Student support plan for ADHD

A guide for Irish teachers

ADHD is a neurodevelopmental condition, characterised by persistent patterns of inattention, hyperactivity, and impulsivity (ADHD Ireland, 2025). In Irish schools, students with ADHD often need targeted support in attention and concentration, executive function, and behaviour management (ADHD Ireland, 2025).

Relevant NEPS need areas

When completing the strengths, interests & needs section of the student support plan, focus on these areas for students with suspected ADHD:

- Attention & concentration
- Executive function
- Behaviour
- Social & emotional
- Self-care & independence
- Literacy

Common strengths

- High energy & enthusiasm
- Creative and divergent thinking
- Ability to hyperfocus on preferred tasks
- Spontaneous and engaging personality
- Resilience and adaptability
- Strong verbal communication skills

Common needs

- Support with sustained attention during non-preferred tasks
- Help with organisation, planning, and task initiation
- Strategies for impulse control in social situations
- Movement breaks to regulate energy levels
- Explicit teaching of self-monitoring skills

Some strategies that can be implemented

In the classroom-teacher led

- Seat near the teacher and away from windows to minimise distractions
- Use clear, short instructions – one step at a time
- Provide movement breaks, such as errands
- Use a visual timer to support time awareness
- Offer fidget toys that are non-disruptive
- Break tasks into smaller, more manageable chunks
- Provide positive reinforcement for on-task behaviour

School support

- SET-lead executive function skills programme
- Self-monitoring checklist for daily tasks
- Targeted organisational skill teaching (bag-packing, homework)
- Social skills group focusing on impulse control and turn-taking
- Home-school behaviour diary for consistency across settings
- Structured reward system aligned with IEP targets
- Considerations for assistive technology