

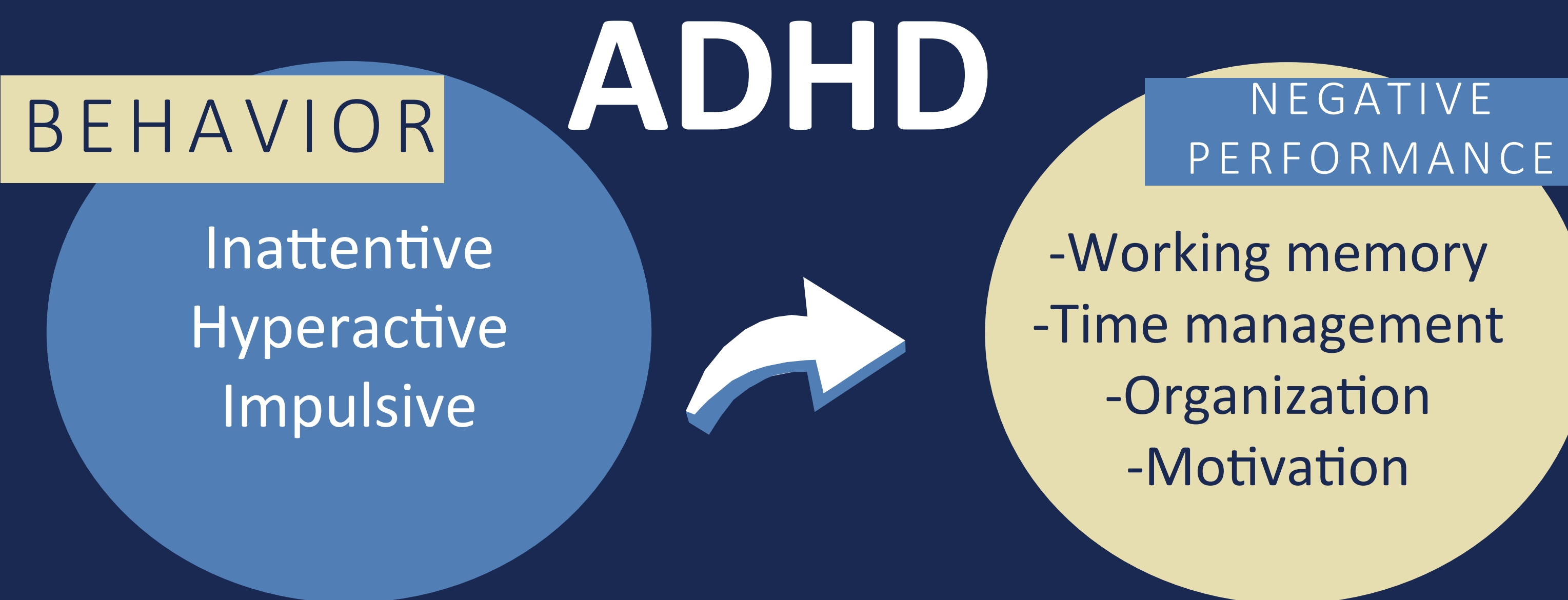
# DESIGNING FOR ADHD

*home for the neurodiverse*



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## INTRO

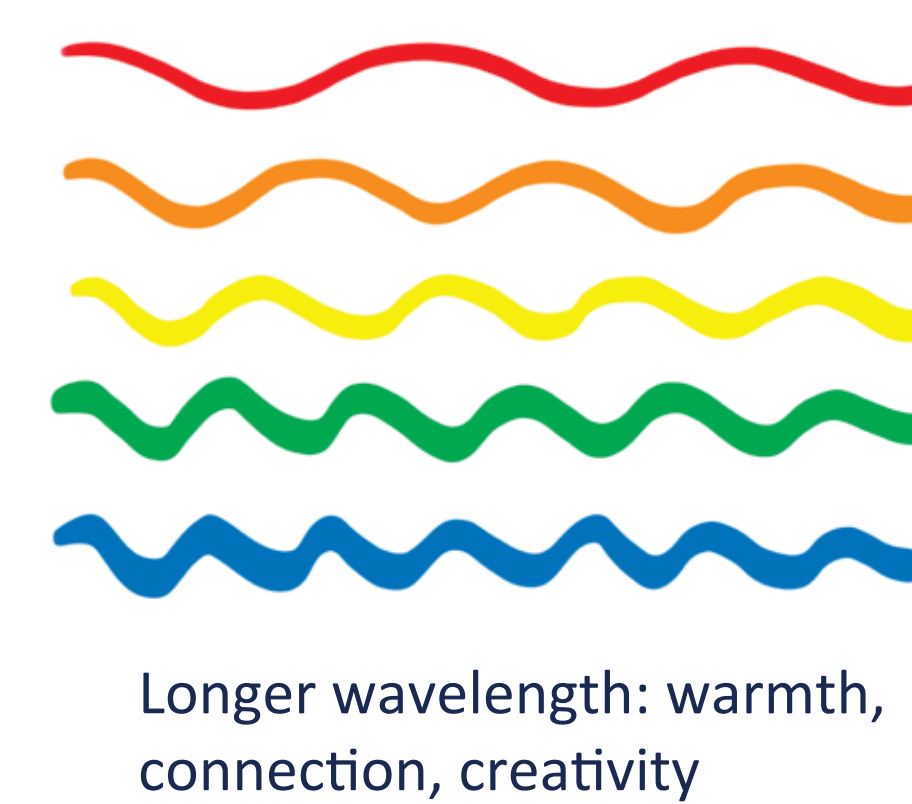
Attention deficit hyperactivity disorder (ADHD) is a neurological condition that is marked by differences in the brain associated with **attention, impulsivity, and hyperactivity**. There are key differences between people with ADHD and people without ADHD. These differences include brain structure, brain function, and brain development. People with ADHD have unique challenges. A personalized and strategic approach is required to manage ADHD.

