

Patty DeDurr: Sensory processing & spatial awareness

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SPEAKERS

Katy Weber, Patty DeDurr



Katy Weber 00:00

First, I want to hear your story and how long ago you were diagnosed with ADHD and what kind of were some of the signs in your life that led up to you discovering that it was ADHD.



Patty DeDurr 00:14

Um, so about, maybe like, 20 ish years ago, I was starting a new job in Minnesota completely different than other jobs I've had previously, it was dealing with mortgages. And so with a lot of new information that I had to learn, and when we were doing the training, I was reading, like, every single thing down, I was kind of getting anxiety about it. And like the trainer, and other people in the class were like, why are you writing everything down, I'm like, because I don't understand all this stuff. So this is all new stuff to me. And then I would just be like, very overwhelmed on the way to work and everything. And then I went to see my doctor. And he's like, he's like, he referred me to go see a therapist about it, thinking perhaps it was anxiety. And then they started asking me some other questions about things kind of more related to the ADHD spectrum. Or I guess it was add at the time or combination. And, um, yeah, I fit those way better than that general anxiety disorder. And at the time, this was back, oh, early 2000s, it would have been like, a religion that they prescribed. And I just remember being in the 80s, and the whole Ritalin thing, and I

just, I never even took the medicine. But then work became a little more predictable. I became, I've taken all those notes and be very good at my job, actually. So when I started doing my actual job, people would approach me asking me questions after I was only there for a month because I took such detailed notes in the training, I knew what I was doing. So all full circle, it worked out well to have ADHD because it made me like, just more very Intune and taking as much notes as I could just to learn all the new material and everything.



Katy Weber 02:00

Yeah, you know, it is, I think that feels like a common sentiment with a lot of us, which is, on the one hand, we are very structured and very organized, and like very competent in certain areas. And, you know, like, yeah, coworkers can turn to us or, you know, people look to us, and people like you're so together. And yet then there's the flip side of just feeling like such a chaotic, hot mess in other aspects of your life and feeling like you're living this lie. And if only people could, you know, if only people could, you know, see my closet or like all of these other ways. Like that you're, you know, you've got this imposter syndrome.



Patty DeDurr 02:41

Oh, yeah. 100% Yeah. And imposter syndrome is something that I'm, you know, constantly working on myself as well, because I feel like, you know, you, you think about all the time, almost like you, you want to be someone or you think you are someone and then I don't know, I think you compare yourself sometimes to other people as well. So working with a mentor, is that that can definitely help working with a therapist can definitely help becoming a mentor yourself, when you when you become to a certain level is something really good too, because it makes you realize you are very good at what you're doing. And knowledgeable.



Katy Weber 03:17

So looking back at your childhood, what what are some things in your childhood where you look back and you think like, Oh, my God, of course, the ADHD was there all along, the signs were there.



Patty DeDurr 03:28

It's funny, because once my son was diagnosed with different things several years ago,

like maybe six, seven years ago, I may realize that I also have dysgraphia so my do look back at my childhood with that aspect as well having the dysgraphia it's sometimes almost hard to say, what aspect was my dysgraphia? You know, especially with note taking and what aspect was my ADHD? Or, you know, and so looking back, there's definitely a lot of not paying attention definitely has to do with ADHD daydreaming. There's the inattentiveness wasn't so much the hyperactivity but a lot of fidgeting, like right now I'm just playing with my ring as I'm talking to you. So yeah, always have to play play with something.



Katy Weber 04:14

Yeah, you know, bringing up dysgraphia reminded me of looking back at my old report cards. And my son this year, he's in fourth grade and his teacher was criticizing his handwriting and you know, really getting on him about being neater. And I saw because he was at home so much this year, like I saw how frustrating it was for him to focus on his the neatness of his handwriting because the more he focused on the neatness of his handwriting, the harder it was for him to like, remember what he was trying to write about in the first place, right? And I had never even heard of dysgraphia we my husband and I had always sort of thought maybe he had dyslexia until I saw I came across this graph. He was like, Oh my god, yes, this explains everything. And so I want to ask you more about it, but I also sort of had this reaction Recently, that I also was criticized quite a bit for having poor handwriting as a kid, which I must have blocked out because I don't remember it. I only remembered, you know, I only realized that from seeing my report cards, but I also was originally left handed. And my kindergarten teacher forced me to become right handed. So that like, date, a little bit, you know, right back in that generation, that there were still teachers out there who forced kids to become right handed. So now I'm thinking like, not only was I forced to become right handed in kindergarten, but then subsequent teachers criticized me for having terrible handwriting. And I'm like, that feels like such a metaphor for life with ADHD, right, you're forced to be a certain way. And then you're criticized because you can't do it properly. So I want to I want to ask about, you know, what, what is we've got dyslexia, we've got dysgraphia. I've had some guests who've talked a bit about dyscalculia. And then there's also something a term I had never heard of before until I was on your website, which was dis knowmia. So why don't we start with dysgraphia? What is what is dysgraphia? And kind of how is it experienced in childhood?



