

Attention deficit: Six (or more) of the symptoms have persisted:

**Do you ever...?**

## **Attention**

- ▶ a. make a mistake because you didn't pay attention to a detail?
- ▶ b. get bored with a task?
- ▶ c. find that you are not listening to someone talking to you, even when you're looking at them?
- ▶ d. start a task and get sidetracked?
- ▶ e. get messy or disorganized? Have you ever been in a rush to get out the door and forget something?

Attention deficit: Six (or more) of the symptoms have persisted:

**Do you ever...?**

## **Attention**

- ▶ f. avoid or put off tasks that you don't like?
- ▶ g. lose things? Like tools, keys, paperwork, eyeglasses, or cellphone.
- ▶ h. get distracted by something in your environment? Do your thoughts jump around?
- ▶ i. forget to do something important? Like running errands, returning calls, paying bills, or keeping appointments.

# Do you ever...?

Hyperactivity and impulsivity: Six (or more) of the following symptoms have persisted:

## Hyperactivity

- ▶ a. fidget or tap your feet?
- ▶ b. get tired of sitting? Were you often bored in school?
- ▶ c. feel restless?
- ▶ d. cheer too loudly or yell at the referees?
- ▶ e. like to be on the go doing things?

# Do you ever...?

Hyperactivity and impulsivity: Six (or more) of the following symptoms have persisted:

## Impulsivity

- ▶ f. talk too much?
- ▶ g. blurt things out before thinking?
- ▶ h. get impatient with slow drivers or waiting in line?
- ▶ i. interrupt someone to share what you're thinking?

Inattention: Six (or more) of the nine symptoms have persisted

## Attention-Deficit

- ▶ a. Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or during other activities.
- ▶ b. Often has difficulty sustaining attention in tasks or play activities.
- ▶ c. Often does not seem to listen when spoken to directly.
- ▶ d. Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., starts tasks but is easily sidetracked).
- ▶ e. Often has difficulty organizing tasks and activities (e.g., difficulty keeping materials belongings in order; messy, disorganized work; poor time management; fails to meet deadlines).

Inattention: Six (or more) of the nine symptoms have persisted

## Attention-Deficit

- ▶ f. Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (e.g., schoolwork or homework).
- ▶ g. Often loses things necessary for tasks or activities (e.g., school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
- ▶ h. Is often easily distracted by extraneous stimuli (for older adolescents and adults, may include unrelated thoughts).
- ▶ i. Is often forgetful in daily activities (e.g., doing chores, running errands; for adults, returning calls, paying bills, keeping appointments).

Hyperactivity and impulsivity:  
Six (or more) of the nine symptoms have  
persisted:

## Hyperactivity

- ▶ a. Often fidgets with or taps hands or feet or squirms in seat.
- ▶ b. Often leaves seat in situations when remaining seated is expected.
- ▶ c. Often runs about or climbs in situations where it is inappropriate. (Note: In adolescents or adults, may be limited to feeling restless.)
- ▶ d. Often unable to play or engage in leisure activities quietly.
- ▶ e. Is often “on the go,” acting as if “driven by a motor”

Hyperactivity and impulsivity:  
Six (or more) of nine the symptoms have  
persisted:

## Impulsivity

- ▶ f. Often talks excessively.
- ▶ g. Often blurts out an answer before a question has been completed (e.g., completes people's sentences; cannot wait for turn in conversation).
- ▶ h. Often has difficulty waiting his or her turn (e.g., while waiting in line).
- ▶ i. Often interrupts or intrudes on others (e.g., butts into conversations, games, or activities; may start using other people's things without asking or receiving permission; for adolescents and adults, may intrude into or take over what others are doing).

# Improving Executive Functioning Skills

- 1. Create Routines and Positive Habits**
- 2. External Tools - Phone**
- 3. Visual and Physical Reminders**
- 4. Body Doubling**
- 5. Simple Organizational Strategies**

# Support for those with ADHD

- ▶ Look for the good
- ▶ Medication
- ▶ Relationships
- ▶ Talk Therapy
- ▶ Self-Talk or Affirmations
- ▶ Be kind