Modern residential interiors may work for much of the population; however, they can make life difficult for people with ADHD. Concepts that may have a negative impact on people with ADHD include open floor plans, multiuse spaces, fluorescent lighting, and purposeless color stimuli.

People with ADHD work differently. Interior Design catered to the needs of people with ADHD can have a beneficial effect on the management of the disorder.

## 1. Color therapy

The color pallets for each of the rooms were chosen for their psychological and cognitive properties. Green and blue are said to reduce feelings of anxiety, promote focus, and to induce calm and stable action. Pink is associated with love, comfort, and peace.



- Relaxation
- Comfort
- Connection
- Organization
- Productivity

Color mapping is utilized in the design to set a general intention for each room.

## METHODS

## 2. Technology

- Smart mirror with reminders
- Electric circadian rhythm curtain panels
- Acoustical panels
- No TV in rooms with the intention relaxation, connection, or productivity

## 3. Space Planning

The goal of the floor plan is to create separation between spaces with opposing purposes. Separating the rooms with contradicting use limits opportunities for distraction and promotes focus.

## PRODUCTIVITY

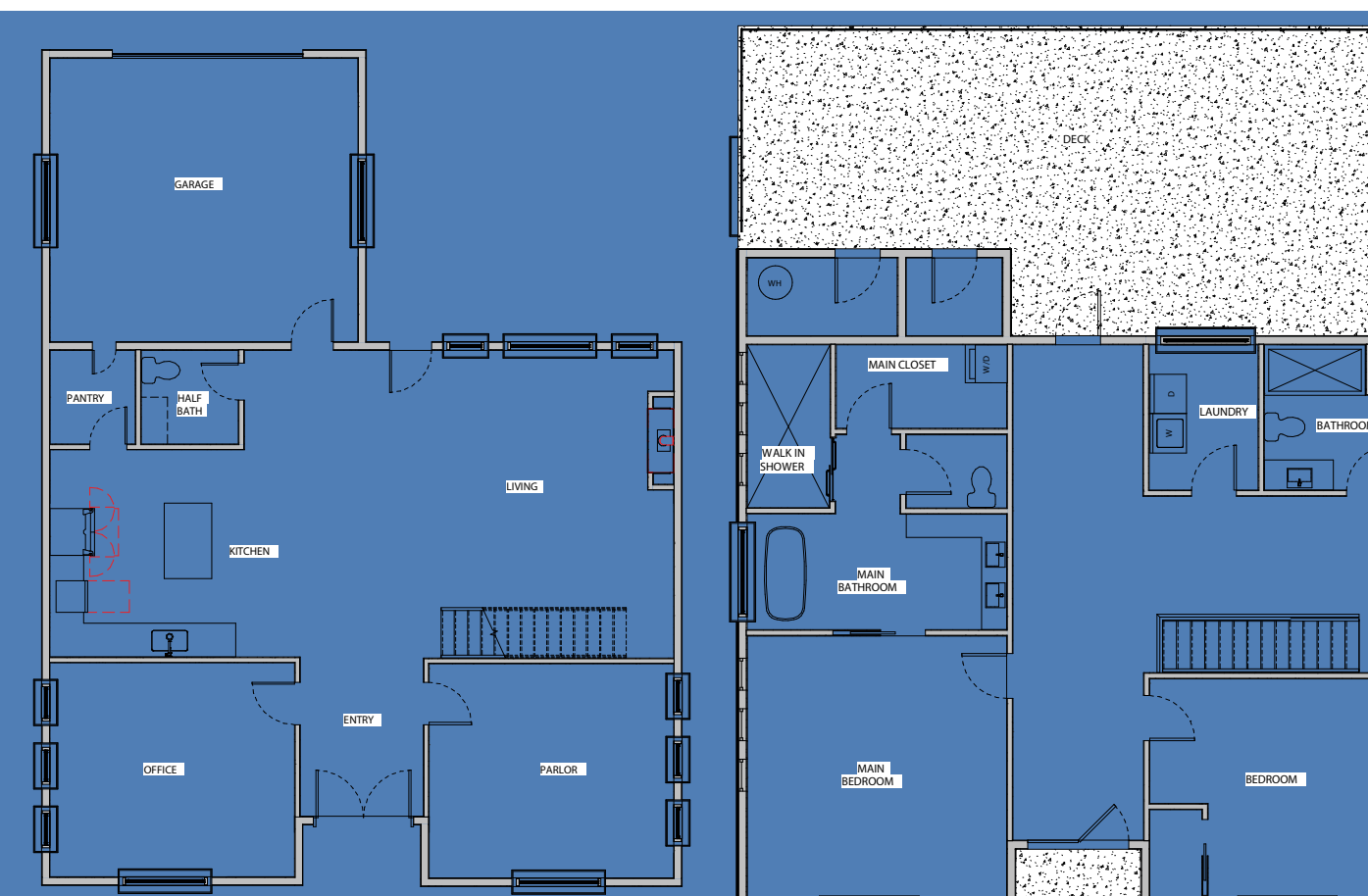


Office material and furniture selected for ADHD; focusing on inattentive and impulsive behaviors.

## RELAXATION



Main bedroom material and furniture selected for ADHD; focusing on hyperactive and impulsive behaviors.



## Citations

Home designed for people with ADHD; focusing on inattentive, hyperactive, impulsive behaviors

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