

ADHD TRAINING CENTER

Sustained Attention Executive Function Skills Assessment Sheet Example

Children with ADHD have difficulty maintaining sustained attention. Parents, caregivers, teachers, and therapists may evaluate a child's ability to maintain attention for extended periods of time. The following is an example of a scale that someone may use to assess a child's "Sustained Attention" executive function.

Lower total scores indicate a possible issue with Sustained Attention.

Child is not easily distracted	1	2	3	4	5
Child is able to perform tasks with consistency	1	2	3	4	5
Child is able to remember instructions easily	1	2	3	4	5
Child is able to remain focused on their tasks	1	2	3	4	5
Child follows directions easily	1	2	3	4	5
Child's work is free of careless mistakes	1	2	3	4	5
Child always finishes assignments in a reasonable period of time	1	2	3	4	5
Child does not talk to neighbors or family when doing work	1	2	3	4	5
Child does not fidget or play with other items when doing work	1	2	3	4	5

Note: This checklist is for reference purposes only and is not intended to diagnose or treat ADHD or Executive Function Disorder. It is not to be considered comprehensive or used in a diagnostic setting. Please contact an ADHD specialist if you believe your child may have ADHD or EFD.

For more information about ADHD coaching for parents and children, please visit www.ADHDTrainingCenter.com