

# Follow-Up Care for Kids and Teens with Attention Deficit Hyperactivity Disorder (ADHD)

Managing ADHD doesn't end with a drug prescription and a behavior plan.



## ✓ Visit the Doctor

You have a big part to play!

- Keep in touch with your child's doctor weekly during the first month.
  - Tell the doctor of any problems your child has with the ADHD medicine.
- Visit your child's doctor by the end of the first month.
  - The doctor will check your child for any problems with the ADHD medicine.
- Visit your child's doctor four times in the first year.
- Visit the doctor with your child two times a year after the first year.
  - The doctor will check your child's progress and change medication as needed.

## ✓ Track Goals

Treatments for children and teens with ADHD can use both medicine and behavior therapy. This means your child needs everyday help from parents, teachers, and other caregivers.

- Track your child's progress
  - Parents, teachers, and caregivers can use daily reports, rating sheets, or charts.
- Work with teachers to track your child's school goals.
  - Stay in touch with your child's teacher to keep your child on track at school.
- Use rating sheets to track your child's behavior goals
  - You can ask your child's doctor to give you rating sheets or find your own.

## ✓ Aim for Success

Your child's success is a team goal!

- Help your child by watching her or his progress toward goals.
  - Talk with your child's healthcare team to check on her or his progress.
- Talk to your child's doctor, teacher, or care team member about what to try next if your child isn't attaining her or his goals.
  - If your child is not meeting her or his goals, talk to her or his doctor, teacher, and/or care team member. Help your child win by making simpler goals and by trying new ways of doing things.
  - Ask the doctor or therapist for help for any other health or mental health problems.



## Earn Rewards

You can earn \$10 for each follow up visit you make to the doctor with your child.  
You can earn this \$10 three times per calendar year, for a total of \$30.

### To Learn More

Call Member Services at **1-855-202-0729** (TTY: 1-800-255-0056 or 711). We are open Monday through Friday from 7 a.m. to 7 p.m. Eastern Standard Time. We are here to help.

### Medical Reviewers from University Rochester Medical Center:

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=197&contentid=29399>

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