



# ADHD Assessment Preparation Checklist

A simple printable checklist for adults preparing for an ADHD assessment. You do not need perfect answers. Use this to gather examples gradually, add notes as they come to mind, and take it with you if helpful.

## Useful information to collect

- Childhood examples of attention, impulsivity, restlessness or emotional regulation difficulties.

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- School history, reports, comments, support needs or repeated patterns.

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- Workplace difficulties, including deadlines, meetings, task initiation, organisation or time management.

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**Examples from home life, relationships, money, routines, sleep or daily responsibilities.**

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**Emotional regulation examples, including overwhelm, frustration, sensitivity or rapid shifts.**

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**Strengths, coping strategies and what has helped in the past.**

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**Questions you want to ask during the assessment.**

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## Questions you might want to ask

**What information would be most useful before or during the assessment?**

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**What happens after the assessment?**

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**How will I receive the outcome or report?**

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**What support options might be discussed?**

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**Who should I contact if I need help while waiting?**

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This checklist is educational only. It does not diagnose ADHD, provide medical advice, replace an assessment or provide emergency support. If you feel unsafe or seriously unwell, use urgent local support.

Work Wise ADHD - practical ADHD education, resources and digital support for adults.