

# Strategies and tips to support adults with ADHD.

Finding strategies to cope with daily struggles is very important. Online resources and books have a lot of tips and strategies on ADHD specific issues. It is important to try different strategies and find the ones that work for you. In order to implement those strategies, daily routine and support from peers and family are very important

*The main issues experienced are related to:*

<b>Attention</b>	<b>Anxiety and depression</b>
<b>Memory</b>	<b>Problem solving</b>
<b>Focus</b>	<b>Sleep</b>
<b>Organisation</b>	<b>Risk taking</b>
<b>Timekeeping</b>	<b>Managing friendships and emotion</b>

*Examples of daily strategies:*

- Use a diary or wall calendar
- Make a task list
- Create a home filing system
- Develop a "10 minute tidy routine"
- Become more aware of the time
- Set reminders
- Keep important things in set places
- Deal with it NOW

**Online resources and books** have fantastic information on the nature of ADHD, understanding how it impacts life and strategies on how to improve symptoms. Look for websites and support groups such as:

- ADHD institute  
[www.adhd-institute.com](http://www.adhd-institute.com)
- ADDitude  
[www.additudemag.com](http://www.additudemag.com)
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)  
[www.chadd.org](http://www.chadd.org)
- Living with ADHD  
[www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk)
- The National Attention Deficit Disorder Information and Support Service  
[www.addiss.co.uk](http://www.addiss.co.uk)
- ADHD Foundation  
[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)
- UKAAN  
[www.ukaan.org](http://www.ukaan.org)
- ADHD and you  
[www.adhdandyou.co.uk](http://www.adhdandyou.co.uk)