

Best AI tool for ADHD meeting support in 2026

Meetings can overload attention and working memory. Learn what to look for in an AI meeting tool for attention support and how Hedy helps during the conversation.

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Professional in a virtual meeting with AI support on a laptop screen

If meetings make it feel like your brain has to juggle six things at once, the problem is usually not effort. It is load.

You are trying to listen, track what matters, remember your point before someone else finishes talking, decide what needs follow-up, and stay present enough to contribute. For many adults with ADHD, that combination is where meetings start to break down.

Short answer: if you have ADHD and meetings overload your attention or working memory, the most useful AI tool is usually one that helps during the conversation, not just afterward.

Hedy is built for that job because it works as an AI meeting coach, not just a passive note taker. It gives you live transcription (</help/understanding-hedy-transcripts/>) , Automatic Suggestions (</help/automatic-suggestions/>) during sessions, one-tap Highlights (</help/hedy-highlights/>) , Topics (</help/understanding-hedy-topics-organize-your-sessions-unlock-deeper-insights/>) for recurring conversations, prep notes, summaries (</help/session-recaps-and-detailed-notes/>) , and exports. The goal is not to treat ADHD. It is to reduce how much meeting context you need to manually track during an important conversation.

Who this is for

This guide is for professionals who feel overloaded in live conversations, especially when meetings are fast, ambiguous, high-stakes, or back-to-back.

That can include:

- founders and managers juggling several threads
- consultants and coaches managing repeated client conversations
- job candidates in interviews
- knowledge workers who lose the thread when discussions move quickly
- anyone who leaves meetings with fragments instead of a clear picture of what happened

This is not medical advice, and it is not a diagnostic guide. It is a practical tool-selection guide for meeting support.

Why meetings can be hard with ADHD

Adults with ADHD can struggle with attention, organization, time management, multitasking, memory, following instructions, and finishing projects.[1]

In meetings, that can look like:

- you focus on one point and miss the next two
- you think of something useful, then lose it while waiting for your turn
- you take notes so aggressively that you stop participating
- you leave with the emotional shape of the conversation, but not the exact commitments
- you know something important was said, but cannot find it later

CHADD describes executive function as a set of skills involved in working memory, planning, organization, self-regulation, and task management.[2] In plain English: meetings can become a live memory-and-attention stress test.

That is why a good meeting tool for ADHD support should not only help after the meeting. It should help while the meeting is still moving.

Why passive note takers only solve part of the problem

A transcript can help later. That matters.

But if a tool only becomes useful after the conversation ends, it misses the hardest part of the job: staying oriented while the conversation is happening.

A passive note taker can help with review, but it does not necessarily reduce the live cognitive load of:

- tracking a fast discussion
- holding your next point in mind
- remembering decisions and action items
- recovering after your attention drifts
- connecting this meeting to the last one

If your core problem is "I lose the thread in live conversations," post-meeting documentation is only a partial answer.

What to look for in a meeting assistant if you have ADHD

CHADD's workplace guidance for adults with ADHD points to practical supports like recording details, breaking work into smaller pieces, using checklists, and setting reminders.[3] A useful AI meeting assistant fits the same pattern. Look for help with five practical jobs.

1. Stay present

You should not have to choose between listening and documenting. The tool should capture enough context that you can keep your attention on the conversation.

2. Recover quickly

Attention slips. That does not mean the whole meeting has to be lost. You need a way to re-enter the conversation without asking everyone to repeat themselves.

3. Capture key moments without friction

Writing everything down is exhausting. The better pattern is to mark what matters and let the tool preserve the surrounding context.

4. Reduce follow-up chaos

A meeting should not end as a wall of text. You need a clearer path from discussion to next steps, notes, and review.

5. Build continuity across recurring conversations

If this is a client, team, hiring, coaching, or project thread, the next meeting should not feel like starting from zero.

How Hedy helps during the conversation

Hedy is built around live conversation support. That is the important difference.

Here is how the product maps to the meeting problems above:

Meeting problem | Hedy feature | How it helps

You are trying to listen and take notes at the same time | Live transcription | The conversation is captured while you stay engaged

You lose the thread during a fast discussion | Automatic Suggestions and live session context | Hedy can surface prompts and context while the meeting is still happening

You notice an important moment but do not want to stop and write | Hedy Highlights | One tap marks the moment so you can return to it later

You have repeated conversations with the same person or project | Topics and prep notes | Related sessions stay grouped, and Hedy can help you prepare from prior context

You struggle with follow-through after the meeting | Summaries, exports, and session review | You have a cleaner record to review, share, or turn into next steps

The practical benefit is simple: you do not have to rely as heavily on raw memory in the middle of the meeting. If the meeting load comes from working in a second language rather than ADHD-related attention strain, see the companion guide for non-native English speakers (</post/ai-meeting-assistant->

non-native-english-speakers/).

