



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

ADHD Adolescent Checklist

Do you have ADD/ADHD?

- Fidgets
- Daydreams
- Becomes bored easily
- Can not sit still for long
- Poor concentration
- Struggles to understand complex instructions and information
- Has difficulty expressing ideas on paper
- Has trouble organising thoughts
- Has difficulty with maths and reading
- Poor coordination; clumsy
- Has difficulty falling asleep
- Talks constantly; interrupts conversations
- Has trouble working in groups
- Rushes to get tasks done on time, but often not carried out to ones potential
- Understands instructions, but does not follow them
- Can not organise or prioritise schoolwork, homework or household chores
- Becomes totally lost or absorbed in certain interests or certain ideas
- Forgetful; forgets names, phones numbers, appointments etc.
- Sometimes memory “goes blank”; misplaces objects
- Susceptible to marijuana uptake
- Understands rules and laws but doesn't stop to think of the consequences of breaking them
- Risk taker
- Rarely completes set work
- Very self critical if a mistake is made

If you answered yes to these questions for either yourself or your child there is the possibility that it may reflect more than just personality or chance. There may be a neurological or genetic explanation for this behaviour.

Ask your doctor for more information or for a referral to the BrainWave Centre for objective assessment.