Accommodation Ideas for Adult Learners with ADHD
source unknown

Accommodations for adults who are overly active and have difficulty sitting and working quietly

- Avoid lengthy periods of desk work
- Provide a carrel or a quiet work area
- Organize work area so it is free from distractions
- Use timer

Accommodations for adults who are very distractible, daydream or cease activity before completion and have trouble staying on task

- Provide checklists for completed assignments and those waiting for attention
- Use carrel
- Wear ear plugs or headphones
- Use card with a window cut into the frame while reading
- Provide specified time frame for task completion

Accommodations for adults who have difficulty paying attention to oral directions or the spoken word

- Provide visual cues on chalkboard or overhead
- Have learner repeat directions orally, or use a written clue
- Provide study buddy
- Provide written copy to oral directions and lectures
- Provide tape recorder

Accommodations for adults who have difficulty getting started, often delaying and procrastinating

- Break work into smaller amounts
- Assign peer coaches
- Help learner develop a checklist for each step of task
- Help learner set time goals for each task
- Use a timer

Accommodations for adults who have difficulty using the computer

- Table height adjustment
- Larger screen
- Larger print displays
- Alternative colors on the computer screen
- Screen to cut glare
- Computer in study carrel
- Use mouse, not keyboard
- Speech recognition

- Software for sequential, not simultaneous, key strokes

Accommodations for adults who have difficulty expressing themselves verbally

- Give extra response time
- Organizational aids (i.e., cue cards)
- Accept alternative forms of information sharing (demonstrations, taped instead of oral report)
- Respond in a written format

Accommodations for adults who have difficulty reading class material and/or books

- Allow extra time
- Provide shorter assignments
- Tape the material and allow reading along
- Use large print
- Allow another learner to read material to learner before the learner is required to read

Accommodations for adults who have difficulty spelling

- Allow use of an electronic spell checker
- Provide a dictionary

Accommodations for adults who have difficulty expressing themselves in writing

- Give extra time for written assignments and shorten the amount required if possible
- Accept alternative forms of reporting (i.e., oral report, tape recorders, debates)
- Allow student to dictate work to someone else
- Have the learner prepare an outline, brief notes, or short phrases to show knowledge

Accommodations for adults who have difficulty solving math problems

- Increased time
- Smaller tasks
- Computer software
- Manipulatives
- Calculator
- Graph paper

Accommodations for adults who have difficulty taking tests

- Reader
- Scribe / recorder
- Increased time
- Separate testing area
- Large print
- Audio tape presentation of items

- Shortened test periods
- Spell checker
- Computer administration

Accommodations for adults who have difficulty writing legibly

- Allow learner to type or use word processing
- Have learner dictate to someone else
- Extended time for completion
- Avoid setting time limits
- Shortened work intervals
- Allow student to copy from near point instead of copying from board
- Adapted work surface
- Use manuscript paper or lined paper
- Use paper stabilizing device
- Use graph paper to help space letters
- Use wideline paper
- Use adapted pen or pencil for better grip
- Use oversized pencil
- Use textured paper (raised lines)
- Use universal cuff (The Universal Cuff provides a secure grasp on a variety of handle shapes and sizes. Ideal for persons with limited hand function

Note: Computers are a great assist to those with learning disabilities. Software that aids in efficient and accurate input can also assist. Some people can compensate for high rates of input errors by using spell checkers, thesauruses, and grammar checkers. In addition, word prediction programs (software that predicts whole words from fragments) have been used successfully by students with learning disabilities. Similarly, macro software which expands abbreviations can reduce the necessity to memorize keyboard commands and can ease the entry of commonly-used text.

Educational software where the computer provides multi-sensory experiences, interaction, positive reinforcement, individualized instruction, and repetition can be useful in skill building. Some students with learning disabilities who have difficulty processing written information, can also benefit from completing writing assignments, tutorial lessons, and drill-and-practice work with the aid of computers. For example, a standard word processor can be a valuable tool for individuals with dysgraphia, an inability to produce handwriting reliably.

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