














ADHD-Friendly Apps

Name of app:	Helpful for:	Description:	Cost:
<p>ADHD Angel</p> 	<p>ADHD specific, planning, organising and managing situations.</p>	<p>Reminders to take your medication, a space to recording how you have been feeling to show your doctor, examples of ways to explain ADHD to other people.</p>	<p>Free</p>
<p>Home Routines</p> 	<p>Planning, organising and memory</p>	<p>'The ultimate To Do List/Timer/Scheduler/Reminder'. Click on the 'Accomplishments' button to display every task you have accomplished if you need some motivation!</p>	<p>£4.99</p>
<p>Time Timer</p> 	<p>Concentration</p>	<p>Time Timer is a productivity app that can help you to focus on timed tasks as well as manage transitions and waiting. The customizable timers act as clear, colourful visual concepts such as having a limited amount of time to complete a task or needing to wait for a certain amount of time.</p>	<p>£2.99</p>
<p>Evernote</p> 	<p>Organisation</p>	<p>This app allows you to create notes, add pictures, make checklists or record audio on one device and then share it with other people.</p>	<p>Free</p>

<p>Routinely</p> 	<p>Organisation and memory</p>	<p>Enter your routines and check them with this app. Simply click "today" and it marks your routine off.</p> <p>It lets you see how many times that month you accomplished or missed a certain routine and also has a graph feature.</p> <p>Routinely also has a widget feature that shows you how many routines are left for the day'.</p>	<p>Free</p>
<p>MindNode</p> 	<p>Studying, ideas</p>	<p>This is a mind mapping app which helps you to connect your thought and clarify your ideas.</p>	<p>Free 2 week trial then £14.99</p>
<p>Mindmeister</p> 	<p>Planning, ideas, studying</p>	<p>MindMeister is a mind-mapping website. It has pre-made sample mind maps and templates that range from basic brainstorming, To Do lists, website planning, and meeting notes.</p>	<p>Free</p>
<p>Mindjet Maps</p> 	<p>Planning, ideas, studying</p>	<p>Mindjet is a mind mapping app and quite possibly my favourite of all the apps I use. It lets my mind jump around and organize my thoughts. You can go back and forth between different sub-topics and you don't even have to worry about running out of room on my paper or ending up with a list that is virtually unreadable'.</p>	<p>Free</p>

<p>Notability</p> 	<p>Focus, study, organisation</p>	<p>This app features multiple note-taking tools as well as sharing and organization options.</p> <p>On a single page of notes, you can type, write, draw, highlight, record audio, cut, paste, and even insert multimedia content captured from websites.</p>	<p>£9.99</p>
<p>Dragon Anywhere Dictation</p> 	<p>Dictation</p>	<p>Dragon Dictation is an easy-to-use voice recognition application that allows you to easily speak and instantly see your text or email messages. In fact, it's up to five (5) times faster than typing on the keyboard</p>	<p>1 week free trial then £14.99 per month</p>
<p>Remember The Milk</p> 	<p>Planning, organising, memory</p>	<p>Use this app for task management, prioritizing time, and categorizing items within a system.</p>	<p>Free</p>
<p>Calm</p> 	<p>Relaxation and mindfulness</p>	<p>Helpful strategies for mindfulness and meditation.</p> <p>Winner of the best app of 2017.</p> <p>Includes specific exercises for managing anxiety, sleep, focus and concentration, relationships and breaking habits.</p>	<p>Free trial, then £36 per year.</p>
<p>Sleepio</p> 	<p>Sleep difficulties</p>	<p>This app includes a sleep improvement programme.</p> <p>To use the app, you must register for an account on: www.sleepio.com</p>	<p>Free</p>

--	--	--	--

Updated: June 2018