

Tips for Managing Adult ADHD

Community Resources:

- **CanLearn Society:**
 - ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
 - More than just making list- <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-adults/more-than-just-making-lists/>

Websites:

- CanLearn Society www.canlearnsociety.ca
- Centre for ADHD Awareness in Canada <https://caddac.ca/>
- Totally ADD <https://totallyadd.com/>
- Understood <https://www.understood.org/>
- How to ADHD <https://howtoadhd.com/>
- ADHD Rewired <https://www.adhdrewired.com/>
- ADDitude Mag <https://www.additudemag.com/>

Books:

- *Taking Charge of Adult ADHD (2010)*. Russell Barkley.
- *When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings (2016)*. Russell A. Barkley.
- *ADD-Friendly Ways to Organize Your Life: Strategies That Work from a Professional Organizer and Renowned ADD Clinician (2002)*. Judith Kolberg and Kathleen Nadeau. Brunner-Routledge Publishing. New York, NY.
- *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder (2005)*. Edward M. Hallowell and John J. Ratey. Ballantine Books. New York, NY.
- *Becoming a Master Student* by D. Ellis. (2000). Houghton Mifflin Company; New York, NY
- *Learning for Success: Effective strategies for students (4th Ed.)* by J.Fleet, F. Goodchild, & R. Zajchowski. (2006). Toronto: ON: Thomson Nelson

Applications:

Finances

- Spending Tracker
- TD MySpend
- Mint: Budget, Bills & Finance Tracker

Organization

- Evernote
- DropBox
- Quickbook
- Minimalist

Productivity

- TomatoTimer
- Flipd- keep track of studying / productivity
- Notability
- Notion

Time Management

- Rescue Time
- Focus To-Do: Pomodoro Timer and to do list

Sleep

- Headspace: Meditation & Sleep
- Calm
- Relax Melodies: Sleep sounds
- Sleep Time: Cycle Alarm Clock

Website Blockers

- <https://selfcontrolapp.com/> -Mac Users
- <http://www.stayfocusd.com/> Google chrome extension

Worksheets

- Issue Log: https://drive.google.com/file/d/1a3-cp06d_glm58CxQtzhc5awlZPsuykH/view
- Clutter Worksheet: <https://docs.google.com/document/d/1UgIQAt9waIS6Lz-2G2TI69j9MdxGy84ShN-Fa42A4E/edit>