Patty DeDurr 06:12

Well, dysgraphia it's, it's much more than just illegible handwriting, it could be improper spacing, it can be improper, holding on to the pencil. So work with occupational therapists can be very important your posture while you're setting. It can also be flipping letters still,

like I am still flipping my J's and G's, the guy actually did a post about it about the struggles that I still have. I'm Catholic, if I write really quickly, I am constantly flicking my j and G's, like, oh, not only backwards, but I'm putting a j where a G belongs or q or a j belong. So I'm still doing that misspelling too, you will forget a lot of different, especially vowels, I seem to forget a lot. I think everyone's kind of different. But poor spatial awareness. That's the spacing between the letters and between, like spacing as well as when you're writing. So a lot of times kids will, when they're younger, will use a line paper, because then they can feel the line itself when they're writing. And it can come in very handy. Yeah, and one thing that my son has an issue with is the margin, he like each line, each next line, when he's writing, he's further and further away from the margin. So it's like, he's sort of writes the paragraph is like on a diagonal, yeah, that happens a lot. Um, so when they're younger, working on those skills, that pen to paper skills, very, very important working with an occupational therapist who can who can work on some of those fine motor skills and posture as well. As a child gets older, and until adulthood, they're still struggling typing is something that definitely should be looked at, especially when there's like Word Prediction software as well, because that's something that a lot of people would just scrap the amaze struggle with, as well as just even starting an actual sentence. So giving that child those sentence starters. So they can actually start putting down their thoughts on paper, you know, do graphic organizers for the child, so they can put their thoughts down as well into that some type of graphic organizer, but teachers are very good about using graphic organizers. That's pretty common nowadays, for teachers in the classroom to use graphic organizers for everybody.



Katy Weber 08:18

And I noticed also, one thing I do a lot of is, is I forget entire words when I'm writing, you know, and I feel like that's very common with ADHD. And I think, is that dysgraphia? Or is that just the speed with which with which we think that our, our writing can't keep up? Or is that basically what's happening and why this is such a common symptom of ADHD?



Patty DeDurr 08:41

Yeah, I could go either way. Because if you if you don't have any other symptoms of ADHD, and it's just like, you know, maybe your brain thinking so fast, you're skipping words, then it may just be dysgraphia. But if you have other aspects of ADHD, it could be a combination of both of them. Because this, you know, the ADHD in combination with other comorbidities is very, very common, right.



Katy Weber 09:06

Yeah. Okay, and so then, dis knowmia. That was something I'd never heard of. But as soon as I started reading some of the descriptions of it, I was like, Oh, yeah, that's definitely something I've experienced and something that seems very common in the ADHD community. So could you tell me a little more about this? No. meah



Patty DeDurr 09:23

Yeah. So there's no means like word retrieval struggle. So it's not just like everybody has some type of word retrieval struggle. So it's more of a word of people's struggle that affects you, in your home life and your schooling and your work wherever it's a daily struggle. So it's not just maybe every once in a while you struggle, but it's a daily occurrence. And it's more common than a lot of people think. And there's no mean it's kind of the term that's used for educational purposes. But as you get older, especially I deal with a lot of stroke patients. So we have, you know, different words that we use like aphasia. as well. So it changes as the term because it's not as kind of like a lower a lower for more than a school setting for the term that they use. So it's just a retrieval struggle. So a child, let's say they want to fork and they look at that. They don't look at it, but they say they want to forgive, they say, Can you give me that thing? That thing? And you don't know what they want? And so instead of saying to the child, what are you talking about saying, you know, you would say something along the lines of what color are you looking for? What does it do to help them come up with what the term is, or at least describe what the term is, and then when you hand the four, just have them like, talk about the fork as well. There's also different word mapping that they can do. So they can do like common words that they maybe use everyday things, you know, around the house forks, spoons, and school pencil, paper, things like that. So they can do word mapping to help them with that word retrieval as well.



Katy Weber 11:04

This is so interesting. How did you get into this line of work



Patty DeDurr 11:07

while doing stuff like the neurodiversity stuff? I never really did until my son started getting diagnosed with with with different things. And once he started getting diagnosed with all these different things, I just had to go full force into it. Because this was years ago, I think now with that schools, having computers things are literally easier kind of I mean, there's still a lot of struggles out there with getting different accommodations and interventions

in place and remediation. But when he when he started getting all these diagnosis, and school just wasn't doing what was right. So I started reading different books rights law with a W, everyone but not anyone has a special needs mom, or dad, or teacher should read rights, law books, they're amazing. And so I started reading them and realizing what the school was telling me wasn't even correct, it was illegal. So then I started finding sort of, you know, using these key buzzwords to get appropriate remediation in place. And then I started working with that working because it's all volunteer, but started helping out with decoding dyslexia, Iowa, and every state has a decoding dyslexia. They're a great grassroots organization. So I started volunteering and doing fundraising with them. And through them, I just learned a lot more to very knowledgeable people that are part of the organization. And so, you know, with doing all this, and then other parents would know who I was, because I was working with this so much, you'd be like, how'd you get this accommodation in place? How are you getting the right? intervention at school? How are you doing this? So then I would just start telling them like, these are the key words to use, you need to, you know, tell them the steps in place to get those right. Things to help their child.



