

## *Every technique is like a pair of eyeglasses*

To reduce the impact of ADHD in daily life, management techniques and task organization, like the use of memos and calendar lists, will be helpful for everybody. Dr. Russell Barkley insists on the need to use adaptive tricks to the where and when they can be useful (the "point-of-performance"). For example, it is more convenient to place a memo indicating to call back a certain person next to the phone. In the same way, a memo referring to bring home milk after work will be useless if it is placed on the refrigerator door.



Below, you will find several tips used successfully by people with ADHD. This is just a brief overview. In order to obtain full of practical tips, we encourage you to get the book *My Brain STILL Needs Glasses*.

- ✓ Use a watch or an alarm clock to see the passing time.
- ✓ Favor a routine: by following a pre-established way of doing things, you lessen the risk of forgetfulness.
- ✓ Use clearly defined classification systems: baskets, drawers, files.
- ✓ Avoid stacking papers all over.
- ✓ Take the time to notice where objects are placed.
- ✓ Determine the conditions under which you work best.
- ✓ Use ear plugs.
- ✓ Remove any items not relevant to the work area.
- ✓ Write down ideas as they come so as not to forget them later.
- ✓ Channel the need to move by playing sports.
- ✓ Plan expenses in advance. Ask yourself: "Do I really need it?".
- ✓ Monitor your driving speed.
- ✓ Share the household tasks.
- ✓ Be proactive rather than reactive.