

SURVIVAL TIPS FOR WOMEN WITH AD/HD

Terry Matlen, MSW, ACSW
ADD Consults (www.addconsults.com) terry@addconsults.com
630 N. Old Woodward, Suite 302
Birmingham, MI 48009
248-988-1260

1. INTRODUCTION

2. PURPOSE OF PRESENTATION

A. Coping with AD/HD in daily situations

- "Tidy" house
- Parenting
- Work

B. Why proper treatment, education and support are necessary

- Invisible condition- "look" ok, but need support for areas of challenges: neurobiological condition
- Proper treatment eases symptoms greatly; with understanding comes power

3. CHARACTERISTICS OF AD/HD WOMEN

A. AD/HD with hyperactivity

- Physically restless, too "chatty", impulsive spender, bored in relationships, history of many different jobs

B. AD/HD without hyperactivity

- Lethargic, spacey, disorganized, shy, overwhelmed easily, procrastinates

4. SPECIAL ISSUES FACED

A. Expected to be caretakers

B. Stress of working and parenting

C. Stay at home moms and unstructured days

D. Relationships

5. HOW TO MANAGE LIVING WITH ADD

A. Society's expectations internalized

- Perfect home, children, family routines, social planner

B. Make your own rules!

- Lower the notch; enlist paid help, novel ways to do boring tasks

C. Educate yourself and your partner (see bibliography)

D. Humor

- Learn to see humor in daily situations, "that's my ADD kicking in"

E. Simplify your life

- Change expectations of self and others, ie home, work

F. Learn to say no

- Often over-commit: volunteering, baking, car-pool, extra work projects

6. RELATIONSHIPS/FAMILY

A. Educate family (see bibliography)

B. Learn communication strategies

- Using "I" messages, "catch" yourself, self-observe

C. Take care of yourself first

- Daily down time, regular get-aways, baby sitters

D. Family Meetings

E. Problem solve together- addressing the problem and seeking solutions; no finger-pointing

7. TIPS- OVERVIEW

A. Get professional help with managing your ADD

- Psychotherapy: psychologist, social worker, counselor, psychiatrist

B. Simplify meals, shopping, entertaining

C. Eliminate over-commitments, clutter

D. Set Reasonable Goals

E. Prioritize

8. TIPS- THE SPECIFICS

A. Meals

1. Carry out
2. Paper products
3. Holidays
4. Grocery shopping

B. HOUSEHOLD

1. Delegate chores
2. A home for everything
3. OHIO- Only Handle It Once
4. Organizing

C. FAMILY / PARENTING

- 1. Calendar**
- 2. Professional help for AD/HD kids**
- 3. Pick your battles**
- 4. Parenting classes**
- 5. Be consistent**
- 6. Use humor**

D. PERSONAL TIPS

- 1. Regular getaways**
- 2. Simplify shopping**
- 3. Maintain good diet and exercise**
- 4. Counseling**
- 5. Support groups**
- 6. "Down" time**

E. WORK

- 1. ADD friendly job**
- 2. ADD friendly environment**
- 3. Buddy system**

F. TIPS ON ORGANIZING

- 1. Visual cues**
- 2. Planner**
- 3. Do it NOW or write it down**
- 4. Prioritize**
- 5. Timer**

G. RESOURCES

- 1. ADDConsults.com**
- 2. ADDA**
- 3. CHADD**
- 4. Books/websites**

Terry Matlen, M.S.W., A.C.S.W.
ADD Consults, Director
www.addconsults.com terry@addconsults.com
(248) 988-1260

Resources For Women With ADD

BOOKS/TAPES

Survival Tips for Women with AD/HD: Beyond Piles, Palms and Post-its
Terry Matlen, M.S.W., Specialty Press, Inc (in press)

Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace,
Sari Solden, M.S., Underwood Books, 1995

Journeys Through ADDulthood, Sari Solden, M.S., Walker and Co, 2002

Moms with ADD: A Self-Help Manual, Christine Adamec, Taylor Trade, 2000

Driven To Distraction, Edward Hallowell, M.D. and John Ratey, M.D., Pantheon Books, 1994