Katy Weber 12:56

Yeah, absolutely. I mean, I, I saw something today on Instagram about like, the difficulty of getting IEP s and five oh fours for children who aren't necessarily struggling, quote, unquote, enough, you know, like, for for neurotypical children, or for neuro diverse children who might still have good grades, but still need advocacy. And so I think there are a lot of those like, dead ends when you're talking to school officials, where they will come at you with with, you know, shut you down for certain response for certain requests. And then as a parent, you're kind of like, Frozen, like, I don't know what to do next at this point.



Patty DeDurr 13:37

So yeah, that's what a lot of parents should look at getting an advocate in place, if they don't have the knowledge themselves. Back back years ago, I had to get an advocate in place to, for me to help get some of the things before I knew all the laws and everything, it's, it's important to get that advocate who knows the laws who can interpret it. And it's way cheaper than getting a lawyer in place to and going to due process. So hold an IEP meeting and getting the advocate alignment know and advocates going to be there. It lets them know that you're serious, and you're willing to take the next step. And that's kind of how I get a lot of stuff in plays with getting that advocate. And they're way cheaper than getting a lawyer and doing the whole due process thing as well. doesn't always work. But it definitely helps tremendously.



Katy Weber 14:21

So what would you Google? Would you Google ADHD advocate, because I just realized, I call myself that and I certainly wouldn't be able to not be in a position to work on on someone's behalf. But like, what, how do you even find an advocate?



Patty DeDurr 14:35

There are IEP master coaches, and advocates as well, I usually a lot of people will approach me and ask me And at this point, I'm just telling people to contact their state's decoding dyslexia. And even though people may have other things, they not always but a lot of times, they'll have a list of advocates who are very knowledgeable about the IP law and 504 laws. And that's really what you need. You don't You need that person who's knowledgeable to know, like, the whole that school accountable. So a lot of decoding dyslexia is will have a master list in place. That's that's typically where I will, you know, tell people to go look first, I should probably put together some type of matches for each day. But I haven't done that yet. Oh, I



Katy Weber 15:18

know. Same I keep meeting that's on on my to do list is putting together a more like comprehensive list of resources and things that have worked for me, because I feel like people ask me all the time. And as you know, and I'm, I'm always recommending the same people are the same places. And I'm like, I really should just put them all together. But yeah, you know, it's our to do lists are forever long.



Patty DeDurr 15:41

And it is important to look at a state specific, yeah. Because every state has different laws. And you could look at one that just, you know, somewhere in the US, but every state does have a little difference in their law. So try to find one. That's why I try to refer people to look at their own states decoding dyslexia. So and if you have people over in England, I'm not sure how to help. For the refurb. Right, yeah, Canada does have some decoding dyslexia, though. So people in Canada, they do have decoding dyslexia and some of the provinces there.



Katy Weber 16:49

So tell me about sensing greatness. How did that get started? Was that through your son?

Or was this from physical therapy assistant? or How did you start it?



Patty DeDurr 17:01

So I started because I was going to be publishing a book and I needed some type of LLC. And so my original thought process was completely different than what my, what my book looks like now and how I'm putting information out there now. And so I started thinking, Okay, what could I put in place to help people are, you know, what kind of message and I'm like, you know, I have a lot of people that approached me asking me stuff about accommodations, stuff about IPS. So about neurodiversity. I'm like, I'm just gonna put my all my stuff out there and help be and help be like a sounding board or landing page, or people who are looking for those resources that they're not sure where to turn. And then so the, and the book itself is really does that have anything to do with accommodations? At least this book doesn't. It's just kind of like a fun little fun little kid's book.



Katy Weber 17:56

Yeah. Okay. Well, let's tell me about your children's book. It's coming out soon. It's already written,



Patty DeDurr 18:02

it's already written as being illustrated right now. The hope is this summer will be available for a pre launch or pre order. And it's a goat that has ADHD. And it's just about his different excursions throughout the farm, and interacting with the different animals and how everyone's just inclusive with him and the different aspects of ADHD that he that he has and different attributes. And in doing so, I visited a lot of local farms here in Iowa and Iowa, big farming state. And I put a post on a hobby farm page on Facebook, I said, Hey, I'm looking to rent a kids book. I'm looking to visit some farms take pictures of animals to give to the illustrator. I had so many people messaged me, I couldn't even keep up with it. People were like, come to my farm coming to my farm. I probably visit at least 10 farms and there's another 20 that I couldn't even visit because there's so many people wanted me to come visit their farms. And the only thing I said is I'll come take your picture the pictures of the animals or give me whatever pictures turned out nice. I'll give you a copy of the book. And people were so welcoming for me to come take pictures of all these different animals it was I just loved it it just you know makes you know, like there's a lot of Iowa nice out there and farmers are just farmers are awesome. Just gotta love the farmers.



Katy Weber 19:16

I love it. And it's such a nice message. How did you choose a goat of all the animals? What was it about the goat that made you think of ADHD?



Patty DeDurr 19:24

Oh, there's a lot of aspects to it. They're funny little animals and then doing like the whole Hobby Farm thing and go into different farms and stuff. goats are huge as like a pet as well too. So going and visiting all these farms I really got to meet a lot more goats and I did the other animals because they're way friendly as well with the you know the head button you and I got to bottle feed some goats as well and put some I have some goats into pictures over I put like Ranger ears on and stuff. So there were just a lot of fun to interact with. So that's I kind of went with that aspect because that's the animal I did interact with the most was goats with different farms as well.



Katy Weber 20:07

So you mentioned it was about the farm animals accepting the goat or what's the plot of the children's book



Patty DeDurr 20:15

to make, he wants to make all the, the animals that it feels like the animals are too. There's a lot of laughter and fun happening at the farm anymore. So he goes around between the other animals to help bring smiles back to the farm and everything and it just kind of encounters the different animals along the way. And it's just a lot of interacting with the animals. Awesome. I love that. So what is your son thing at the book? Oh, yeah, he likes it a lot. He thinks he thinks it's funny in one aspect, the goat because growing up we used to have bourbon contest in our in our house. And so one aspect he's doing and it was like alphabet burping contest so and one of the parties bourbon that he's tries to birthday alphabet and stuff. So that's not everyone's cup of tea. But growing up as an adult. We always did. We had contest of who could who could burp the most letters consistently. I think someone got up to like, Oh, it was pretty long. So I got up to Yeah,



Katy Weber 21:14

my daughter is an expert. burper she does that. She burps the alphabet, she'll burp like song lyrics, she's she puts all of her friends at camp to shame. It's hilarious. Quite a talent.

That's awesome. So the other thing I wanted to ask you about was the you had a download on your website for a sensory diet. And so of course, my first thought was like, Oh, it's probably like, you know, eat protein, because you're, you know, neurodivergent like the, like all of them. But no, this was your sensory, the eight sensory symptoms. I thought it was so fascinating. I hadn't seen anything like that before. Can you tell me more about just this concept of a sensory diet? Because I think it's so interesting. And I love it.



Patty DeDurr 22:02

Yeah. So when you think of a sensory diet, your whole your body itself needs nourishment to so not just your stomach, but like your whole sensory system and, and that some people have different numbers of how many centuries is that they believe they have I go by eight, I think it's like, it's just easier to do the eight number because some people even go delve deeper than that. And so each of your sensory systems wants nourishment. So like your, your eyes need nourishment, your your, your nose needs, new hosts Melanie's nourishment, your taste your hearing, your interoception, which is like your emotional regulation aspect, and your hunger and thirst and all that. And then you have your vestibular, which is more of like your balance, and then you have your appropriate receptive and body awareness. So every different aspect of your body craves nourishment. So sometimes when children are acting out, or they seem like they can't control their emotions, it could just be like, they need some type of sensory diet into their daily activities to help all their different systems get that nourishment that they really crave. And if someone's new to this, and you know, they're not sure where to start, or even how to incorporate some type of sensory diet into their their child's daily aspect, you can always look at working with either an occupational therapist, or sometimes physical or speech therapists can do this as well, where they will look at the child as a whole to see where they may need the nourishment and help come up with some type of plan as well. on my page, I have printouts for both ones more of like a child printout and one's more of like a teenager, because there's things like light a candle and smell candles, stuff like that. And so the point is, you would print them out, and then the child can and you would work with the child to see what you know, come up with a plan to see what they may need throughout the day. Like maybe when they first wake up in the morning, doing like swinging maybe some of that could be beneficial for them. Maybe it's something like wearing aroma therapy necklaces and smelling that a certain point of the day, it could be something that could be calling for them. Yeah, it's



Katy Weber 24:25

I love I love the concept of just looking at the whole person. And like you said, feeding these elements of yourself that you might not even think need nourishment and need

