

What Is My ADHD Child's Executive Age?



Executive age is the child's age based on how his or her brain is working. ADHD children and adults are an average of 30% behind in their executive age regardless of IQ. This includes their ability to regulate their emotions, body, impulses, social awareness, and sometimes general maturity. It can be even greater than 30% depending on the person. This delay will last into adulthood and effect relationships and careers. Human brains develop to full maturity in the person's early 30, and for ADHD people, that is where the physical brain growth stops, even if they are delayed. This doesn't account for brain plasticity which means the mind can keep developing and learning. This chart is based on a clinical rule of thumb developed by Dr. Russel Barkley.

True Age	Executive Age	True Age	Executive Age	True Age	Executive Age
3	2	13	8.67	23	15.33
4	2.67	14	9.33	24	16
5	3.333	15	10	25	16.67
6	4	16	10.67	26	17.33
7	4.67	17	11.33	27	18
8	5.33	18	12	28	18.67
9	6	19	12.67	29	19.33
10	6.67	20	13.33	30	20
11	7.33	21	14	31	20.67
12	8	22	14.67	32	21.33

When your children frustrate you with actions that are not age appropriate, refer to this chart to remind you to give them grace because their brains are developing behind schedule. This chart is based on information from Dr. Russell Barkley, a leading researcher in ADHD.

More info here: <https://bit.ly/2Osnixx>

