

AI Note-Taker for ADHD and Learning Differences

A private AI note-taker for ADHD, auditory processing disorder, and other learning differences. Real-time transcription, live AI prompts during the conversation, AI summaries, and Post-Session Chat — for lectures, meetings, and medical appointments.

Published by Julian Pscheid · April 24, 2026 · Updated May 15, 2026

[Read this article online: https://www.hedy.ai/post/accommodations-learning-differences/](https://www.hedy.ai/post/accommodations-learning-differences/)



Student in a lecture hall using Hedy on her phone during class

Quick answer. Hedy is a private AI note-taker for people with ADHD, auditory processing disorder, dyslexia, autism, chronic illness, or other reasons their brain does not match the pace of a fast-moving lecture, meeting, or medical appointment. It transcribes in real time, surfaces live AI prompts and lets you ask questions during the conversation, then generates a summary and detailed notes you can chat with afterward. Speech recognition runs on-device by default; an opt-in Local AI mode keeps the entire AI pipeline on your own device. Available for iPhone, Apple Watch, Android, Mac, and the web. Free up to 5 hours per month, with paid plans for higher usage.

Hedy started as a meeting tool for professionals. For students and adults with ADHD, auditory processing disorder, or other learning differences, it has become something else.

If your brain doesn't quite match the pace of a lecture, a meeting, or a doctor's appointment, you already know the workaround. You try to listen, write, and process at the same time. You miss something. You spend the next ten minutes worrying about what you missed instead of catching the next thing. By the time the session ends, you have half a notebook of fragments and no real sense of what was said.

It isn't a discipline problem. For people with ADHD, auditory processing differences, or executive function challenges, this isn't about trying harder. The brain works how it works. The question is whether the room you're sitting in respects that.

Most of the time, it doesn't. Lectures move at the pace of the lecturer. Meetings move at the pace of whoever talks fastest. Medical appointments move at the pace of someone who has fifteen of them today.

What is an AI note-taker for ADHD?

An AI note-taker for ADHD is a transcription and summarization tool that listens to a conversation in real time, so you can focus on listening and participating instead of writing. The best ones help you in two places at once. Live, while the conversation is happening, they surface prompts you can act on and let you ask the AI a quick question without breaking your flow — "what did she just say?", "rephrase that simpler," "give me a question to ask back." After the session ends, they hand you a searchable transcript, a structured summary, the ability to chat with the whole conversation, and the option to group related sessions into a course or treatment plan.

For context on scale: ADHD affects an estimated 11.4% of U.S. children ages 3 to 17 (<https://www.cdc.gov/adhd/data/index.html>) and roughly 6% of U.S. adults (CDC). Auditory processing disorder (<https://www.asha.org/public/hearing/understanding-auditory-processing-disorders-in-children/>) affects an estimated 3 to 5% of school-age children (ASHA). These are not edge cases. They are tens of millions of people who are asked to take notes in real time in rooms that weren't designed for them.

The gap between needing help and getting it

Formal accommodations exist. They also take time. At many schools, the process from intake to approved support can take weeks or months. Even after approval, getting a note-taker assigned to every class isn't guaranteed, and the quality varies. For adults outside school, support is often less structured. Workplace accommodations exist, but accessing them consistently can be hard, and many situations like medical appointments or family conversations fall outside any formal framework altogether.

That gap is where most learning differences quietly do their damage. Not in any one moment, but in the cumulative cost of always being slightly behind.

How an AI note-taker closes the listening-writing gap

Hedy listens, transcribes in real time, and processes what was said as it is being said. While that happens, you can listen. You can ask Hedy a question right then — "say that again in plain words," "give me a follow-up question to ask the doctor" — and read the answer on your screen without interrupting the room. You can sit with an idea instead of trying to type it.

When the session ends, you have:

- A full transcript that you can search
- A clean summary of what was actually discussed
- Detailed notes that hold onto the substance
- A list of any next steps or commitments
- Highlighted moments you flagged during the session

If part of the conversation didn't make sense — either in the moment or hours later — you can chat with Hedy about it. Ask it to explain a concept the professor moved through too fast. Ask it to walk you back through what the doctor said, so you can follow up on anything that wasn't clear. Ask it to compare what was said today with what was said in the same class three weeks ago, if you have that session saved too.

