Flow
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Masters Project Presentation
A story of life and relationships with ADHD
Being neurodivergent has always been difficult for some to understand. Why some people don't act or talk or work like others. How some children have so much more apparent energy than others. Even why some people have a harder time behaving properly. This lack of understanding is often due to a lack of good widespread representation. Especially in the wider media outlets.

Therefore I developed this project to tackle this lack of and often misrepresented media. I developed a graphic novel from the viewpoint of a character with ADHD, designing them specifically so that they are approachable, representative and easy to connect with by the audience. While also touching on subjects of race, gender and personal image in a way that makes their representation in the work understated and more natural, decreasing the boundaries these issues often create in media.

I have developed a narrative that tackles the realistic experience of living with ADHD, how the behavioural patterns, mental challenges and emotional states affect the lives and relationships of these people. My aim is to make a book that can educate those who do not have the condition, while bringing a higher level of understanding to those who do have it, recently diagnosed or otherwise. Therefore reducing the stigma, misinformation and misrepresentation for everyone involved.

The written story:
The editing, proofreading and rewriting.

Complete the drawing of the illustrations:
Focus on the changes made to the drawing style and integrating them fully.

Audience and market specifics:
How the book should be bound and delivered to a client. The way it is presented in my presentation or commercial space. What the design details should give to the reading experience.
1: Brain Fog
A harder time thinking and focusing, feelings of fatigue and disorientation.

2: Disorganisation
Difficulty maintaining routines, finishing tasks, and jumping between many tasks without completing them.

3: Overstimulation
Feeling overwhelmed by situations and noises, causing physical and psychological discomfort often causing anxiety.

4: Hyperactivity
A need to move or fidget constantly, even in inappropriate situations, often helped with fidget toys.

5: Time Blindness
To be unaware or miscalculating the passing of time.

6: Hyperfixation
An intense state of concentration, to the point where non related objects, tasks and people aren’t consciously noticed.

7: Executive Dysfunction
Lack of ability to handle frustration, start and finish tasks, stay on track, and follow instructions, and remembering details.

8: Emotional Intimacy
Difficulties maintaining close personal relationships, often due to problems sharing and interpreting personal emotions and feeling emotionally secure around others.
Previous Development:
Changes to character design.
Storyboard
Writing first draft
Print tests
“What was it I was going to do today…?”

Rolled turns, the cat jumps up onto the windowsill, distinctly without his collar and with a feather hanging from his mouth. It's like a burst of lightning and I remember.

“The landing!” I half shout out. “I was going to clean up the landing.”

“See you do remember.” They sigh at me as I pass them their drink. Pulling against my waist so I can nestle between their legs.

“I'll write you a note before I go…” For a moment we both pause as he assesses me. “What number are we at Lovely?” A question they ask every day. A gentle poke into my head so they know that I’m ok. It makes my heart ache with the tenderness of it compelling me to pull us both back to bed and ignore everything we should be doing. It's a temperature gauge for my own mind, wondering for a moment what it will mean when he stops asking it. But I push that thought down hard.

“I think I'm on about a six.”

“Six is a chilly six.” They chortle. “We'll go with that.”

His hand traced higher, up the curve of my neck. Seeping the warmth it took out of their fingers once more and around it. His lips found the skin of my throat and worked it with his tongue as a testing ground for what we should be doing. A simple motion that spoke to the heart of us, the basics of what we should be doing.

His hand traced higher, up the curve of my neck. Seeping the warmth it took out of their fingers once more and around it. His lips found the skin of my throat and worked it with his tongue as a testing ground for what we should be doing. A simple motion that spoke to the heart of us, the basics of what we should be doing.

She noticed the drop of poison in her words falling silently into the void as she spoke. Little bites was what she was trying to achieve. She didn’t want to be back with their family, not all of them, just their dad. She just wanted him out of the picture so that she could fill up the space he left.
Brain Fog
8.03 am

Disorganisation
8.36 am

Emotional Intimacy
11.53 pm

Flow
“Earth to Ruby!” His voice startles me back and I realize I’ve been staring into the empty like it’s a magic mirror.

“Did you hear what I said?” I raise an eyebrow at him, trying to remember what they were saying. It’s a dog and I have nothing. They notice it, but even I can’t tell them.

“That’s what I’m saying today… So, you are coming shopping with me, or do you want to go on your own when I’m at work?” I get the list ready if you’re feeling up to it. I continue to sit at the desk, facing the mirror, to the right of her eye. Someone looking at them, here. In front of me, helps me to focus on everything she needs. Thursday means they’re working late. Tuesday to tea shifts. Too hot... and too long.

“I’ll go before I start work. I’m not starting till lunch anyway... I wanted to do something first…” He gives me another look.
Cover Plans:

Presents several key visuals-
- The characters
- The pets
- Fidget toys
- Books

Must show that there is a close relationship between the two, as well as the presence of the ADHD through the toys.

The inclusion of the robot and something medical would also be good as hints to the characters professions.
Will you please stop fidgeting?
Are you brewing?
Your head is in the clouds.

What is it like to live a day with ADHD
and all the challenges that come with it?
How does it feel when your mind
behaves like a box of squirming?
And how is it for the people
you love, who are always
concerned about how you are?

As Ali Otsman works towards their next
big project launch, we follow them as they
work through their day. Working
with and against their ADHD to
complete their day and try not to forget
about the needs of their loving partner.

This book provides a glimpse into the
life of a transgender person and
explores how they cope and how they
don’t: navigating their highs and
troubles along with their emotional ups and
downs.
Will you please stop fidgeting?
Are you listening?
Your head is in the clouds!

What is it like to live a day with ADHD and all the challenges that come with it? How does it feel when your mind behaves like a box of squirrels? And how is it for the people you live with – the ones you care about and who care about you?

As Ali Osman works towards their next big project launch, we follow them as they go through their day. Working with and against their ADHD to focus, complete their day and try not to forget about the needs of their loving partner Kye.

This book provides a glimpse into the life of a neurodivergent person and explores how they cope and how they don’t – revealing their hacks and tricks along with their emotional ups and downs.