



Key Take-Aways

ADHD: A VAST Topic

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Summary: Attention Deficit Hyperactivity Disorder (ADHD) is a label that averages many behaviours but ignores the profile of a child, which gives us the richness of their individual differences and a respect for their adaptive responses to their environment

- Many children on the spectrum or with VAST (Variable Attention Stimulus Trait, a proposed renaming of ADHD) do not yet have integrated sensory systems, which impedes their capacity to attend
- External structure helps to organize a person with VAST when they lack internal organization
- Movement including cerebellar exercises help immensely because the vestibular system is the central integrator for sensory systems
- Sensory registration of information from the vestibular system makes you feel productive and confident in your body so that you can then become productive in your executive functions
- Our sense of internal control drives our external behaviour

Link to this blog: <https://affectautism.com/2021/04/24/adhd>