Traditional note-taking vs. Hedy for ADHD and learning differences

| Traditional handwritten or typed notes | Hedy AI note-taker

Attention required during the session | High — you split attention between listening, processing, and writing | Low — you can listen, ask Hedy a question on the fly, and participate

Help while the conversation is happening | None | Live AI prompts and on-demand answers; ask "what did she just say?" without breaking flow

What you have at the end | Fragments, only what you managed to capture | Transcript, summary, detailed notes, action items, highlights

Recovery if you miss something | Reconstruct from memory or borrow a peer's notes | Ask Hedy in the moment, or re-read the transcript and use Post-Session Chat afterward

Search across multiple sessions | Manual flipping through notebooks | Ask one question across a whole Topic

Privacy for medical or sensitive content | Depends on where the notes live | On-device speech recognition by default; opt-in Local AI keeps everything on your machine

Works in your second language | As well as your second-language writing speed | Real-time transcription in 30+ languages (</post/hedy-speaks-your-language/>)

Hedy features that map to specific needs

A few things in Hedy were built for professionals, and happen to address what students and adults with learning differences have asked us for over and over.

Live AI Coaching. Real-time prompts and on-demand answers during the session. Ask Hedy a question — "rephrase that simpler," "what did he just say?", "give me a follow-up question for the doctor" — and get an answer on your screen without breaking the flow of the room. This is the part most transcription apps don't do at all.

Real-time transcription in 30+ languages (</post/hedy-speaks-your-language/>). Lectures, appointments, family conversations, meetings in a second language. Stop choosing between listening and capturing.

Lecture session type (</student-class-ai-tool/>). Optimized for academic content. Captures structure, not just words. Recaps emphasize the kind of detail you need for studying.

Highlights (</help/hedy-highlights/>). Tap a button when you hear something important and want to come back to it. Hedy saves the moment with context and a short AI-generated note explaining the idea.

Topics (</help/understanding-hedy-topics-organize-your-sessions-unlock-deeper-insights/>). Group sessions by course, by project, by ongoing medical situation. Ask questions that draw on the whole topic. "What did the professor say about cellular respiration across all my biology lectures this month?"

Post-Session Chat. Anything you didn't catch, ask after. The conversation isn't gone the moment it ended — pair it with Live AI Coaching and you have help both during and after.

Apple Watch and multi-device. Start a session on your phone. Watch the live transcript on your Mac if reading along helps you process. Glance at your watch in a meeting where pulling out your phone would be awkward.

Local AI option (/post/local-ai-meetings-hedy-3-2/) . Hedy has an opt-in mode that runs the entire AI pipeline on your own device. With that turned on and Cloud Sync off, nothing about your session leaves your machine.

What people have actually told us

For people with ADHD

"Hedy's my go-to daily tool for my neurodivergent brain, an absolute essential."

One user wrote that Hedy is the first tool that let her stop dreading meetings. The relief came from knowing she could re-listen and review later, which freed her to participate now. Another described Hedy as a personal secretary for someone busy and often overwhelmed with information, helping her take notes on calls, videos, and brainstorming sessions she would otherwise lose.

For patients in medical appointments

A user with a chronic illness uses Hedy at every medical appointment, in a language that isn't her first. Pain makes thinking hard. Multilingual transcription and the ability to ask Hedy questions afterward replaced the experience of leaving a doctor's office unsure what just happened.

For students with focus differences

A returning college student told us Hedy turned lectures into "an interactive experience" — he could ask Hedy to summarize a key point or dive deeper into a topic after class instead of trying to capture everything live. A graduate student saved a full semester of lectures and used Post-Session Chat to prepare for exams by asking questions across every session in a Topic. He said Hedy gave him back the time he used to lose trying to take notes he couldn't read later.

These weren't the use cases we set out to build for. They're the ones we keep hearing about.

What Hedy is not

Hedy isn't a replacement for accommodations from your school or workplace, and it isn't medical advice. It also isn't designed for clinical use by your provider during appointments. Your doctor still does what your doctor does. Hedy is something you bring to the appointment for yourself, so you walk out understanding what was discussed.

