

## Taking a planned holiday from ADHD medicine Helping you decide

**Your feelings:** Your personal feelings are just as important as the medical facts. Think about what matter most to you in this decision. Do this by reading the following statements and placing a tick on the sliding scale to show where your feelings lie.

**Example:**

*Reasons for considering a planned medicine holiday*

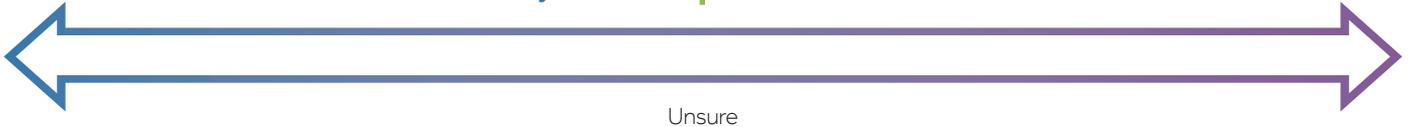
*Reasons for not considering a planned medicine holiday*



### Statement 1

I feel that I do not need the medication anymore

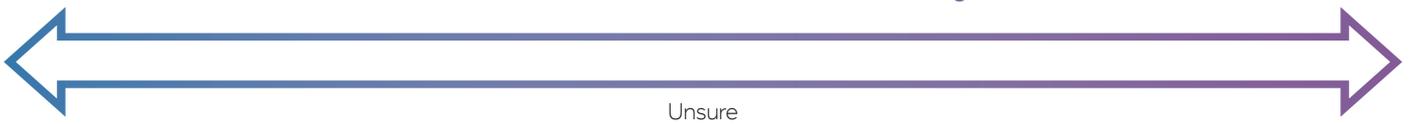
I feel that I still need the medication



### Statement 2

I feel that I may manage well without the medication

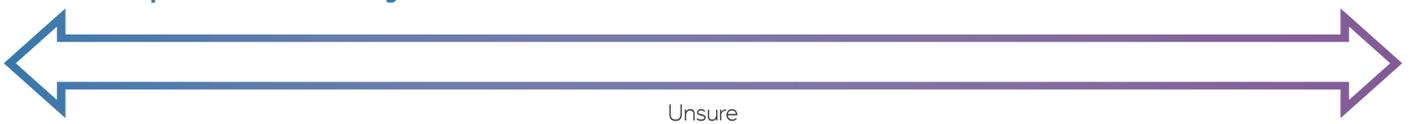
I am worried that maybe I won't be able to manage without the medication



### Statement 3

I appreciate the benefits of medication but am worried about the possible short and long-term side-effects

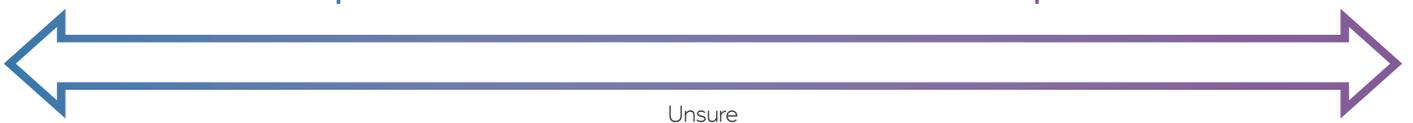
I appreciate the benefits of medication and feel the medication is safe



### Statement 4

I am not worried about stopping the medication for a short period of time

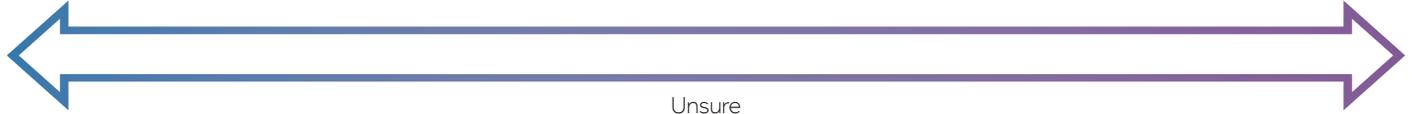
I would worry about stopping the medication for a short period of time



### Statement 5

I may not need the medication anymore because I am getting the appropriate support at school/college

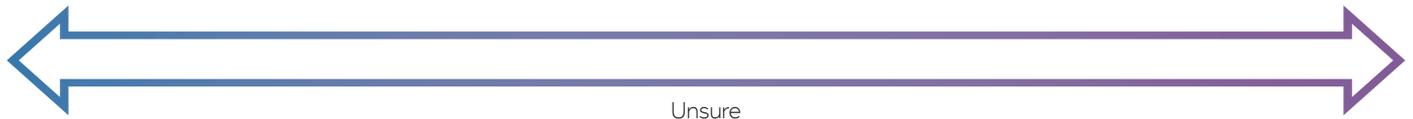
I still need the medication because I am not getting the appropriate support at school/college



### Statement 6

I may not need the medication because I have started attending a school/college and I am enjoying it there

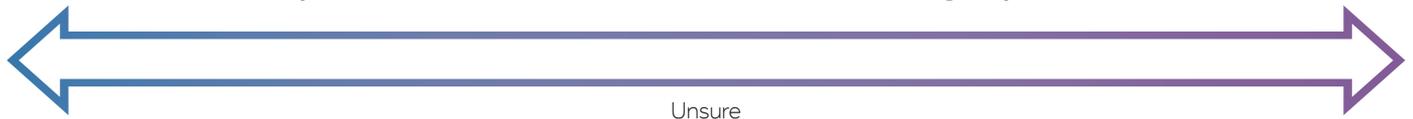
I still need the medication because I have started attending a school/college and medication is necessary for improving my concentration



### Statement 7

I may not need the medication anymore because I have been using alternative interventions (such as my changing diet) and these have proved to be effective

I still need the medication because I have tried different alternative interventions (such as my changing diet) and nothing has proved to be effective



**Other important reasons.** Use this box to write down any other important reasons that matter most to you in this decision:

### Your decision:

Now that you've thought about the facts and your feelings, you may have a general idea of where you stand on this decision of whether to take a planned drug holiday or not. Show which way you are leaning towards right now:

**Agree to try a planned drug holiday from medication**

**Keep on medication and not try a planned drug holiday**



**Speak to your family and doctor about your decision.**

**You have now finished using this decision aid, thank you for your time.**