

# **ADHD Management for Caregivers of Children and Adults Worksheet**

By Brendan Mahan, M.Ed., M.S.

1. After reviewing Maslow's Hierarchy of Needs, where do you think you typically land on the hierarchy?

What about those in your care?

What does that tell you?

2. Which values of yours are being served by your role as a caretaker?

How does that influence your behavior as a caretaker?

Which of your values are being hindered by your role as a caretaker?

Are you able to fulfill that value in other ways? How?

3. List three ways being a caretaker is undermining your ADHD management and/or self-care.

1.

2.

3.

4. What are three ways you could improve your ADHD management following this session that take into account your role as a caretaker?

1.

2.

3.

5. Name one way that you could improve your self-care following this session that takes into account your role as a caretaker.