

ISSUE 105, AUGUST 2016

# LADDER

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ADHD/LD  
AWARE



**LADS**  
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## A DAY IN THE LIFE OF ADHD

A publication of Learning and Attentional Disorder Society of WA (Inc.)

ABN 45 591 912 210



# A DAY IN THE LIFE OF ADHD

Saturday, September 17th is important to LADS as it should be to you! Join us for a morning of presentations by leaders in all aspects of ADHD treatment. Learn how to manage the symptoms of ADHD at home, work and school.

Keep an eye on LADS Facebook page for all the seminar news.



Time	Speaker	Topic
8:30 AM	Registration, Morning Tea	
9:00 AM	Shelley Blakers	ADHD Goes to School
9:30 AM	Elizabeth Spencer-Fawell	ADHD goes Food Shopping
10:00 AM	Prof Stephen Houghton	ADHD uses Social Media
10:30 AM	Break	
11:00 AM	Dr Michele Toner	ADHD Goes to Work
11:30 AM	Zyron Krupenia	ADHD Falls in Love
12:00 PM	Dr Roger Paterson	ADHD takes Medication
12:30 PM	Panel	
1:30 PM	Conference ends	

## INTRODUCING SPEAKERS



- Educator **Shelley Blakers**:
- 40+ years’ experience in the Education sector, and currently works for the Department of Education.
  - Currently working in the specialist area of speech and language difficulties and disorder in the North Metropolitan and Mid-West Education Regions.
  - Specialist areas include learning difficulties, disabilities and language disorders and has post-graduate qualifications in the area of special education as well as educational computing.





Dietitian and Nutritionist **Elizabeth Spencer-Fawell:**

- Worked at the Princess Margaret Hospital for Children and the Community Welfare Department of WA. Been the Clinical, Community & Regional Dietitian for the Hamilton Base Hospital, Victoria.
- Employed as a teacher of health, nutrition and life skills to “at risk” indigenous and other under-educated students, plus mature aged students at the Kalgoorlie College of Curtin University. Since 1989, Liz has been in private practice.
- Member of the Dietitian Association of Australia since 1980; in 1995, she became an Accredited Practising Dietitian (APD) and later Accredited Nutritionist (AN).



**Prof. Stephen Houghton:**

- Director of the Centre for Attention & Related Disorders, Graduate School of Education, University of Western Australia.
- Supervised 88 postgraduate students to successful completion, including PhD, Master of Psychology, Master of Special Education, Master of Education, Bachelor of Psychology (Honours), Bachelor of Education (Honours).
- Widely published and also reviews articles for international journals. He is a signatory of the International Consensus Statement on ADHD (2000).



ADHD coach **Dr Michele Toner:**

- Trained as a high school teacher, Michele was awarded a Master of Special Education Degree with Honours in 2001 and won the University of WA prize for Best Research in Special Education. Entitled “Adults with ADHD; living in chaos and striving for control”.
- In 2009 she completed her PhD, entitled “University Students Diagnosed with ADHD and their first year at university: a theory of developing empowerment”. This was awarded the Cameron Prize for best research in the education faculty for that year.
- Michele now works in private practice.



Clinical Psychologist **Zyron Krupenia:**

- Has worked in private practice for the past 30 years.
- Was a Senior Clinical Psychologist in the WA Health Department for 14 years.
- Is a member of the following Professional organisations: The Institute for Private Clinical Psychologists, The Australian Psychological Society, The Australian Psychological Society College of Clinical Psychology, and The Australian Clinical Psychology Association.
- Has been a member of the LADS PAB since its inception.



Psychiatrist **Dr Roger Peterson:**

- Consultant Psychiatrist in full-time private practice. Worked in combined public and private practice from 1989 to 1996, and from 1997 onwards has been exclusively in private practice.
- The principal author in 1999 of a published study showing that dexamphetamine was useful in the treatment of adult ADHD – a world first. Has been a member of the WA Stimulants Committee, and continues to advocate for the multimodal treatment of ADHD within the public and private sectors, for all age groups.
- Member of the LADS Professional Advisory Board for 22 years, and was instrumental in starting AUSPAN (Australian Professional ADHD Network) in 2011.



## Your opinion is important!

Researchers at the University of Western Australia are looking for parents of children aged 4-12 with a behavioural and/or emotional problem (e.g., ADHD, depression, anxiety disorders, oppositional defiant disorder, conduct disorder, or an eating disorder) to fill in a short survey. The survey takes about 20 minutes of your time. Responses are confidential.

Visit <http://tinyurl.com/UWAParentStudy>  
to participate

## ATTENTION!

LADS has a new phone number.  
Please change your records.

**(08) 6457 7544**

Don't delay! Get your ticket to A Day in the Life of ADHD conference!

Visit <https://www.stickytickets.com.au/41316> to guarantee a seat!

Don't forget that being LADS member has its benefits—**special prices** applied only for members.



## LADS Resources

**LADS Information and Support Line:** (08) 6457 7544 Mon-Fri; 9:30 am—2:00 pm

**Website:** [www.lads.org.au](http://www.lads.org.au)

**Facebook:** Learning and Attentional Disorder Society

**Coffee Mornings** (Support Group for Parent with children with ADHD): Each **FIRST WEDNESDAY** of the month; 10am—12pm

**Adult ADHD Support Group:** Each **THIRD TUESDAY** of the month; 7pm—9pm

**Library:** The Niche, 11 Aberdare Rd, Nedlands; 9am—2pm. Become a LADS member to access ADHD orientated books and DVD's. LADS suggested titles:

- **ADHD – Living Without Brakes.** by Martin L. Kutscher
- **The ADD/ADHD Answer Book.** by Dr Susan Ashley
- **Teenagers with ADD – A Parents' Guide.** by Chris A. Zeigler Dendy
- **Everyday with ADHD.** by Kerry Cooney
- **The ADHD Handbook.** by A. Munden & J. Arcelus
- **The Everything Parents' Guide to ADHD in Children.** by C. Jacobs & I. Wendel
- **Socially ADDept.** by ph.d. Janet Z. Giler

## Next Issue

September's LADDER— **Teaching and ADHD!**

Stay subscribed to get more news on ADHD, useful tips and LADS services.

**Let's stay together on the ADHD journey!**

## Suggested Sites:

- <http://www.understood.org/>
- <http://www.additudemag.com/>
- <http://www.adhdandyou.com/>
- <http://www.adhdtogether.com/>
- <http://www.chadd.org/>
- <https://www.kidsmatter.edu.au/>
- <http://add.org/>