If you're working with a disability services office, mention Hedy to them too. Many users tell us they run it alongside formal accommodations, and others use it as a bridge while they wait for those accommodations to come through.

Frequently asked questions

What is the best AI note-taking app for ADHD?

The best AI note-taker for ADHD is one that captures the conversation in real time so you can listen instead of write, helps you in the moment, and lets you ask questions afterward. Hedy is built around that pattern: real-time transcription, live AI coaching that surfaces prompts and answers your questions during the conversation, AI-generated summaries and detailed notes, one-tap Highlights for moments you want to come back to, and Post-Session Chat for anything that didn't land. Speech recognition runs on-device

by default, with an opt-in Local AI mode (</post/local-ai-meetings-hedy-3-2/>) that keeps the entire AI pipeline on your machine.

Can I use Hedy as a formal accommodation through my school?

Hedy isn't a replacement for accommodations from your disability services office. Many users run it alongside formal accommodations, others use it as a bridge while their accommodations are being processed. If your school has a formal note-taker assignment, captioning service, or extended-time policy, those still apply. Hedy is something you choose to use for yourself.

Does Hedy work for auditory processing disorder?

Users with auditory processing disorder (APD) have told us that Hedy's combination of real-time transcription, live AI prompts to clarify something while it's still being said, the ability to re-read anything that didn't land in the moment, and Post-Session Chat to ask follow-up questions is the relevant feature set. The Lecture (</student-class-ai-tool/>) and Business Meeting session types are the ones most often used in academic and work contexts. APD affects an estimated 3 to 5 percent of school-age children, according to ASHA.

Does Hedy help with dyslexia and other learning differences?

Hedy produces a clean transcript, an AI-generated summary, and detailed notes, so you don't have to take in dense spoken content and produce written notes at the same time. For people with dyslexia, dyscalculia, autism, traumatic brain injury, or long COVID brain fog, that separation between listening and capturing is often the part that breaks the rest of the day. You can ask Hedy to rephrase a concept in simpler language in the moment — while the speaker is still going — or revisit it through Post-Session Chat afterward.

Can I record lectures with Hedy?

Yes. The Lecture session type (</student-class-ai-tool/>) is built for academic content. It captures the structure of a lecture, generates a recap that emphasizes study-relevant detail, and lets you ask questions across an entire course using Topics. Always check your school's policy on recording lectures, and let the instructor know if your school requires it.

Is Hedy private enough for medical appointments?

Speech recognition runs on-device by default, so the audio of your conversation never leaves your phone or laptop unless you turn on optional cloud features. Hedy also has an opt-in Local AI mode (</post/local-ai-meetings-hedy-3-2/>) that runs the entire AI pipeline on your own device. With Local AI on and Cloud Sync off, no part of your session leaves the machine.

How is Hedy different from a regular transcription app?

A transcription tool gives you a wall of text. Hedy adds structure and helps you in the moment. Live AI coaching that surfaces prompts and lets you ask questions during the session, summaries and detailed notes afterward, the ability to highlight key moments with one tap, Post-Session Chat to ask questions across a finished session, and Topics to group related sessions across a semester or treatment plan.

A note on universal design

Most productivity tools were built for one kind of brain. The version of focus they assume is one that doesn't drift, get tired, hyperfixate, or come back from a thought ten minutes later wondering what was missed.

Tools built with accommodations in mind tend to be better tools for everyone. Subtitles started as accessibility and became how most people watch TV. Curb cuts started as accessibility and became how anyone with a stroller or a suitcase gets across the street.

If Hedy works for you, that's the whole point. We didn't build it specifically for students who learn differently. It turns out that what works for someone trying to keep up with a fast-moving meeting also works for someone trying to keep up with a fast-moving lecture, or a fast-moving doctor, or a brain that doesn't match the room.

You don't have to wait for someone else to approve you needing this. Try Hedy free (/) for your next class, appointment, or meeting.

Hedy AI · Live AI Coaching for Important Conversations

Try Hedy free: <https://www.hedy.ai/downloads/>

<https://www.hedy.ai/post/accommodations-learning-differences/>