

Australian Evidence-Based Clinical Practice Guidelines For ADHD FACTSHEET



Educational adjustments for people with ADHD

An 'adjustment' is something an education provider does to ensure a student with disability has the same opportunities as other students to participate in the education program.

Students with ADHD can benefit from adjustments to ensure their needs are met and to help support them in learning and studying. The rights of students are protected by the Disability Standards for Education (2005) which are part of the Commonwealth Disability Discrimination Act (1992).

These Standards aim to give students with a disability the same educational opportunities and choices as all other students. The Standards specify that education providers must consult, make reasonable adjustments and eliminate harassment and victimisation.

The following are examples of common adjustments for children, adolescents and adults with ADHD in education settings. In some cases, further specialised consultation may be required. Please note that additional adjustments may be needed for co-occurring conditions (for example, anxiety, specific learning disorders, autism, or intellectual disability).

Primary and Secondary School

Learning:

- Providing a seat away from distractions (such as windows, foot traffic)
- Allow the student to wear headphones (to cancel noise or have background music to assist with focus)
- Allow the student to leave their seat/stand up from the mat, as needed
- Allow extra breaks
- Provide instructions in verbal, written and visual formats
- Provide copies of teaching notes
- Extra help to break down tasks into smaller steps
- Extra help to prioritise tasks
- Extra help to organise study materials, belongings and work

- Provide direct instruction, use visual prompts or clips to teach information, hands on learning, repetition, frequent clarification
- Flexibility to modify work tasks to be aligned with the child's interests to increase their motivation
- Provide tutorial support

Assignments:

- Flexible due dates
- Extra time to complete assignments
- Extra help to break down assignment tasks into smaller steps
- Opportunity to ask additional questions of teachers regarding assignment requirements

Tests and Exams:

- Opportunity to ask additional questions regarding test/exam requirements at the beginning of exams
- Extra time during exams/tests
- Break time during exams/tests
- Exams/tests in an environment with minimal distractions, such as a quiet room away from other students
- Use of a computer and technology
- Exam scheduling to meet the needs of the individual

University

Assignments:

- Flexible due dates
- Extra time to complete assignments
- Extra help to break down assignment tasks into smaller steps
- Opportunity to ask additional questions of teachers regarding assignment requirements

Tests and Exams:

- Opportunity to ask additional questions regarding test/exam requirements at the beginning of exams
- Extra time during exams/tests
- Break time during exams/tests
- Exams/tests in an environment with minimal distractions, such as a quiet room away from other students
- Use of a computer and technology
- Exam scheduling to meet the needs of the individual