

Tips and Tricks for Living with ADHD at Home and Work

Be realistic.

You may not be able to do everything yourself, so try to enlist help. Delegate when you can, and consider creating a chore schedule.

Organize at home with a “launch pad.”

Identify a table or bookshelf near the front door as your “launch pad” or “landing pad.” Put a container or basket there to catch keys, glasses, papers, wallets, and other important items. Pocketbooks, briefcases, backpacks, and papers can be stored there to help provide a smooth takeoff in the morning.

Try the 10-minute pickup.

Each night, try to spend 10 minutes quickly going through your home and seeing how many items you can pick up and put away. Set a timer. Take a bag, basket, or container, and go through your home picking up items and dropping them off where they belong.

Minimize distractions at your desk.

Keep only what you’re working on in front of you, and get clutter off your desk.

Repeat to remember.

Repeat back what someone has said. This may help you remember multistep instructions at work. It may also help you remember what your friends say, and they will feel like you are listening.

Focus on one task at a time.

This may help you get started on a project you’ve been putting off. Set a timer for 15 minutes. If you can’t continue the project after 15 minutes, stop, give yourself a break, and finish later.

Use prompts as helpful reminders.

Prompts can help you remember to do or say something. Types of prompts can be visual (a sticky note), verbal (someone telling you to be quiet), physical (a vibrating phone alarm), or a gesture (someone pointing to their nose).