

## **ADHD Accommodations Checklist - Examples of Accommodations for Students with Attention Deficit Disorder**

Whether students receive special education support or perhaps they have a 504 plan, appropriate accommodations should be individualized for each student. Data should be collected to determine if additional accommodations are necessary to help meet the student's needs to access the educational material.

### **Time Management:**

- ☐ Provide a visual planner or task organizer.
- ☐ Use a time-tracking tool or introduce time estimation exercises.
- ☐ Offer project breakdown templates.
- ☐ Provide extended time for tests or assignments.
- ☐ Set reminders or schedule regular review sessions.
- ☐ Teach time management strategies like the Pomodoro Technique.

### **Attention & Focus:**

- ☐ Provide noise-canceling headphones or a distraction-free study zone.
- ☐ Offer both written and oral instructions; highlight essential parts.
- ☐ Use engaging teaching methods, including visuals, and break lectures into shorter chunks.
- ☐ Provide preferential seating.
- ☐ Provide a quiet room free of distractions during testing.

- ☐ Incorporate active participation roles or collaborative tools that require input.
- ☐ Provide visual reminders or goal-setting worksheets.

### **Impulse Control:**

- ☐ Teach decision-making strategies or encourage a "pause and think" approach.
- ☐ Implement clear classroom rules with visual or auditory reminders.
- ☐ Provide fidget tools or sensory objects to channel impulses.
- ☐ Introduce structured breaks with stimulating activities.
- ☐ Role-play scenarios to discuss the consequences of impulsive decisions.

### **Organization:**

- ☐ Provide assignment checklists or organizers.
- ☐ Assist in setting up a dedicated study space or routine.
- ☐ Use labeled containers or sections for supplies and documents.
- ☐ Implement a regular desk/backpack cleanup routine.
- ☐ Use digital platforms with automatic reminders for due dates.

### **Memory:**

- ☐ Offer mnemonic devices or memory training techniques.
- ☐ Reiterate key concepts at the start and end of lessons.
- ☐ Provide a designated space for belongings with labels.
- ☐ Use planners or assistive technology like digital reminders for assignments and test dates.

- ☐ Offer periodic review sessions or flashcards for key concepts.

### **Social Skills:**

- ☐ Teach active listening and conversation participation techniques.
- ☐ Role-play social situations to build understanding.
- ☐ Provide cues or reminders about conversational balance.
- ☐ Discuss the concept of personal space and practice with scenarios.
- ☐ Use visual cues or charts for recognizing non-verbal communication.

### **Task Initiation:**

- ☐ Break tasks into smaller, manageable steps with clear instructions.
- ☐ Set early, mini-deadlines for parts of larger projects.
- ☐ Use visual or auditory cues to signal task initiation.
- ☐ Offer encouragement or reward systems for starting tasks.
- ☐ Provide clear guidelines or examples for complex assignments.

### **Flexibility:**

- ☐ Gradually introduce changes with clear communication.
- ☐ Provide coping strategies for unexpected events.
- ☐ Offer alternative methods or tools as backup.
- ☐ Set clear expectations about transitions between activities.
- ☐ Foster an inclusive classroom environment that respects various learning styles.

**Self-regulation:**

- ☐ Offer strategies for self-assessment and reflection.
- ☐ Provide a "cool-down" space or techniques for emotional regulation.
- ☐ Teach the importance of long-term goals over instant gratification.
- ☐ Use visual or auditory feedback tools for task quality.
- ☐ Encourage regular self-set breaks during lengthy tasks.

**Motor Skills & Coordination:**

- ☐ Offer alternative writing tools or adaptive equipment.
- ☐ Provide templates or guides for precision tasks.
- ☐ Create a space for gross motor activities and movement.
- ☐ Incorporate physical exercises that build coordination.
- ☐ Provide tools for pencil grip.

**Listening Skills:**

- ☐ Provide written copies of oral instructions or summaries.
- ☐ Use visuals or demonstrations alongside verbal explanations.
- ☐ Offer short, interactive breaks during lengthy verbal presentations.
- ☐ Encourage note-taking or offer pre-made notes for key details.
- ☐ Use repetitive and reinforcing techniques for crucial information.