feeding is such a lovely way to think of our body. You know, and I kind of work this way with I love when I'm working with preteens and teens and we talk about the intuitive just living intuitively not I'm not just intuitive eating but also just like listening to your body's cues and what those sound like and how you can respond to them. Right, so like I do use a lot of aroma therapy, because there is that sense of like, not only is it calming, and it's a really easy hack to go from, like, you know, when your anxieties at 11, there's like really simple ways that you can bring that down really quickly through aroma therapy, or through just like, you know, working with your vagus nerve and all of these breathing techniques. And, but it also, you still have to kind of get to the point where you even recognize you're at an 11, which can be difficult for us too, which is even just like being in in the first place. So I love the idea that like, you know, you can, you can think about like, your sense of thirst, you know, that that actually could be assigned, like, Oh, I'm super thirsty, or you know, like, how tired you are. But then also, just like, maybe I just need to listen to some really incredibly good rich music, like this. Yeah, I think that the more we tune in to these elements of ourselves, like the louder that voice gets in all elements of our life, and I think it's just, it's so it's such a wise way to teach young people in terms of like self advocacy, you know, we talk so much in the ADHD community about the self doubt that we grow up with, because we don't really feel like we fit in. And so we don't feel like we are experts of ourselves at all, and how that kind of manifests in our adult life, when it comes to our self esteem and sort of and imposter syndrome, and all of these things that we struggle with. So I think like these elements of the way in which you can kind of present self advocacy and and intuitive learning about yourself in these ways with like, using these different sensory systems, I think is so interesting, and so powerful for children for sure.



Patty DeDurr 26:49

Yep. And what can help to with this was we do this at our house, how house with emotional regulation is. So my daughter, when she starts becoming overwhelmed, she has a poster board, and she created this herself, you work with a child to create this. And then, and then they'll put different things that can help them to be calm. So it could be things like, call their grandma pet, their dog playing music, read a book, a swing, so and then they can go to that board, or they can look at it to have that, you know, type of kind of awareness that they have that board to reference if they feel like they're at a point where they're going to be overwhelmed. So it's kind of nice to work with a child to know what what would help them to come to calm and to feel like, you know, regulated again.



Katy Weber 27:42

I remember the first time I read about spatial awareness and ADHD, and it was some It

was like a blog post or something about like, Are your legs covered in bruises? And I was like, Yes, Yes, they are. And I have, we have a hope chest in our bedroom, at the foot of our bed. And like that hope chest is my nemesis. I'm like, like I am covered in bruises because I always hit it. And recently, I realized, I had these mystery bruises that were like on the outside of my upper thighs. And I've always had them and like I could never figure out where they came from. But they would sometimes they would get like big welts. And then one day, it occurred to me when I was going to sit in my office chair that has wooden arm rests, that every time I go to sit in the, in my chair I like hit one of the armrests on the way down. And I was like, Oh, that's where these bruises are coming from. But it's been like years of just having no concept of the fact that I was doing this and then just getting these mystery bruises. So I'm curious, like, I know, this is like totally a thing with spatial awareness. But like Why? What is the connection between proprioceptive or lack appropriate receptive awareness and ADHD? Is it is that the impulsivity of just running into a room and not thinking you're doing or is it? What is that connection there?



Patty DeDurr 29:06

There definitely could be some attentiveness happening with it. Is this your appropriate set of is just your body's awareness of the joint positioning. So things that you could work on to help would be things like hanging from a monkey bar, or doing a heavy work like pushing a backpack, or pulling a wheelbarrow? carrying a backpack which a lot of kids do at school that is probably receptive, especially right now because a lot of kids aren't using their lockers. Wearing weighted vest is good as well. And what does that help with? It helps with your body being aware of the positioning of where the different joints are and everything. Okay,



Katy Weber 29:51

so if I were a weighted vest, maybe I'd have a better chance of not hitting my armrest on the way down I'm having a hard time trying to visualize that way. But who knows? Maybe? Yeah, that's so interesting. And then you know, and again also like just the idea of how so many of us have sensory overload and auditory processing and and tactile processing issue like, yeah, it's what it again, what is the connection to the ADHD brain? Why do you think is it just because we are on hyperdrive?



Patty DeDurr 30:30

I mean, a lot of it could be because our brains is don't stop. They're always thinking they're always chatting with with itself almost. So I mean, there's a lot of there is a lot of

inattentiveness, there is some hyperactivity there is the fidgeting. So there is a lot of aspects to ADHD that, you know, truthfully, a lot of it's still being figured out as well, there's still a lot of research being done to figure everything out, and why different things may benefit us and why different things may not as well.



Katy Weber 32:10

So, oh, I was gonna ask you about medication. So so you kind of were wary about medication 20 years ago, when you were diagnosed, but have you tried it again, since?



Patty DeDurr 32:19

Yeah, I am doing Adderall right now just a low dose. And it is helping quite a bit because, you know, I'm doing this side business of publishing the book, but at the same time, I am, I am still working as a physical therapist assistant. And then I do have a neurodiverse household. So there is still a lot going on. So I almost felt like very overwhelmed, which is, you know, again, ADHD thing. And so the, you know, it helps call my brain so it is something that is beneficial for me, right now, as I started doing it, probably about two months ago, I started using it again. So it was very recently.



Katy Weber 32:55

Yeah, that's, I mean, that seems to be that was certainly my experience with vyvanse. And, you know, I was so worried about taking medication in the first place, because I thought it was going to be you know, you you have that stigma with stimulants, you know, I've always thought that I was going to feel like I was on cocaine, and it was totally the opposite. I was like, Oh, I feel like my brain is on, somebody turn the volume down, which can certainly help with all of the other like sensory overload issues that we were talking about.



Patty DeDurr 33:22

And in typical ADHD fashion, I have thought popped in my brain about proprioceptive too, because it is I'm sorry to go ahead. It is like your body has to coordinate all the different movements and so doing things but proprioceptive does help your body become aware because it helps to coordinate the input about gravity and your movement and balance it and so it does and it helps them with and then it incorporates the vestibular system as well. So it kind of all works together properly sort of this dealer system are very much a very similar they have a lot of similarities actually. And is that we work with with

your clients. We I do do a lot of us tubular rehab because the balance is a big thing. I work in geriatrics. So balance is a huge deficit. That majority of people that come in there is some type of balance aspect that we need to work on. Even people who just had knee replacement, they still are going to have balance issues because of the knee replacement and weight bearing restrictions that may be happening. So I do quite a bit of balance of vestibular rehab and neuromuscular re education and everything like that as well.



Katy Weber 34:33

So what would you say you love most about your ADHD?



Patty DeDurr 34:36

I definitely feel like my ADHD although definitely affects my sleep. I do love the creativity aspect. You know I tried to make the good and the story be very trade of an inclusive I feel like I I try to have a inclusive mantra as well and things I post on my page too. I try to be inclusive with having it be accessible to screen readers as well and use it Appropriate fonts. And, as well, just, um, I think that creativity is just a huge thing for ADHD and for myself, just that aspect to it, I think is very important and very important to hone in on that as well as much as someone can. Hmm.



Katy Weber 35:17

How did you get into physiotherapy from what did you say you were in originally? Finance? mortgages? Yeah. Okay. Yeah. So I'm like, that seems like a very ADHD trajectory.



Patty DeDurr 35:28

Yeah, well, yeah, I have two different degrees. And so when I went back, I was going back to school, I didn't want to do the whole doctorate thing for physical therapist, even though I already did have a bachelor's degree. So it came up my mouth, I wanted to make a she worked in health care about being a physical therapist assistant. And I said, Oh, that sounds really something that'd be my Avenue. And so I started taking classes about about it. And it was very difficult to be willing, actually, and the Medical Board was was quite difficult as well. But it's, it is a great field for someone who does have ADHD because you're on your feet, the whole time, you're working with COVID, we're only working one on one with patients at one time we were doing group treatments was was a little confusing when you have ADHD doing group treatments. But now you're working in just one on one with someone so you can really hone in on what their needs are really focused on what

can help them as well. And there are, you know, Physical Therapist Assistant and physical therapists who work in school settings as well in private practices and outpatient and hospitals. There's no and there's people who have their own practices. So there's a lot of avenues that you could go down. If you do look at going going that route. I definitely think it's a good route for people who do have ADHD. schooling is hard, though. But other than that, it's good. Yeah, I



Katy Weber 36:53

know, I've actually interviewed quite a few nurses or people in the medical field. And it fascinates me too, because it kind of makes sense on on that on the one level in terms of, you know, being able to handle so many different things at once. And, and having, you know, that calmness under pressure, and like all of the ways in which you would think somebody with ADHD would excel in such a high stress environment. But yeah, I always think about, like, my experience with high school science, and I'm like, yeah, that was never in the cards for me. I the schooling is such a big deal. But then I think, you know, I that's why I love interviewing so many different people. Like I'm realizing, you know, so many of us had such vastly different experiences with education, or our childhood advocacy, and, but education specifically, like, it makes sense to me why some people do really well, like it really is about just kind of finding that passion and finding something that motivates you, as opposed to getting stuck in something that you find you know, mind numbing. Yeah. And and if you were in something that you can actually hold your attention and keep you fascinated for a couple years, you could totally Excel,



Patty DeDurr 38:09

your call under pressure is a good reference because there are a lot of when you see posts like what what's a good job for someone who has ADHD there are a lot of healthcare jobs because there is that common pressure that you need to have in a healthcare setting. So that is a good attribute to have as well. Yeah, that calmness



Katy Weber 38:28

right well even even just as a parent I feel like you know the the moments when I was definitely in charge and my husband needed to step out of the room were all of those like high stress moments of of you know, the kids vomiting and or you know, like see when a lot of stuff is suddenly happening all at once it with parenting that was always where I felt like I did well, any to anytime there was blood or guts involved. That was always my time to shine. So who knows, maybe I would have been a good nurse. Yeah, perhaps Yeah.

Alright, so now the term ADHD is so problematic for so many of us, especially women who have felt like those, that acronym just doesn't we don't relate to that acronym, especially the hyperactivity part. And now you were diagnosed 20 years ago, so it would have been at the at the time, like, over the years, what do you think? What, what do you think of the name ADHD and kind of what would you call it if you could name it something else?



