



ADHD Accommodations

**Small changes that can
make everyday life easier**

**A practical guide to exploring
what might help your ADHD brain.**





My Accommodation Plan

What works for me

I find it difficult when...

I work best when...

One thing that helps me get started is...

One thing that helps me manage my time is...

My environment works best when...

When I'm overwhelmed, I need...

One accommodation I'd like to try is...

Something I wish people understood about my ADHD is...

**You don't have to do things the hardest possible way
just because you've always done them that way.**

That
AuDHD
Teacher



Regulation and Overwhelm

When everything becomes too much

Sometimes the most useful accommodation isn't something that helps you do more. Sometimes it's something that helps you recover.

- ☐ A quiet space
- ☐ A break before reaching complete overwhelm
- ☐ Time to process before responding
- ☐ Reducing sensory input
- ☐ Movement
- ☐ Something familiar and regulating
- ☐ Clear expectations about what happens next
- ☐ Being able to communicate that you're overwhelmed without having to explain everything immediately
- ☐ Time to recover after a particularly demanding situation

When I'm overwhelmed, it helps when...

It usually makes things harder when...



What is an accommodation?

An accommodation is a change that helps remove a barrier. It doesn't change what you're capable of doing or necessarily lower the expectation. Instead, it changes how you access something.

For ADHD, this might mean changing something about:

- ✦ how information is given to you
- ✦ how you organise tasks
- ✦ how you manage time
- ✦ your environment
- ✦ how you communicate
- ✦ how you get started
- ✦ how you manage overwhelm



A reminder

Needing an accommodation doesn't mean you're incapable. Sometimes the problem isn't 'I can't do this.' It's: 'The way I'm being asked to do this isn't working for my brain.'



There isn't one universal list of ADHD accommodations. What helps one person might not help another. Use this guide as a starting point, not a prescription.



Planning and Organisation

- | | |
|--|--|
| ☐ Written instructions instead of relying on verbal information | ☐ Setting reminders for important dates |
| ☐ Visual checklists | ☐ Having someone help you prioritise when everything feels urgent |
| ☐ Breaking large tasks into smaller steps | ☐ Using templates instead of starting from a blank page |
| ☐ Having one consistent place for important information | ☐ Keeping frequently used items in predictable places |
| ☐ Using calendars or planners | ☐ Making the next step obvious |

What might help me?

One thing I regularly forget is:

A system that might make this easier is:



Starting, Time and Transitions

When starting is the hardest part

Sometimes ADHD isn't about not knowing what needs to be done.

It's about getting from:

"I need to do this" → "I am actually doing this."

Things you could experiment with:

- | | |
|---|---|
| ☐ Breaking the task into a ridiculously small first step | ☐ Doing the easiest part first |
| ☐ Setting a timer for 5-10 minutes | ☐ Removing unnecessary steps |
| ☐ Body doubling | ☐ Having everything you need ready before starting |
| ☐ Working alongside someone else | ☐ Using music/noise if that helps you begin |
| ☐ Using an external deadline | |

Making time more visible

- | | |
|---|--|
| ☐ Timers | ☐ Transition warnings |
| ☐ Visual timers | ☐ Allowing extra time between activities |
| ☐ Multiple reminders | ☐ Putting important deadlines somewhere visible |

The part I struggle with most is:

- | | |
|--|---|
| ☐ Starting | ☐ Knowing how long something will take |
| ☐ Stopping | ☐ Remembering deadlines |
| ☐ Switching tasks | ☐ Something else: _____ |



Environment and Sensory Needs

Your environment matters too

Sometimes changing the environment is easier than trying to force yourself to concentrate in an environment that is working against you.

You could experiment with:

- | | |
|--|---|
| ☐ Headphones or ear defenders | ☐ Standing rather than sitting |
| ☐ A quieter workspace | ☐ Fidget tools |
| ☐ Reduced visual clutter | ☐ Working somewhere with fewer distractions |
| ☐ Different lighting | ☐ Having access to a quiet space |
| ☐ Movement breaks | ☐ Changing the temperature or physical comfort of your workspace |

My environment

Things that distract or overwhelm me:

Things that help me concentrate or regulate:

One environmental change I'd like to try:



Communication

Communication accommodations

ADHD can affect more than organisation and attention. Sometimes communication itself can become harder when we're processing lots of information, dealing with unexpected changes or trying to remember verbal instructions.

Things you could ask for:

- ☐ Written follow-up after an important conversation
- ☐ Clear and explicit instructions
- ☐ One request at a time
- ☐ Extra processing time
- ☐ Being given advance notice of changes where possible
- ☐ Having expectations explained rather than implied
- ☐ Being able to ask questions without being judged
- ☐ Having important information available in a format you can refer back to

Something I wish people understood about how I communicate: