

ADHD Mental Age Chart

Name: _____ Age: _____

Date: _____ Executive age estimate: _____

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition that impacts cognitive abilities, executive functioning, and behavior, often influencing how individuals meet developmental milestones. To better support individuals with ADHD, the concept of developmental age or "executive age" is sometimes used. This framework helps professionals and caregivers align expectations and strategies with the individual's current developmental needs.

What is executive age?

Russell A. Barkley, Ph.D., an internationally recognized authority on attention deficit hyperactivity disorder (ADHD/ADD) in children and adults, says that executive age is an estimate of developmental capacity derived from the "30% rule." This guideline suggests that individuals with ADHD may experience delays in areas such as executive functioning, roughly 30% behind their peers without ADHD. For example, a 10-year-old with ADHD may have executive skills more typical of a 7-year-old. **However, this is a general guideline, not a strict rule**, as ADHD affects each child differently. Some children may experience delays, while others may not, highlighting the importance of understanding and addressing their unique needs.

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Age	Executive age (30% guideline applied)
5 years	3.5 years
8 years	5.6 years
10 years	7 years
12 years	8.4 years
15 years	10.5 years
18 years	12.6 years
21 years	14.7 years
25 years	17.5 years
Calculation: $\text{Age} - (\text{Age} \times 0.3) = \text{Executive age}$	
Notes	
Name of healthcare provider:	
Signature:	

Barkley, R. (n.d.). *The important role of executive functioning and self-regulation in ADHD*.
https://www.russellbarkley.org/factsheets/ADHD_EF_and_SR.pdf

Barkley, R. A. (2023, August 1). *ADHD and children's delayed executive functioning age - part 1*.
YouTube. https://www.youtube.com/watch?v=v_6nU-i6tcY