

Symposium

📅 2025年9月26日(金) 16:30 ~ 18:00 🏢 Session Room 6 (Conference Room B)

[Symposium 52] "Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

Moderator: Atsushi Kashiwa (Heart Clinic Medical Cooperation)

[SY-52]

"Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

Atsushi Kashiwa¹, Kazuya Ono², Keiko Takayama³, Keita Suzuki⁴, Ahsan Nazeer⁵ (1.Heart Clinic Medical Corporation(Japan), 2.St. Marianna University School of Medicine(Japan), 3.NPO Edison Club(Japan), 4.Kaien Corporation(Japan), 5.Sidra Medicine(Qatar))

[SY-52-01]

Support for developmental disorders according to individual characteristics in adulthood

*Kazuya Ono (St Marianna-university school of medicine(Japan))

[SY-52-02]

Cultural Context and Social Support as Determinants of Quality of Life in Individuals with ADHD in Japan

*Keiko Takayama (NPO Edison Club(Japan))

[SY-52-03]

Practical Support Strategies for Adults with Developmental Disabilities: Insights from Kaien's 16 Years of Experience

*Keita Suzuki (Kaien Inc.(Japan))

[SY-52-04]

Current Updates and Innovations in ADHD

*Ahsan Nazeer (Weill Cornell, NY, USA/ Sidra Medicine, Qatar(Qatar))

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キーワード : developmental disorders、autism spectrum disorder、attention deficit hyperactivity disorder

Developmental disorders, traditionally recognized as childhood conditions, have emerged as significant issues in adulthood as society evolves. This symposium aims to explore social and psychological support for adults with developmental disorders through diverse perspectives.

In Japan, the Act on Support for Persons with Developmental Disabilities was enacted in 2005, establishing a legal framework for adult support. Two decades later, this symposium brings together speakers from various backgrounds to discuss the current state of affairs:

1. University faculty members will present academic insights and research findings.
2. Self-advocacy groups will share lived experiences and challenges faced by adults with developmental disorders.
3. Support professionals will discuss intervention strategies and support systems.

Additionally, Dr. Nazeer from Qatar will present on "Innovations in ADHD," offering an international perspective on advancements in understanding and managing Attention Deficit Hyperactivity Disorder in adults.

The symposium aims to:

- Evaluate the progress made since the 2005 legislation - Identify gaps in current support systems
- Explore innovative approaches to adult developmental disorder management
- Foster cross-cultural dialogue on best practices

By bringing together diverse stakeholders, this symposium seeks to deepen our understanding of adult developmental disorders and enhance support strategies for affected individuals in an ever-changing society.

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[SY-52-01] Support for developmental disorders according to individual characteristics in adulthood

*Kazuya Ono (St Marianna-university school of medicine(Japan))

キーワード：adult developmental disorders.、 Support、 personality

There is no established guideline yet on how to think about adult developmental disorders. It has been reported that there are differences in functional levels and pathological conditions between those who have been diagnosed since childhood and those who were first diagnosed in adulthood. However, there is a view that this is because there are cases where the condition may become apparent later in life if the individual is placed in a protective environment, and that the characteristics of developmental disorders were not noticeable during childhood and adolescence. On the other hand, since developmental characteristics change due to the influence of the upbringing environment, which includes factors such as family dynamics, social interactions, and educational experiences, it cannot be denied that characteristics that did not previously lead to disorders may worsen due to an inappropriate environment. In any case, support programs must be individually assessed for the continuing and non-continuing groups, depending on the individual's functional levels and coexisting mental disorders. In addition, since personality is formed based on developmental characteristics, it cannot be denied that some personality disorders may be related to developmental characteristics. Therefore, in the clinical treatment of adult developmental disorders, it is important to evaluate not only the aspects of developmental characteristics but also personality characteristics and to approach psychotherapy accordingly. On the day, I would like to provide an overview of current evidence regarding adult developmental disorders, discuss the diversity of treatment options, and the application of dialectical behavior therapy, a type of cognitive behavioral therapy tailored to personality characteristics, to cases of adult developmental disorders.