You Mean I'm Not Lazy, Stupid or Crazy?, Kate Kelly and Peggy Ramundo, Scribners, 1995

The Other Me: Poetic Thoughts on ADD for Adults, Kids and Parents, Wilma R. Fellman, M.Ed., Specialty Press, Inc. 1997

Adventures in Fast Forward: Life, Love and Work for the ADD Adult, Kathleen Nadeau, Ph.D.,
Brunner/Mazel Books, 1996

A.D.D. and Creativity, Dr. Lynn Weiss, Taylor Publishing, 1997

ADD in the Workplace, Kathleen Nadeau, Ph.D., Brunner/Mazel Books, 1997

Dismissed and Undiagnosed Dreamers: Video. Paula Stanford, Human Resource Network. To order: (405)
943-5073

ADD and Romance, By Jonathan Halverstadt, M.S., 1999

What Does Everybody Else Know That I Don't? Social skills help for adults with AD/HD,
Michele Novotni, Ph.D., 2000

Understanding Women with AD/HD, edited by Kathleen Nadeau, Ph.D. and Patricia Quinn, MD.,
Advantage Books

FOR GIRLS

First Star I See, Jay Caffrey, Verbal Images Press, 1997

Understanding Girls with AD/HD,
Kathleen G. Nadeau, Ph.D. and Ellen Littman, Ph.D., Patricia O. Quinn, M.D., Advantage books 1999

ORGANIZING

Organizing for the Creative Person, Dorothy Lehmkuhl and Dolores Catter Lamping, CSW, Crown Trade Paperbacks, 1993

How To Conquer Clutter, Stephanie Culp, Writer's Digests Books, 1990

Organizing from the Inside Out : The Foolproof System for Organizing Your Home, Your Office and Your Life, Julie Morgenstern, 1998

ADD NEWSLETTERS/MAGAZINES

ADD Consults: ADDitional News e-newsletter: Sign up at www.addconsults.com

Focus Magazine, ADDA (Attention Deficit Disorder Assoc.), P.O. Box 543 Pottstown, PA 19464
mail@add.org

Attention Magazine, CHADD (Children and Adults with ADD), National office: (800) 233-4050

ADDitude Magazine, 800-856-2032, www.additudemag.com

CATALOGS

ADD Warehouse, 300 NW 70th Avenue, Ste. 102, Plantation, FL 33317, (800) 233-9273
www.addwarehouse.com

ORGANIZATIONS/CONFERENCES

ADDA (Attention Deficit Disorder Assoc; PO Box 543, Pottstown, PA 19464; 484-945-2101
mail@add.org website: www.add.org

CHADD National: 8181 Professional Place, Suite 201, Landover, MD 20785; 800-233-4030;
website: www.chadd.org

LDA- Learning Disorders Assoc., 4156 Library Rd., Pittsburgh, PA 15234

ADD COACHING

Group coaching: ADD Consults: www.addconsults.com
ADD Coach Academy- www.addcoachacademy.com
American Coaching Assoc, (610) 825-4505- www.americoach.com/
The Optimal Functioning Institute- www.addcoach.com

Professional Organizers

National Assoc. of Professional Organizers (NAPO), 1033 La Posada Dr., Austin, TX 78752,
(512) 206-0151

INTERNET/ONLINE RESOURCES

ADD Consults: Online consultations, referrals, resources, store, online conferences, directory
Terry Matlen, ACSW, Director www.addconsults.com terry@addconsults.com

Online ADD Store: www.myADDstore.com

ADDA: www.add.org

CHADD: www.chadd.org

Sari Solden: www.sarisolden.com

The National Center for Gender Issues and ADHD: www.nctiadd.org

Advance: www.addvance.com

ADDitude: www.additudemag.com

ADD at About.Com: www.add.about.com

Thom Hartmann: www.thomhartmann.com

Dr. Ned Hallowell: www.drhallowell.com

America Online: Keyword Psych Online or Health

Mailing lists on the Internet: www.yahogroups.com. Search for "attention deficit disorder"