Patty DeDurr 39:33

Um, it's funny because we're, I'm moderating a book club for ADHD right now, the book routine is ADHD 2.0. So it's kind of a hot topic right now. And so we've talked a little bit about fast but not much, you're just starting the book. But an ADHD used to have different names. I think that's important for people to note too, just all there's name changes for a lot of different things out there in the medical community, so things aren't always the same. So things are changing because the name that ad is used to be was like minimal brain dysfunction. That's like a horrible name. But I think ADHD is way better than that. And so I'm totally on board with bass. But I think why don't we just keep ADHD and just change the acronym of what it is? So it's like, what is the like attentively daydreaming huge dopamine or something?



Katy Weber 40:22

I don't know. Oh, that's smart. Yeah, cuz my criticism has about vast has always been, you can't just type it into Google, you would have to type fast and ADHD into Google in order to find that pre existing word. So that was always my criticism of the term fast variable attention, stimulus trait. But even still, like it's, it's such a highly medicalized term to which I think a lot of people don't relate to just the medicalization of ADHD, you know, there's some, so much of ADHD is really just belonging in a neuro divergence spectrum. It's not a medical disorder, it's not a medical condition. It's not a terminal illness, you know, it's just like, a brain differential. And, and so it can sort of feel problematic, especially when you're trying to talk about it with your relatives or your friends. And you're like, I was diagnosed with ADHD, and they give you that look like how long do you have to live, you know. And then just like, I feel like it kind of buys it perpetuates this gross misunderstanding of what we're actually talking about when we talk about ADHD, when it's sort of highly medicalized in that way. And then people are like, I don't want to give my child medication, you know, then there's all the stigma that's attached to that, too. So, the one thing I like about best and about ADHD 2.0 is the fact that like, Callaway and rady really kind of tried to take away the the medicalized stigma of what it is, and really kind of almost like, democratize this idea of, of what's happening, you know, and what, who we are and kind of what how our brains are operating, and that it's actually quite you know, that a lot of the a lot of the issues, a lot of the struggles don't come from the ADHD itself,

they come from the lack of diagnosis. Another topic, I think I talked about a lot with my guests, right, like so much of our struggle, so much of our symptom, so much of the trauma around ADHD isn't the ADHD itself, it's the fact that you lived your life undiagnosed, or you're trying to, you know, force yourself into a neurotypical situation at work or at school, you know, so it's just the lack of understanding and the lack of acceptance. Yeah.



Patty DeDurr 42:30

And with ADHD, there's a lot of executive functioning happening as well, and struggles with that. So almost like a term, a new term could be an aspect of that, that encompasses some type of executive functioning as well, and the name. And that way, people are more hone in to like, these are the attributes and how we could help along the path with ADHD is looking at these executive functioning strategies and skills.



Katy Weber 42:57

Yeah, I know, right? And there's just so many elements to like, even when I was looking at this know me, and I was like, You mean, there's a name for word recall? Because like, even just saying, difficulty with word recall, I'm sure every person with ADHD is like, Oh, yeah, I totally have that. And then you get into that issue, like you're saying, like, everybody has to agree. Right? And so it's like, How much is it affecting your life? Which is another question we ask ourselves all the time to, which is like, you know, the, didn't you have a, you had a real about that recently, where it was, like, you know, myths about ADHD and the idea of like, everybody's a little ADHD, right? Or you, you know, this idea that, like, so much of the reaction to ADHD are the conversations around it. Now, that's not what I mean. So I just feel like so much of that misconception is the fact that everybody, what you're experiencing is experienced by everybody. And you have to kind of come to that personal realization where you're like, actually, no, I am actually experiencing this to a much higher degree than, than most people. And that's okay. Yeah.



Patty DeDurr 44:03

And the book ADHD 2.0. Ned Halliwell does say, he does have a sentence in the introduction talking about like, because of all these technology, and things that everyone could be a little ADHD. And if you read that sentence, yeah, we talked about that in our last book discussion.



Katy Weber 44:19

Yeah, absolutely. Especially when it comes to phones, right, that idea of like, Well, now that we have all of our smartphones, everybody has ADHD, and you're like, Well, yeah. Yeah, yeah. I love that book so much. I really that's definitely become like my go to recommendation for anybody who's just starting out. Plus, it's like, nice and short. I listened to it. So I'm like, it's only six hours. It's just like, such a nice. Oh, wow. I know, right. It's not a long book. But yeah, I feel like it really is such a great first introduction into reference, right. Yes. Thank you. So so now we're sensing great. Like how do do? Do you work with clients? Or you're starting to work with clients? How can people find out more about you and support you?



Patty DeDurr 45:10

Yeah, at this point, I'm not working with clients other than they messaged me, and I can provide information for them. But it's nothing that I'm getting paid for right now my focus is just trying to get this book out. And then once that's out, and then I have another book that will be out, hopefully by Christmas, and then other books too. But perhaps eventually down the road, looking at working more one on one with clients. But at this time, no, I just refer them to other people or give them other references, or just help answer questions that they may have.