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Moderator: Atsushi Kashiwa (Heart Clinic Medical Cooperation)

[SY-52-02] Cultural Context and Social Support as Determinants of Quality of Life in Individuals with ADHD in Japan

*Keiko Takayama (NPO Edison Club(Japan))

キーワード：ADHD、family support、psychoeducation

ADHD is a neurodevelopmental disorder often characterized by impairments in executive function. However, daily functioning and mental health outcomes are strongly influenced not only by biological traits but also by cultural background and the characteristics of the surrounding community. The presence or absence of educational, psychological, and social welfare support significantly affects individuals' quality of life (QoL). In the Japanese context, limited public understanding of neurodiversity and strong cultural norms emphasizing conformity often result in the marginalization of those who differ from societal expectations. Differences are frequently perceived as abnormalities, which can lead to diminished self-esteem, social isolation, and secondary psychological difficulties among individuals with ADHD. Over the past 25 years, ongoing efforts within ADHD support networks in Japan have aimed to increase public awareness, reduce stigma, and promote peer-driven programs. These initiatives have demonstrated the critical role that social understanding and contextual support play in improving the well-being of individuals with ADHD. This presentation will examine the cultural and structural challenges surrounding ADHD in Japan and will introduce the 25-year history of EDISON CLUB's efforts to support individuals with ADHD and their families within this context.

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Moderator: Atsushi Kashiwa (Heart Clinic Medical Cooperation)

[SY-52-03] Practical Support Strategies for Adults with Developmental Disabilities: Insights from Kaien's 16 Years of Experience

*Keita Suzuki (Kaien Inc.(Japan))

キーワード：Employment Support、Vocational Training、Developmental Disabilities

Drawing upon 16 years of direct support experience, Kaien presents practical insights into empowering adults with developmental disabilities. Rooted in Japan's Act on Support for Persons with Developmental Disabilities, our presentation evaluates progress and proposes future directions for comprehensive adult support.

Navigating employment is a key focus. We explore strategies for leveraging individual strengths, identifying suitable workplaces through resources like our "Minor League" job platform (featuring over 200 unique openings), and implementing effective accommodations for job seekers and employees.

Addressing daily living challenges involves practical approaches to organization, task completion, and tidying. Understanding the complexities of co-occurring mental health conditions (such as depression, anxiety, and addiction) alongside varying cognitive profiles and "peaks and valleys" is crucial for tailored support.

Fostering self-understanding and resilience is paramount. We emphasize developing self-awareness and coping strategies, recognizing that proactive efforts significantly improve quality of life.

Moving beyond diagnosis, our approach highlights the necessity of comprehensive assessments that consider real-world adaptive functioning, not just diagnostic labels or IQ scores. Tailored support systems based on individual needs are essential.

With a proven track record of supporting over 2,000 individuals into meaningful employment, Kaien offers a ground-up perspective aimed at enhancing support strategies and fostering a deeper understanding of adult developmental disorders in our evolving society.

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[SY-52-04] Current Updates and Innovations in ADHD

*Ahsan Nazeer (Weill Cornell, NY, USA/ Sidra Medicine, Qatar(Qatar))

キーワード : ADHD、EndeavorRx、Viloxazine、Child and Adolescent Psychiatry、Adverse Childhood Experiences (ACEs)

Recent advancements in ADHD include new medication options, digital therapies, and deeper insights into the disorder's complexities. These include newer non-stimulant drugs like Viloxazine extended release and the first transdermal amphetamine patch, offering more personalized treatment choices. Digital therapies such as EndeavorRx, a video game-based approach, and the Monarch eTNS System are increasingly popular. Additionally, research is examining how ADHD exists on a spectrum with varying symptom severity along with the role of ACEs.