

Innovative Approaches to Neurodiverse-Affirming Practices: Occupational Therapy for Adults with ADHD



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Common Occupations Addressed

Social
participation

Self-regulation

Financial manage
ment

Work/education
participation

Health
management

Safety and
emergency health
maintenance

Sleep

Symptoms and
condition
management

OT Interventions

Self-monitoring
strategies

Environmental
adaptations

Lifestyle
modifications for
focus regulation

Executive
functioning
support

Burnout
management
and prevention

Self-regulation
strategies

Occupational
orchestration

Neurodiverse-Affirming Practices

- Consider the sensory or environmental needs
- Give information in multiple modalities
- Check for understanding
- Repeat/reword
- Remove barriers to action outside of OT sessions
- Strengths-based practice

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