

# Ask D.A.V.E!

**How might we empower individuals living with ADHD to effectively and discretely self-manage their symptoms to optimise their daily life experiences?**

## The Challenge

ADHD affects individuals across all ages: children, adolescents, and adults. It impacts focus, behavior, time management, emotional regulation, and daily functioning. Many struggle silently due to lack of awareness, delayed diagnosis, limited access to support, or stigma. Caregivers and educators often feel equally overwhelmed, unsure where to turn for guidance.

Even in today's digital age, many support systems still rely heavily on face-to-face interventions, creating gaps in accessibility, especially in fast-paced or underserved environments.

## The Solution

"Ask D.A.V.E!" integrates physical and digital tools to bridge the support gap for individuals living with ADHD. This app is not about replacing clinical care, it's about empowering users with timely, practical tools and knowledge, at their fingertips exactly when they need it.

By creating an AI-powered virtual assistant with wearables that is easy to access, intuitive to use, grounded in evidence-based practices, and shaped by real user needs and lived experiences, we can improve the quality of daily life, reduce frustration, and promote self-management in a way that feels personal, engaging, and stigma-free.

Ask D.A.V.E! is a 24/7 AI-powered virtual assistant, personalised through continual user inputs, and designed to support individuals with ADHD, as well as caregivers, through:

- Symptom Screening (non-diagnostic early identification)
- Time Management Tools (reminders, to-do lists, task prioritisation)
- Behavioural & Emotional Support (anger, stress, and parenting management)
- Access to Trusted Resources (evidence-based practices, latest research)
- Self-Help & Skill Building (social skills, organization, emotional regulation)

By providing instant support, wherever or whenever people need it, Ask D.A.V.E! bridges service accessibility gaps, especially for those who can't access regular therapy, coaching, or resources.

It empowers users to self-manage their symptoms, making daily challenges something they feel more confident dealing with independently, and reducing reliance on crisis intervention.

## The Impact

More than a tech product, Ask D.A.V.E! is about helping people live better, more structured, and less overwhelming lives.

Built around real ADHD user needs, it adapts to different life stages and routines, making support feel relevant and usable.

As a digital tool, it can easily expand across different user groups, making it readily scalable to impact more people, and supporting self-sustaining engagement, confidence-building and independence.

This app represents more than just innovation. It's a step toward inclusive, everyday mental health support that adapts to the realities of those living with ADHD.

## Vote!

Vote for us to improve the quality of life for people living with ADHD, by empowering them to self-manage their symptoms.



### The Design Team

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