

Steps to Creating an ADHD Home Care Plan

1. Decide on behaviours you wish to encourage.
2. Decide on ways you can positively and consistently reinforce these.
3. Assess whether the child has the ability to consistently do the things that they are having difficulties with. If not, reduce expectations or try breaking them into more manageable chunks.
4. Review which EF, SR and ER impairments might be contributing to unwanted behaviour – How might these skills be taught, modeled and practiced?
5. Review a list of accommodations and strategies which might be helpful in assisting the child with any impairments and decide on which to implement first.
6. Which external reminders might be useful? Develop these and implement in a staggered fashion.
7. Decide if you wish to try external reinforcements and which you wish to implement. Sometimes the CPS approach may be a good fit.
8. Agree on a specific plan and how it will be implemented. Divide the implementation into stages.