

## Update:

*UPDATE SEPT. 20: ALLEGED HIT AND RUN DRIVER OF CARLOS SALAS STILL AT LARGE, SAY COPS »*

## ADD is Not Just For Kids

Attention Deficit Disorder can also affect adults.

By **Addie Carroll** | May 23, 2011



Attention Deficit Disorder is commonly discussed in children, but it's a disorder that also affects adults.

The symptoms of ADD in children—difficulty concentrating, easily frustrated, impulsivity—continue throughout adulthood and, when recognized, can be managed.

Some folks choose medication, some behavioral therapy and others, a combination. However, there are some practical tips for organizing your world if you are an adult with ADD.

Below are some suggestions for keeping adult ADD in check.

1. **Get Organized.** Use planners, lists and consistent procedures for tasks such as paying bills, important events, and larger tasks. The iPhone has become a great tool to log events and include reminders that automatically pop up on your phone.
2. **Online banking** allows you to pay bills, log previous payments and even repeat payments without the risk of losing bills. Coordinating your payment due dates with your paycheck reduces the risk of missing a payment.
3. **Create Specific Places for Needed Items.** A bill box, a folder for electronics and appliance papers or warranties, junk drawers and tool boxes allow for a general place for commonly used and needed items. It need not be specifically organized, just easily accessible. While you're at it, decide what needs to be filed and what can be trashed.
4. **Understand Time.** Time management can be a big challenge for adults with ADD. Create routines that become comfortable and do your best to stick to them. Connect tasks to a particular time of day or a specific day of the week. Build in extra time to guard against unexpected delays.
5. **Prioritize.** There's only so much time in a day. Decide what's really important and learn to say no. Sometimes the impulsiveness often accompanying ADD lets us think we can do more. Keeping a manageable schedule helps maintain a healthy lifestyle and prevent the possibility of burn out. Remember to check your schedule before committing to something new.

I am all too familiar with that ADD energy. Some call it a Type A personality, but nonetheless, the characteristics are the same. Making a conscious decision to make some simple changes really does help.

For further, in depth information about ADD and adults, get a copy of the book ***Driven to Distraction*** by [Edward M. Hallowell](#) and John J. Ratey. It's a book that dispels a variety of myths about Attention Deficit Disorder, and provides great

strategies for management.

PHOTOS (1)



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