

ADHD Star™ Scales

The Outcomes Star for adults managing ADHD

In each of the eight questions, circle the description that best fits for you now.

1 Stuck 2 Getting help 3 Trying things out 4 Finding what works 5 Choice and self-reliance

1 Understanding your ADHD

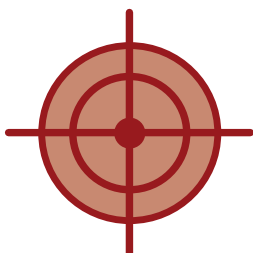
Being informed, asking for what you need, choosing treatment options, feeling in control



- 5 I understand how my ADHD affects me and I mostly feel in control
- 4 I'm learning what helps me cope with my ADHD, with some help
- 3 I'm trying to understand my ADHD and starting to try different options but this often doesn't work
- 2 My life is chaotic, but I have some help and have been given information about ADHD
- 1 My life is chaotic and I don't know why. No one is helping me

2 Focus and attention

Concentrating, paying attention, getting things done



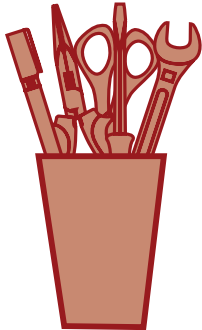
- 5 I can mostly pay attention and focus well enough in a range of situations when I need to
- 4 I'm learning what helps me pay attention and focus, with some support
- 3 I'm trying to pay attention and focus better, but it often doesn't work
- 2 I can't concentrate or focus when I need to, but I have some help
- 1 I can't concentrate or focus when I need to. No one is helping me

Want to use this tool?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765

3 Organising yourself

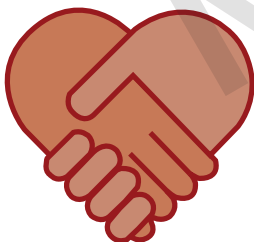
Managing time, getting around, sorting your money, domestic tasks



- 5 I'm organised enough to lead the life I want. I cope with most situations on my own
- 4 I'm learning to organise my life better, with some support
- 3 I'm trying to organise myself better on my own, but it often doesn't work
- 2 I can't organise myself on my own, but I have some help to tackle this
- 1 I can't organise myself on my own

4 Friends and social life

Connecting with others, maintaining friendships, communicating, managing social situations



- 5 I get on well with people and make friends well enough
- 4 I'm getting on better with other people, with some support
- 3 I'm trying to get on with other people, but it often doesn't work
- 2 I don't fit in or I upset people without knowing why, but I have some help
- 1 I don't fit in or I upset people without knowing why. No one is helping me

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