**Here App**

SE-1-3

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Individuals diagnosed with attention and hyperactivity disorders often encounter difficulties with daily tasks, rendering timely completion challenging. To address this issue, a unique application has been developed to support this population. This app enables users to personalize their day by organizing their thoughts, managing and defining tasks, and setting reminders. Its principal objective is to raise awareness of attention and concentration disorders, to mitigate social stigma, and to empower users in achieving their goals. Limitations encountered in app development included the challenges of obtaining Google's approval for calendar synchronization and developing the application for iOS devices.

**Keywords:** Attention and hyperactivity disorders, Personalization, Task management, Time management, Awareness, Social stigma, Empowerment, Thought organization, Reminders, Calender synchronization.