



Good practices in Portugal

The educational situation of adult learners with ADHD in Portugal can vary widely based on individual circumstances, including the severity of the ADHD symptoms, the level of educational attainment, and the level of support and resources available to the individual. Here are some key points to consider:

Limited research: There is a lack of research on the educational situation of adult learners with ADHD in Portugal. Most studies in this area focus on children and adolescents, and there is limited information available on the experiences and needs of adult learners with ADHD in the country. (Nogueira & Martins 2019 and Almeida, Figueiredo, Silva & Maia, 2020)

Educational attainment: Individuals with ADHD may face challenges in completing their education, including difficulties with attention, organisation, and time management. This can make it harder for them to complete assignments, meet deadlines, and stay focused in the classroom or online learning environments. However, some individuals with ADHD are able to complete their education and pursue advanced degrees or professional training. (Surman & Biederman, 2007 and Carmona, Pérez-Salas, García & Sánchez-Caravaca, 2013).

Support and resources: The availability of support and resources for adult learners with ADHD in Portugal can vary based on the region and the individual's circumstances. Some universities and vocational training programs may offer accommodations for individuals with ADHD, such as extra time on exams, note-taking assistance, or access to academic coaches or counsellors. However, these resources may not be available at all institutions or may be limited in scope.

Employment: Individuals with ADHD may face challenges in finding and maintaining employment, particularly in jobs that require sustained attention, organisation, and time management. However, some individuals with ADHD are able to find jobs that match their strengths and interests, and may benefit from accommodations such as flexible work schedules or assistive technology. (López-Vicente, Romero-González, Vilà-Baños, Pérez-Pereira, 2019 and Kostrzewa, 2017)

Overall, the educational situation of adult learners with ADHD in Portugal is complex and multifaceted. While individuals with ADHD may face challenges in completing



their education and finding and maintaining employment, there are resources and support available to help them succeed. More research is needed to better understand the needs and experiences of this population, and to develop effective interventions that can improve their educational and vocational outcomes.

Organisations in Portugal that are applying the practices of neuro pedagogy for adult ADHD learners may include the Portuguese Association for ADHD, the National Institute of Adult Continuing Education, and the Portuguese Society of Educational Sciences.

Neuropedagogy is the science that studies the processes of learning, memory, and attention, as well as their relationship with the functioning of the brain.

The Portuguese Association for ADHD: This organisation is dedicated to providing support and resources for individuals with ADHD and their families. Their website offers information on the symptoms of ADHD, diagnosis, treatment, and educational support for individuals with ADHD. They also offer a variety of services, including workshops, training, and counselling for individuals and families affected by ADHD.

- Provides educational resources and information to individuals with ADHD and their families, including workshops, webinars, and support groups.
- Offers counselling and coaching services to help individuals with ADHD manage their symptoms and develop coping strategies for daily life.
- Advocates for the needs of individuals with ADHD and works with government agencies and other organisations to improve policies and services for this population.

The National Institute of Adult Continuing Education: This organisation is responsible for promoting and providing adult education in Portugal. Their website provides information on adult education programs, training, and resources for individuals who wish to continue their education or upgrade their skills. They also offer a variety of training programs for teachers and educators, including training on how to work with students with diverse needs, such as ADHD.

- Offers a variety of adult education programs and training courses for individuals who wish to continue their education or upgrade their skills, including courses on personal development and career planning.
- Provides resources and support for educators and trainers who work with adult learners with diverse needs, including those with ADHD.



- Collaborates with other organisations and institutions to develop and implement innovative teaching practices that are tailored to the needs of adult learners, including those with ADHD.

The Portuguese Society of Educational Sciences: This organisation is dedicated to promoting the study and development of educational sciences in Portugal. Their website provides access to research articles, publications, and conferences on topics related to education, including the application of innovative teaching practices for learners with diverse needs, such as ADHD.

- Conducts research on innovative teaching practices and educational interventions for learners with diverse needs, including those with ADHD.
- Hosts conferences, seminars, and workshops to disseminate research findings and promote best practices in education and psychology.
- Provides resources and support for educators and researchers who are interested in implementing evidence-based practices that address the needs of learners with ADHD and other neurodevelopmental disorders.

These organisations also work in partnership with other agencies and professionals, such as mental health clinics, vocational training programs, and employment agencies, to provide a comprehensive support network for adult learners with ADHD in Portugal.

When it comes to adult learners with ADHD in Portugal, here are two examples of good practices of the appliance of neuro pedagogy:

Individualised and flexible learning strategies: Adults with ADHD often struggle with traditional teaching methods that involve sitting still and listening for long periods of time. Thus, it is important to use individualised and flexible learning strategies that accommodate their unique learning needs and preferences. For example, incorporating movement and physical activity into the learning process, breaking down information into small, manageable chunks, and using visual aids to enhance understanding can be effective.

Emphasising self-regulation and metacognitive skills: People with ADHD often have difficulties with self-regulation and metacognitive skills, which are the ability to control their own behaviour, monitor their own thinking and learning, and adjust their strategies as needed. Therefore, it is important to emphasise the development of



these skills through activities that encourage self-reflection, goal-setting, and self-monitoring. This can involve helping adult learners with ADHD to identify their own strengths and weaknesses, set achievable goals, track their progress, and reflect on their own learning process. This will help them to become more aware of their own learning needs and to develop strategies for success.

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