Katy Weber 45:39

I know, right? Yeah, I think that advocacy is so strong in us. The the the other book that you're working on that will be released later this year, is it also a children's book? Yeah,



Patty DeDurr 45:51

children's book. And it was originally I did write something about sensory processing disorder. And it was a sheep that had it and the goat in the book helps the sheep, the sheep along kind of almost like a therapy session. But I changed it. I think I may vote do more so than about dysgraphia. And have the sheep have just risograph Yeah, so I'm not sure I'm still working on it. So we'll see. It's gonna be something something with neurodiversity? Again, and farm animals? Yeah, of course. Yeah. Of course. No, I think I do. Yeah, I do have other ideas that don't relate all to farm animals. But for right now those first two Yeah, yeah.



Katy Weber 46:31

I mean, I think I see like a whole series of the adventures of this. What's the goats name?



Patty DeDurr 46:36

Does he have a new kid yet? Oh, he's a he's a he's a he's a young goat. So he's a kid.



Katy Weber 46:41

I think you had mentioned this in one of our correspondences to like how or no, I think it was your, your podcast guest primer, where you're talking about, like, just how important it is to have kids see themselves in children's book characters, right. And just like that idea of, I don't like the term normalizing. But I do feel like there's a sense that, you know, just seeing seeing themselves represented in children's book can be such a huge difference in terms of how they grow up in this world and how they view you know, that what ADHD is, or even any sort of neuro divergence.



Patty DeDurr 47:20

Yep. And not only the kid, but you know, parents, you know, have been diagnosed with ADHD and maybe the child's young that they haven't been diagnosed yet. So there could be aspects of just having a book that reference back to what the adult in the relationship or the aunt or the grandpa or whatever may have. So it's good to look at other books that may look at all aspects of the child and who's in the who's in their life.



Katy Weber 47:46

Yeah, I know, right. I sometimes I wonder what sense My son has of ADHD because I talked very openly about it myself. He hasn't been diagnosed yet. So he asked, like, Am I gonna get diagnosed? Do you think I have it? We have that conversation all the time? And I'm like, Yes, I do think you have it. And but I present it in such a positive light. I don't, you know, I'm not like, Oh, God, I think you've got the disease. But you know, I'm always curious how he views it. Because, you know, he recently he was like, This youtuber gamer was talking about how he has ADHD. And my son got so excited that this kid that he idolizes, was talking openly about his ADHD, and I was so happy for him. But then there were other times, like, where my husband and I were talking about, we were driving in our car with a family and like, my husband and I were talking about Ebola virus. And so and we were just talking about viruses in general. And so my son was like, What are you guys talking about? And he turned around, and I said, Oh, you know, we're talking about like, a virus where your skin falls off of your body, and you bleed from the nipples or whatever it was. We said, if my son was like, You mean, ADHD? Oh, geez. away, maybe you have no concept of what this is. But yeah, I mean, I think it's just so important to have like, positive role models. talking openly about this and not talking about it, like it's some horrible

disfigurement or, or, or disease and disorder.



Patty DeDurr 49:13

Yeah, cuz when I was diagnosed 20 years ago, I didn't even really tell anyone about my diagnosis. And even up until this year, I, my focus has always been my kids and other people's kids. So I don't even openly until I started, like this page openly talk about my diagnosis, or that I have it and now I find like, I was gonna own it, and this is who I am. Because my so much of my focus has always been children that I haven't even like focused on myself. So yeah,



Katy Weber 49:47

yeah, that's very typical mom. Right. And then, you know, and that's really where the research start where you start to get into hyper focus research, which is like how can I Help my child, how can I help my child? And then it's like, oh, wow, this stuff is really sounding like my childhood. I'm really relating to this. Well, I think it's so wonderful what you're doing. And I'm so excited for this book. I can't wait to read it and see it. So it's coming. When is it coming out? Do you have an actual date?



Patty DeDurr 50:18

The hope is that the pre launch, or the launch itself will be this summer, but the book itself probably won't be available on Amazon and Barnes noble and other places like that until the fall.



Katy Weber 50:31

Okay. All right. Well, I we can at least point people to your website. So how can people find you on the internet?



Patty DeDurr 50:36

So sensing like your sensory system, so sensing greatness, so it's, I'm on Facebook, and I'm most active on Instagram, but I am on Facebook as well. I do have tik tok, but I'm not on it quite as much as the other social media platforms. Yeah. And you've got some great downloads too. Yep. On my website, I have some free resources. And we'll continue to be adding some more free resources as well that people can can download and use really large accommodations lists that people can look at, because you know, you want to use

those accommodations list. And I posted this today as the kind of a scaffold to keep working on the independence and self efficacy as a child goes on and their schooling.



Katy Weber 51:21

Yeah, it's so great. I'll put a link to it, especially in the show notes. Because I think it's it is really wonderful to see it laid out there. Like what, what your child is, what is potentially available and what you can even ask for I think a lot of parents don't even know what to even begin to ask for. So yeah, that's so important. Awesome. Well, thank you very much. Thank you so much. It was so lovely to talk to you and hear your story and hear more about all the great things you're doing. Thank you, Patty.