



Daily Support ADHD Resource Pack

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Education

People with ADHD can find studying to be challenging due to aspects like concentration, organisation, and time management.

What support can I get for education?

ADHD is a recognised disability under the Equality Act 2010 and 'Reasonable Adjustments' should be made in an education setting. The adjustments should be developed with the college/university and tailored to the individual's needs.

Adjustments that may be helpful include:

- Extensions for assignments
- Extra time in exams
- Taking exams in a quieter room to minimise distractions
- Use of technology to assist with planning tasks and meeting deadlines
- Support from a dedicated mentor



Video



Article



Charity/Service



Visual

To fund these adjustments, you can apply for disabled student's allowance (DSA). You can apply for DSA before your university place is confirmed. It can take a few months for the application process to be completed, so it is best to apply several months before starting your course. For more information click below: *(8 minutes)*

<https://www.gov.uk/disabled-students-allowances-dsas>



Further information from Disability Rights UK is available here: *(multiple articles)*



<https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets/education-factsheets>

'ADHD Alien' has comic-book-style illustrations which discuss various topics regarding ADHD. Below is a resource about ADHD and study tips: *(3 minutes)*

<http://adhd-alien.com/>





Employment

ADHD is a recognised disability under the Equality Act 2010. This means that you are entitled to ask for workplace adjustments for ADHD if you would like to. It is completely up to you whether you decide to declare your diagnosis to your employer, and you may find it useful to talk through the pros and cons of declaring with a trusted friend or family member.

What support can I get for employment?

You can apply for support from 'access to work'. You can also access this support if you are self-employed. This may include support such as:

- ADHD coaching/training
- Support based on your individual needs
- Grants
- Assistive aids
- Standing desks
- Mental health support

You can learn more about this below: *(5 minutes)*



<https://www.adhdfoundation.org.uk/wp-content/uploads/2022/07/ACCESS-TO-WORK.pdf>

If you would like to find out more about access to work or apply for it, follow the below link:

<https://www.gov.uk/access-to-work>





Support Finding Employment:

United response is a charity that can help support you to access employment, as well as support with day-to-day living and signposting to support groups. You can use the link below to find out more:

<https://www.unitedresponse.org.uk/support-area/york-easingwold/>



You can also call them on: [01904 791795](tel:01904791795)



Financial

If your ADHD has had a significant impact on your daily living or ability to get around for at least 3 months and will continue to have an impact for at least another 9 months, you may wish to apply for personal independence payments (PIP).

Your local citizens' advice bureau may be able to support with this, and with advice on other social security benefits you may be entitled to.

Additional Resources:

Stepchange is a charity that provides support for people who are in debt:



<https://www.stepchange.org/>

Citizens Advice- further information about PIP:



[Personal Independence Payment - Citizens Advice](#)



Organisation and Concentration Strategies

Everyone is different and so everybody will find different strategies that work for them. It is unlikely that one of these strategies will be life changing, though some of these strategies may be helpful. Below are some resources that some people with ADHD find helpful for organisation and concentration:

!!! PLEASE BE AWARE !!!

Whilst some products may appear helpful, they can be costly. There are also many apps for organisation. Some people may find these helpful, but they can also be unhelpful, for example forgetting to cancel subscriptions and having expensive in-app purchase costs.

Body-Doubling:

Having another person with you to help you stay focused on tasks. (See link below)

To-Do lists.

The Pomodoro Technique:

Using intervals of concentration and breaks. (See link below)

Noise cancelling
headphones:

To reduce distractions.



Bluetooth Trackers:

These are available for a variety of different belongings. For example, Bluetooth trackers can be attached as a key chain to keys. This can then be used to track the lost keys. There are also products available for wallets/purses.

Exercise:

Some people find this can improve concentration.

Fidget Tools:

Some people find these helpful for concentrating, for example using under the desk in meetings.

Use of Timers:

People with ADHD can experience time blindness. Timers can help remind you when it is time to stop a task.

Use a Productivity Matrix:

This can be used to decide what tasks to complete first. (See link below)



Focus Time on Mobile Phone:

Some phones have settings that allow you to set “focus time”. This can be used to reduce notifications. You can personalise this for working, driving, mindfulness or whatever you like. You can also choose specific times for this to start, for example whilst you are at work.

Have a reward in mind after completing a task:

For example, after completing a task you could spend time on a hobby that you enjoy, go for a walk or have a cup of tea.

Use do not disturb:

Use a do not disturb setting on your phone to silence all notifications.

Reduce Screen Time:

Some phones have settings that allow you to set “limits” for the day. For example, you could set a limit of 30 minutes a day on social media apps. You can choose to ignore the limit, but it can be a helpful reminder to how much time you have spent on your phone that day.



Additional Resources:

A short video about what the pomodoro technique is and how it can help people with ADHD: (3 minutes)

<https://www.youtube.com/watch?v=3FjluPMQzxo>



This article explains what body-doubling is and how it can be used: (6 minutes)

<https://www.additudemag.com/getting-things-done-with-adhd/#:~:text=Things%20a%20body%20double%20could%20help%20you%20get,in%20your%20journal%20%20Return%20emails%20More%20items>



This short video explains what the productivity matrix is and how to use it: (2 minutes)

<https://www.youtube.com/watch?v=tT89OZ7TNwc>



Note: All resources mentioned in this pack are for information only and not an endorsement. Although we try to keep information up to date we cannot guarantee this particularly regarding webpages.