



Learning Disabilities Association of Manitoba

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**Parents, adults and professionals
working together since 1966**

INVISIBLE NO LONGER

Learning Disabilities and Attention Deficit Disorder (ADHD/ADD)



WHAT LDA OF MANITOBA DOES...

INFORMATION/REFERRAL - conferences, workshops, training for employers and professionals, distribution of brochures, newsletters and information bulletins.

RESOURCE CENTRE - resource directories, lending library, journals, research publications, audiovisual materials, reference publications.

SUPPORT SERVICES - referral/network services for families, adults and professionals, parent and adult support groups; parent training courses.

PUBLIC AWARENESS - provincial and national newsletters, speakers bureau, forums, co-sponsorship of events and activities, on-going media relations

NETWORKING - participating in public meetings, networking of parents and professionals, other disability groups, presentations to school and government agencies.

RESEARCH AND OTHER ACTIVITIES - conducting pilot projects, volunteer development, review of legislation and support systems.

By becoming a member, you...

- Become part of a network advocating for individuals with learning disabilities and/or ADHD/ADD; a member of the Learning Disabilities Association of Canada.
- Receive information on available community resources.
- Receive information on issues pertaining to learning disabilities and attention deficit disorder.
- Receive lending privileges on books, videos and audio tapes
- Become informed of all special activities of the Association, and receive discounts on special events.
- Receive provincial and national newsletters three times a year.

Be a Supporter of LDA Manitoba!

By becoming a supporter, you will be part of a national and international network. Your contribution will go toward building essential programs and services for individuals and families living with learning disabilities and / or attention deficit disorder.

Yes! I wish to donate _____.
Please send a tax receipt to the address on this form.

JOIN TODAY!

LDA Manitoba has been working for 40 years to advocate for and educate about LD and ADHD.

Yes! Sign me up as a member of LDA of Manitoba!

\$25.00 individual/family / organization \$15.00 students

Name _____

Address _____ City/Town _____

PCode _____ Phone _____ Email _____

I am: Parent/Guardian/Family of child with LD OR ADHD Student

Adult Consumer Professional Renewing Member New Member

I would like to volunteer for LDA Manitoba in the following areas:

Office Displays Special Projects Committees

Send cheque, Visa or Mastercard #, or money order to: Learning Disabilities Association of Manitoba, 617 Erin Street, Winnipeg, Manitoba R3G 2W1



Learning Disabilities Association of Manitoba...Opening Doors to Success

THE TERM "LEARNING DISABILITIES"

was coined in 1963 by a group of psychologists in Chicago, under the leadership of Dr. Samuel Kirk. A learning disability is NOT related to intelligence; it is a problem in processing information. Learning disabilities are manifested by delays in the development of, or difficulties in the following areas of functioning: "attention, memory, writing, spelling, reasoning, calculation, reading, coordination, social competence, emotional maturity, communicating."

WHAT IS A LEARNING DISABILITY?

Persons with Learning Disabilities show deficits in one or more of the processes basic to efficient and effective learning. There is a discrepancy between their true capability and their day-to-day productivity and performance. Learning Disabilities range from mild to severe and can show up at any time in life.

WHO HAS LEARNING DISABILITIES?

It is estimated that 10-15% of the population struggles with a Learning Disability. They range from mild to severe and are found among all socio-economic, cultural and ethnic groups. They may co-exist with other difficulties such as Attention Deficit Disorder (ADD/ADHD).

DO LEARNING DISABILITIES DISAPPEAR?

Learning Disabilities remain throughout an individual's life. However, with appropriate assistance, people with Learning Disabilities can become productive and valued members of society.

Most people with learning disabilities CAN and DO learn to function as independent adults. With help and intervention they can learn to understand their particular difficulty and develop strategies to compensate. By our understanding, we help them to believe in themselves.

WHAT IS ATTENTION DEFICIT DISORDER (ADHD/ADD)?

Attention Deficit Disorder is a condition which affects attention to tasks, activity level and impulse controls in both children and adults. Approximately 3-5% of the Canadian population suffer from ADHD/ADD.

The behavioural symptoms of ADHD/ADD may include: excessive physical activity, including fidgeting; impulsive actions, including rapid shifts from one activity to another and acting before thinking about consequences; considerable difficulty in attending to the task at hand; general disorganisation and poor social skills.

ADHD/ADD is usually present in children before the age of seven, but symptoms are often missed until the child begins school. Attention deficits can also be present without hyperactivity (ADD).

HOW IS IT DIAGNOSED?

Diagnosis of ADHD/ADD can be difficult. An individual may display various signs of hyperactivity, impulsivity, and inattention. Severity of symptoms may vary from day to day and even from hour to hour. Symptoms may range from an extremely mild pattern that is difficult to differentiate from the behaviour of a normally exuberant child, to pronounced deficits in behaviour. ADHD without hyperactivity is harder to diagnose as individuals do not exhibit the hyperactive symptoms, and are often quiet and withdrawn.

Information that is usually required by a medical doctor or other professional for the evaluation of ADHD/ADD includes: prenatal history, family history (genetic), early childhood development, duration of symptoms, educational assessment, behavioural activities checklist measures, family relations, educational environment, and possibly neurological assessment.

ADHD/ADD may be hard to differentiate from other problems the individual may be experiencing such as stress, anxiety, depression or abuse. The earlier the diagnosis, the sooner the treatment can begin.

Examples of Resources at LDA Manitoba

Books

The Misunderstood Child: A guide for parents of children with learning disabilities,
Dr. Larry Silver 1992

Overcoming Underachieving: An action guide to helping your child succeed in school,
Dr. Sam Goldstein and Dr. Nancy Mather 1998

How to Reach and Teach ADD/ADHD Children
Sandra F. Rief 1993

The Gift of Dyslexia Ronald A. Davis 1997

You Mean I'm Not Lazy, Stupid or Crazy?: A Self-Help Book for Adults with Attention Deficit Disorder
Kate Kelly & Peggy Ramundo 1993

Videos

F.A.T. City Workshop (Frustration, Anxiety and Tension): How Difficult Can This Be?
Rick Lavoie /PBS 1989

Look What You've Done! LD & Self-Esteem
Dr. Robert Brooks / PBS 1997

WHAT IS LDA Manitoba?

The Learning Disabilities Association of Manitoba is a non-profit organization made up of parents, professionals, persons with learning disabilities and interested others. We are affiliated with the Learning Disabilities Association of Canada, and its other provincial and territorial branches.

HOW DOES LDA Manitoba HELP?

The Association exists to provide information, educate about learning disabilities and attention deficit disorder, and to direct attention to resources available in the community.

Call: (204) 774-1821

A United Way of
Winnipeg Agency



THE LEARNING DISABILITIES ASSOCIATION OF MANITOBA DOES NOT SUPPORT, ENDORSE OR RECOMMEND ANY ONE METHOD, TREATMENT, PRODUCT, REMEDIAL CENTRE, PROGRAM OR PERSON FOR CHILDREN OR ADULTS WITH LEARNING DISABILITIES OR ATTENTION DEFICIT DISORDER. IT DOES, HOWEVER, ENDEAVOUR TO INFORM IN THE BELIEF THAT YOU HAVE THE RIGHT TO KNOW.