Worksheet 1: Communication Accommodations for ADHD Women

Objective: To help you identify and implement accommodations that support your unique communication needs.

Part 1: Understanding Accommodations

Accommodations are adjustments that make communication easier and more effective for you. These can include modifying your environment, using tools, or advocating for your needs in conversations.

Examples of accommodations:

- Asking for written information instead of verbal instructions.
- Taking breaks during long conversations.
- Choosing a quiet setting for important discussions.
- Using a recording tool to review important details later.

Part 2: Identifying Your Needs

1. What communication challenges do you experience the most? *(Check all that apply.)*

- ☐ Processing information too slowly
- ☐ Forgetting details from conversations
- ☐ Struggling to focus in noisy environments
- ☐ Feeling overwhelmed when multiple people are speaking
- ☐ Needing extra time to respond to questions
- ☐ Sensory sensitivities (e.g., bright lights, loud noises)
- ☐ Other: _____

2. Would any accommodations help you manage these challenges?

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Reflection:

What is one accommodation you can start using this week?

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