like noise, tactile sensation, or temperature fluctuations — and so they can act out because they don't have any other way of coping or relieving that stress. SPD educators will gladly provide information related to the learning methods often required of kids with SPD. It's not that they *can't* learn — it's that they learn differently from most other kids. Activities that include tactile sensation are important to kids growing up with SPD because they need to learn how to adapt to these new experiences.

ADHD AWARENESS MONTH!

ADHD is a neurodevelopmental disorder affecting both children and adults. It is described as a "persistent" or ongoing pattern of inattention and/or hyperactivity-impulsivity that gets in the way of daily life or typical development. Individuals with ADHD may also have difficulties with maintaining attention, executive function (or the brain's ability to begin an activity, organize itself and manage tasks) and working memory. There is no single test to diagnose ADHD and many other problems, like anxiety and depression, can have similar symptoms. Thus, diagnosing ADHD should be done only by trained health care providers.

2nd Annual Sensory Friendly Fall Festival

Saturday Oct. 30, 2021
2-4

October is National Physical Therapy Month — a time to celebrate the profession and all the ways physical therapists, physical therapist assistants, and PT and PTA students help improve lives across the country!