

# Adult ADHD Tips & Resources

## 5 Tips for Home

### MAKE YOUR TO-DO LISTS SHORT

Focus on a few realistic tasks each day instead of trying to tackle everything at once.

### USE A TIMER

Set a timer for chores like folding laundry and if you don't finish in time, add it to tomorrow's list.

### GET A "CLUTTER COMPANION"

Ask a supportive friend to help sort items into keep, donate, trash, or revisit later piles.

### MAKE "WASTED MINUTES" USABLE

Use short pockets of free time to complete small tasks like sorting mail or loading the dishwasher.

### BUILD IN FUN TIME

Schedule time for rest, hobbies, and family so your calendar feels balanced and sustainable.

## ADHD Websites

- [Understood.org](https://www.understood.org)
- [chadd.org](https://chadd.org)
- [aafp.org](https://aafp.org)

## Helpful Apps

- Structured Pro (a task list app)
- Focus Keeper (pomodoro timer)
- How We Feel (journaling)
- Finch (self care)

## Tech Tools

- Timers and alarms
- Do not disturb/quiet hours
- Speech-to-text
- Grammar assistants
- Reader modes

## 5 Tips for Work

- **Use tech tools** - timers and speech-to-text
- **Reduce distractions** - silence phone, find quiet work space
- **Follow instructions** - break tasks into steps, use calendars
- **Regulate emotions** - take breaks/walks, listen to music, have a snack, use a fidget
- **Advocate for yourself** - ask for clear deadlines and expectations or materials in advance



# The Pomodoro Technique

1. Decide on the task
2. Set a timer for 25 minutes
3. Work until the timer rings
4. Take a 5 minute break
5. Repeat 1-4 four times and the 5<sup>th</sup> time, take a 15-30 minute break



## Adult ADHD Treatment

### Medication

ADHD medication has shown great efficacy for many who are diagnosed with ADHD.

There are stimulant and nonstimulant options, as well as other psychiatric drugs that can assist with symptomology (e.g., SSRIs to assist with emotion regulation)

### Therapy

Talk therapy, both individual services and group services, can assist with increasing coping skills, normalizing symptoms, and increasing areas of support.

Both forms of therapy have been shown to be effective in the treatment of ADHD

### Support Groups

In person and online groups can assist with increasing feelings of support as well as increasing access to resources.



### We Are Here For You

Clinicians at The Perfect Therapy Group are expertly trained to support adults and teens struggling with ADHD.

Give Us a Call  
202-952-7105