

INATTENTION

Do you...

Make careless mistakes or have problems with close attention at work or school?

Have problems remaining focused or sustaining attention?

Get accused of not paying attention or not listening?

Have problems following through on schoolwork, chores, or work?

Have problems with organization or time management?

Dislike activities that take sustained mental effort (like writing reports or papers)?

Often lose things you need (keys, phone, etc)?

Get easily distracted?

Frequently forget to do daily activities?

TOTAL =

HYPERACTIVITY

Do you...

Fidget, tap your hands or feet, or squirm?

Have trouble staying in your seat?

Feel restless or have trouble staying still?

Have problems engaging in leisure activities quietly?

Feel like you're always "on the go," like you're "driven by a motor"?

Have trouble with talking too much?

Blurt out answers before a question has been finished?

Have problems with waiting your turn in line?

Interrupts or intrude on others?

TOTAL =

If you said **yes to 6 or more** in either the **Inattention** or **Hyperactivity** categories, you may benefit from further testing. Call us today to see how we can help!