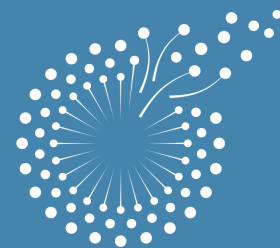


8 tips for more ADHD friendly workplaces



ADHD
AUSTRALIA



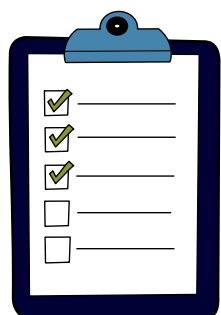
FLEXIBLE WORK HOURS

Allow employees to tailor their work hours, including the option to work from home. This can help them optimise their energy and focus throughout the day.



BREAKS AND MOVEMENT

Encourage regular breaks and allow for movement to help manage restlessness and maintain focus.



ASSISTIVE TECHNOLOGY

Provide access to digital tools such as planning, note-taking and focus-enhancing apps to assist employees in staying organised and on top of tasks.



SUPPORTIVE ENVIRONMENT

Build a workplace culture where ADHD employees feel comfortable discussing their needs, seeking help and being their authentic selves.



QUIET WORKSPACES

Provide quiet zones or noise-cancelling headphones to minimise distractions and improve concentration.



WORKPLACE TRAINING

Offer ADHD awareness training for organisations and managers to better support employees and foster a more inclusive work environment.



CLEAR INSTRUCTIONS AND FEEDBACK

Clearly communicate tasks and expectations and provide regular feedback. This helps ADHD employees better understand their roles and responsibilities.



EMBRACE DIFFERENT WAYS OF WORKING

Give employees the freedom to design and use different approaches that work for their ADHD brain. Their way may be unconventional, but will play to their strengths.