

Adult ADHD: Everyday Supports | Facilitate

Facilitating Adult Executive-Function Support

Professionals | 10 to 15 minutes | Session guide

Use a practical task experiment collaboratively without making diagnostic or moral judgments.

This pack supports discussion of everyday attention, planning, and follow-through. It is not an ADHD assessment and is not a complete intervention. Begin with the adult's goal and the consequences of the task in their actual context.

How to use this page

Ask permission to explore one task. Check whether the person wants a practical plan, emotional support, help obtaining resources, or referral. Use the least burdensome page that serves that purpose.

Develop a shared account of the obstacle

Explore ambiguity, missing information, competing responsibilities, sensory load, fatigue, and access. Avoid assuming all difficulty is an ADHD symptom. Use the person's language and separate observed barriers from hypotheses. If a formal diagnosis or treatment question arises, involve an appropriately qualified professional.

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Co-design a small support

Invite a visible first action and a stopping point. Do not impose a particular app or organizational system. Consider cost, privacy, digital access, and maintenance effort. Practice a request for support when another person or institution controls a needed resource.

Review outcomes that matter

Ask about effort, independence, dignity, and usefulness alongside completion. A missed trial can reveal a poor fit. Acknowledge broader work, housing, or caregiving demands that cannot be solved through planning alone. Document the collaborative decision and any referral or accommodation discussion using your usual professional standards. Do not interpret these informal notes as validated outcome measures.

1. The person's goal, the support chosen together, and the review question

Facilitator notes and adaptation

Independent clinical review of these original resources is pending. Use within competence and coordinate with existing care when appropriate. The pack gives no medication, legal, or diagnostic recommendations.

PK03-07 | continued**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA05 | National Institute of Mental Health | ADHD in Adults: 4 Things to Know

<https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>