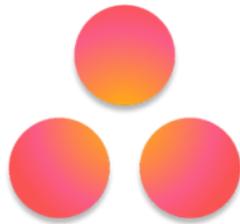# ADHDadultUK

Apps for supporting ADHD

The list below includes a number of apps which can help with supporting productivity, aiding memory or organisation for people with ADHD. Most have a free version, so you can try and see if they help!

todoist	Create to do lists, add repeating due dates, upload task files, & track your productivity. Used by over 20 million people
ADHD	ADHD Angel provides practical support for patients with ADHD, including symptom tracking using the international Swanson, Nolan and Pelham (SNAP-IV) rating scale. The app also features 'ADHD Tipping Points' that contain advice on how to manage particularly difficult situations, such as workplace changes.
Evernote	I have never really got on with Evernote but many swear by it… Add notes, scan documents, clip webpages, gather everything in one place.
remember the milk™	Remember the milk is used for task management, prioritising time, organising and for memory aids.

	Due can set you back on track with reminders to do the important things, like taking medication. Add reminders, when a reminder goes off, it continues to ping you in set intervals (say, every 10 minutes) until you mark the task as done.
	Asana is used by our own Dr Eric Hill. It is a free organisation and collaboration tool which can create to-do lists with due dates and details. Asana can add structure to your professional life, including team collaboration where you can assign tasks to others and keep tabs on what's been assigned to you and others.
	Similar to Asana, Trello is an organisational app, which can be useful as a planning and organization tool for almost anything — whether it's shopping lists, to-do lists, or even just organising thoughts.

KEEPER Cybersecurity Starts Here™	Trouble remembering passwords? Keeper Password Manager & Digital Vault is an elegant and security-first password management solution available for all popular platforms and browsers.
tiimo	Tiimo is a visual daily planner with notifications and the ability to add an icon and checklist to each activity. You can add an icon and a checklist to each activity. Tiimo offers a basic free version of the app and a paid version with full access to all features. It is available on both Android and iOS devices.