



Quick Recap

ADHD is a neurodevelopmental condition affecting attention, activity, and impulse control. With understanding, structure, and treatment, people of all ages can thrive.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

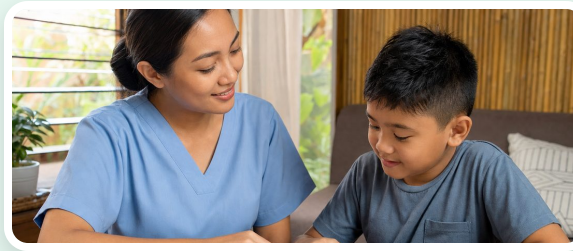
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Understanding ADHD

Different, Not Difficult



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Break tasks into small steps with visual checklists and timers.
- Calendars, phone alarms, and pill organizers for medicines and appointments.
- One task at a time; close other browser tabs and silence non-essential phone notifications.
- Use a “launching pad”: a single spot near the door for keys, wallet, mask, and meds.
- Quiet, organized spaces for

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Weekly log of focus, forgetfulness, restlessness, and impulsivity.
- Medication side effects: appetite, sleep, mood, headaches—report to prescriber.

Good to know

- ADHD affects children, teens, and adults; symptoms often change with age.
- Treatment often combines therapy, structure, and sometimes medication.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Behavior strategies: routines, immediate rewards, and one-step directions.
- Accommodations: extra time, quiet testing, preferential seating, fidget tools as allowed.
- Limit highly stimulating games and social media before homework or sleep.
- Consistent sleep, exercise, and screen limits improve focus.