title: **ADHD-i and Notes**
num_comments: 5
num_up_votes: 10
upvote_ratio: 0.87

Post Text

I have a problem with a particular part of my job that requires an extreme attention to detail. I'm a UX
Architect supporting 5 dev teams at an enterprise level. I'm on 3 high-profile, critical flagship projects
this month, no other UX resources to help me, none on the horizon. I'm lucky to still be employed with the
pandemic and budget cuts.   I have meetings wall to wall, sometimes 6 hours in a row where I'm hearing back
and forth about an execution and details abound about tweaks and changes to the prototype. Mucho details and
I need mucho notes to stay current.   Today I had to manually change 62 separate places in one prototype
(can't find/replace icons) and if I had to change them tomorrow I would not have been able to remember all
of the changes (and consequently the changes to things further down the road) and ... Basically my notes
are shit (what does "make it yes" mean?!) because I'm in so many meetings trying to listen, take notes, make
good observations, contribute...and I'm constantly missing just one area in one panel that I forgot (the
63rd place to change for example) and this week the developer coded that user story it wrong because *my*
instructions were wrong. He didn't read the user story text, he looked at my prototype. I screwed that one
up. Luckily this one is easy to fix, but it's disappointing, and his complaining in the standup was
understandable.   I'm struggling with this one tiny piece of my job that's not so tiny to others. I'm not
"out" at work because I just got the "official diagnosis" last week, this updating is literally my job, and
I have to follow the same process that basically 100 other people use. I support about 100 devs and QA all
told. There won't be accommodations for 1/100 people, they'll just find a way to replace me with someone who
CAN.   Is there a magical ADHD note taking procedure that can help in complex scenarios where I don't know
the names of every image in a prototype to take notes on?

Comments

Commenter_2
ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
Do you happen to have an iPad?

If yes, I have a few suggestions:

* use something like Notability to record meeting audio while taking notes. It helps in those "wtf was this
about?" situations
* take pictures and embed them in the notes, particularly if they're showing you what to change
* set up a Shortcut or something to extract action items (e.g. all lines starting with TASK get added to
Reminders)
* lotsa bullet points and just write everything you hear on autopilot

    ###### Commenter_3
    ID: REDACTED! ~(o.o)~ <3, Upvotes: 3
    Omg I can GET an iPad if it'll help me be a better teammate!!! Thank you!!

Commenter_4
ID: REDACTED! ~(o.o)~ <3, Upvotes: 5
One of my friends in college had a pen that recorded audio as she took notes. She could upload them to her
computer and click on a word in the notes to jump to that part of the audio. I think it was this:
https://dyslexia.yale.edu/resources/tools-technology/tech-tips/livescribe-smartpen/

    ###### Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
I'm seriously looking into this - thank you!!!!!

Commenter_5
ID: REDACTED! ~(o.o)~ <3, Upvotes: 2
I have ADHD and had issues not being able to read my notes for quite a while.

It got better when I changed approach which was to always write notes as if I would give them to someone else.