Real meeting scenarios where Hedy fits

Back-to-back internal meetings

When your day stacks one conversation after another, the details blur. Hedy can capture the session, mark important moments, and keep related conversations together in Topics so you are not rebuilding context from scratch.

Client or coaching conversations

If you use Hedy for coaching conversations (/ai-coaching-mentoring/) with the same client over time, continuity matters. Hedy helps preserve what happened in each session and gives you a better starting point before the next one.

Job interviews

Interviews create a lot of pressure: listen carefully, answer clearly, remember what you planned to say, and adapt in the moment. Hedy's Job Interview session type (/post/job-interview-coaching-ai-hedy/) is built for candidates who want support during that kind of conversation.

Project check-ins

Project meetings often include scattered decisions, blockers, and next steps. Highlights and summaries make it easier to return to the parts that matter instead of digging through a raw transcript.

Where Hedy may not be the right fit

Hedy is not for every ADHD-related need.

It is not a diagnosis tool, treatment, therapy product, or medical device. It does not treat ADHD or promise symptom improvement.

It is also not a substitute for workplace accommodations, coaching, medication, therapy, or personal systems that already work for you.

Use Hedy when the problem is practical meeting load: too much to track, too little working memory, too many details moving at once, and too much friction after the call.

How to try Hedy in one meeting

Pick one real meeting this week where losing context would cost you.

Before the meeting:

1. choose the right session type
2. add it to a Topic if this is part of an ongoing thread
3. jot a few prep notes if there is context you want Hedy to consider

During the meeting:

1. let Hedy handle the capture layer

2. use Highlights instead of trying to write everything down
3. glance at Automatic Suggestions when you need support

After the meeting:

1. review the summary
2. check your Highlights
3. export or share the session if needed
4. add the next related conversation to the same Topic

The first win is not perfect productivity. It is feeling less scattered.

FAQ

What is the best AI tool for ADHD meeting support?

The best tool is one that supports the live meeting, not just the recap. For ADHD-related meeting overload, look for live transcription, fast context recovery, lightweight highlight capture, useful summaries, and continuity across recurring conversations. Hedy is designed around that during-the-conversation support.

Is Hedy an ADHD treatment tool?

No. Hedy is not a treatment, diagnostic tool, therapy product, or medical device. It is a meeting coach that can help reduce practical meeting friction by capturing context, surfacing suggestions, and organizing sessions.

Is a transcript enough for ADHD meeting support?

Sometimes, but often not. A transcript helps after the meeting. If your challenge is staying oriented during the conversation, you need support while the meeting is happening too.

Can Hedy help if my attention drifts during a meeting?

Hedy cannot prevent distraction. It can give you a recovery path: live transcript, session context, Highlights, and a structured record to review afterward.

Which Hedy features matter most for attention-heavy meetings?

Start with live transcription, Automatic Suggestions, Highlights, Topics, prep notes, and summaries. Those features map directly to the hardest parts of high-load meetings: staying present, recovering context, marking what matters, and following through afterward.

Related Hedy pages

- AI meeting assistant for business professionals (/ai-meeting-assistant-coach/)
- AI meeting assistant for non-native English speakers (/post/ai-meeting-assistant-non-native-english-speakers/)
- Best AI meeting assistants for 2026 (/post/top-5-ai-meeting-assistants/)
- Hedy vs. Otter.ai (/post/hedy-vs-otter-ai-comparison/)

- Hedy vs. Granola (/post/granola-alternative/)
- Job interview coaching (/post/job-interview-coaching-ai-hedy/)
- AI coaching and mentoring (/ai-coaching-mentoring/)
- Hedy Automatic Suggestions (/help/automatic-suggestions/)
- Hedy Highlights (/help/hedy-highlights/)
- Session recaps and detailed notes (/help/session-recaps-and-detailed-notes/)
- Hedy privacy settings for AI meetings (/post/ai-meeting-privacy-settings-explained/)

The bottom line

The best AI tool for ADHD meeting support is not the one that produces the most text. It is the one that helps you stay present, recover context, and carry less mental load while the meeting is still in progress.

That is the job Hedy is built for. Pick one important conversation this week, run it with Hedy, and see whether live meeting support helps you feel less scattered before, during, and after the call.

Sources

[1] National Institute of Mental Health, "ADHD in Adults: 4 Things to Know," accessed May 5, 2026.

<https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>

[2] CHADD, "Executive Function Skills," accessed May 5, 2026. <https://chadd.org/about-adhd/executive-function-skills/>

[3] CHADD, "Succeeding in the Workplace," accessed May 5, 2026. <https://chadd.org/for-adults/succeeding-in-the-workplace/>

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