Living with ADHD as an adult can be challenging. Learn how to maintain successful relationships, improve your work life, and find peace within yourself. Understanding ADHD in Adults. Living with ADHD as an adult can be challenging. Learn how to maintain successful relationships, improve your work life, and find peace within yourself. Explore information on Attention Deficit Hyperactivity Disorder (ADHD), including signs and symptoms, treatment, current science, and clinical trials. Attention-Deficit/Hyperactivity Disorder. Overview. Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized; and these problems are not due to defiance or lack of comprehension. Hyperactivity means a person seems to move about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks.