ADHD & Executive Function

A starting guide for Lexington families | School age through young adulthood

Start with connection and information

Lexington ADHD Parent Support Group

Parents of LPS students | Local peer connection

Location/access: Lexington, MA; contact the group for meeting format and venue.

Connect with parents whose children have ADHD or may have ADHD. The group meets periodically during the school year. Ask directly about the next meeting; peer support does not replace individual assessment.

Visit resource website

CHADD - Parent & School Resources

Parents of children and teens | Online resources

Location/access: Online; no local appointment location.

Parent information and a school toolkit include planning tools, teacher information and a sample request for school evaluation. Read the toolkit with your school team or an independent family-support organization.

Visit resource website

Understood - Everyday Executive-Function Tools

Children and teens | Free online information

Location/access: Online; no local appointment location.

Practical resources include routines, bedtime checklists, planning calendars and organization ideas. Choose one manageable challenge and a tool that fits the child, then discuss what helps with their educators.

Visit resource website

Federation for Children with Special Needs

Families and young adults | Free individual assistance

Location/access: Phone/online: 800-331-0688 or 617-236-7210.

Independent information about evaluations, eligibility, progress and school-team questions. Free PTI workshops and language-access options are available; check the website for current offerings.

Visit resource website

Coaching and clinical options

ResearchILD

Grades 1-12, college students and adults | Educational services

Location/access: 4 Militia Drive, Suite 20, Lexington, MA 02420; in-person and remote options.

Executive-function and ADHD coaching, educational therapy and literacy instruction. Teaching focuses on planning, organization, task initiation and self-advocacy. Ask about fees, current availability and the service best matched to your goals.

Visit resource website

Educational Connections

Elementary through college | Private virtual coaching

Location/access: Online; phone: 703-934-8282. No Lexington office is listed here.

One-to-one executive-function coaching supports organization, planning, time management and follow-through. Confirm session frequency, coach experience, pricing and fit for the student. Coaching is distinct from clinical assessment or treatment.

Visit resource website

Roberto Olivardia, PhD

Private clinical psychology | Confirm ages accepted

Location/access: 57 Bedford Street, Suite 230, Lexington, MA 02420; 781-999-3000.

A Lexington psychologist whose professional listing includes ADHD treatment. This is a self-reported International OCD Foundation listing; confirm age range, services, openings, fees and insurance arrangements directly.

Visit resource website

NESCA - Newton

Children, teens and young adults | Private provider

Location/access: 55 Chapel Street, Suite 202, Newton, MA 02458.

Neuropsychological evaluations and coaching address learning, attention and executive-function needs. Ask which service fits your goals, the ages accepted, wait times, total fees and insurance reimbursement before booking.

Visit resource website

Choosing support

Before you contact a provider

Questions to bring: Which tasks are hardest - starting, remembering steps, organizing or finishing? What supports already help? How will progress be tracked, and how will home and school coordinate?

Ask about professional qualifications, relevant experience, language access, accessibility, fees and cancellation terms. A listing does not confirm openings or insurance coverage.

Start with your school and local connections

Share specific concerns and examples with your child’s teacher or school team. Ask FCSN for help understanding evaluation and support options. Private services are optional resources, not a prerequisite for asking the school for help.

LexSEPTA contacts and parent liaisons

This starter guide is not a comprehensive provider directory or an endorsement. Resources may help across diagnoses; individual support needs vary. Confirm current details directly.