



# Dyslexia Assessment & Consultancy

*Experts working with dyslexia and neurodiversity*

41 Cardigan Street, Kennington, London SE11 5PF

020 7582 6117 // 020 7820 1970

[www.workingwithdyslexia.com](http://www.workingwithdyslexia.com) // [info@workingwithdyslexia.com](mailto:info@workingwithdyslexia.com)

## ATTENTION DEFICIT DISORDER CHECKLIST

If you tick most of these items, you should consider having an assessment. To gain medical treatment and medical management you would need to see a psychiatrist who specialises in Attention Deficit Disorder. \* \*However, see the note at the end of this checklist.

**Tick if YES**

### Action

- Do you have difficulty in getting organised at work and in life generally unless you are following a definite routine? .....
- Do you tend to leave things, even if important, until the very last moment? .....
- Do you find it difficult to plan ahead and set priorities and have the feeling of being overwhelmed? .....
- Do you have problems in finishing activities within the expected time?.....
- Do you have problems in waking up or getting up unless you have something definite to look forward to? .....

### Attention

- Does your attention fluctuate so there are marked differences in the quality of work you produce on a daily basis? .....
- Are you easily distracted, perhaps by your own thoughts, even when you are trying hard to focus and be attentive? .....
- At other times, does an activity absorb your attention to the exclusion of everything else? .....
- Do you have problems in shifting your attention to another activity as the need arises?.....
- Do you tend to work very quickly or impatiently and make mistakes? .....
- Are you a perfectionist and work very slowly to avoid making mistakes? ....
- Does it sometimes seem impossible to concentrate, even though you are not anxious or distracted?.....
- Do you tend to be very forgetful in daily life without regular reminders?.....
- Do you frequently lose / mislay possessions, keys, documents, clothing? ...

### **Restlessness**

- Do you often feel physically or mentally restless? .....
- Do you feel a need to be always 'on the go'? .....
- Do you have the feeling that others talk too slowly? .....
- Is it difficult to wait for others to complete a task, or to wait for your turn?
- Do you feel more comfortable when engaged in stimulating activities? .....

### **Impulsivity**

- Do you tend to act impulsively without thinking things through? .....
- Do you tend to say things without thinking of the consequences?.....
- Do you have difficulty with controlling your emotions when frustrated, or would other people say that you can be tactless, or have a 'short fuse'? ...
- Are you a person who tends to take risks?.....
- Are you sometimes inconsistent or unpredictable in what you do and say?
- Do you tend to avoid going through the proper procedures, because you can do things more quickly your way? .....

### **General**

- Do you worry a lot and feel discouraged about things? .....
- Do you feel a sense of under-achievement, or that there is always some problem which crops up to interfere with your plans?.....
- Do you have quick changes of mood? .....
- Are you accident-prone? .....
- Is it difficult to sustain positive relationships over a period of time? .....

### **Strengths**

- Can be very committed to getting things done? .....
- Are you a dynamic sort of person with high levels of energy? .....
- Do you sometimes think of creative and original solutions to problems?....
- Are you quick-thinking and able to do things at a fast pace? .....

ADHD is conceptualised both as a Specific Learning difficulty and a medical neurological condition. If you are student in Higher Education, or an employee in the workplace, you can gain a full cognitive assessment from specialist assessors at *Dyslexia Assessment & Consultancy* and gain support for your studies or your job.

**Contact us. Details at the top of first page**