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## Don't Text & Drive. Tips to Avoid Distractions with ADHD

Your cellphone buzzes. It could be a phone call, a text, or an instant message. But is it worth the risk of checking your phone while you're driving? Tuning the radio, talking with passengers, checking maps, and having friends or young children in the car can all be additional sources of distraction.

For adult and teen drivers with ADHD, driving distractions can be made worse by the symptoms of the disorder.



[Read more](#) on how to avoid distractions while driving.

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## Want More Tips?

We have several **free videos** for teens to encourage good driving skills and get tips to reduce distractions on the road.

## Practical Tips for Money Management

This is the second article in a series on money management and its unique challenges for individuals affected by ADHD.

For a segment of the National Resource Center's *Ask the Expert* webcast series, Stephanie Sarkis, author of *ADD and Your Money: A Guide to Personal Finance for Adults with Attention-Deficit Disorder*, answered questions on what you can do to better handle your finances.



**Q:** The thought of getting receipts together for an accountant or bookkeeper is daunting. How do I get past this and organize these documents?

**Stephanie Sarkis:** You're not the only one feeling this way! You'll want to find a financial professional who's okay with you showing up with a shoebox of receipts. Some suggestions:

- Make everything as paperless as possible.
- Handle paper receipts by using a folder for each month of the year.
- Scan receipts, or take a picture as soon as you receive it. Upload them to your online accounting program or email them to your accountant.

Interested in more? Watch the [\*Ask the Expert's video on Money Management part two.\*](#)

## Is it Aging or ADHD?

Adults older than 50 are the fastest growing segment of people newly diagnosed with ADHD. A study in the Netherlands estimates 2.8% of older adults have ADHD.

Dr. Martin Wetzel, author of *The Adult ADHD Handbook for Patients, Family & Friends*, works closely with adults affected by ADHD. He provides insights for older adults during the free *Ask the Expert* webcast, *A Pattern of Struggles: ADHD and the Older Adult*.



Dr. Wetzel talks about accurate diagnosis and comprehensive treatment plans for older adults and discusses the following:

- misconceptions about the disorder and senior adults
- how older adults can seek an accurate evaluation
- treatments available to senior citizens
- current research on older adults and ADHD

[See more.](#)

The logo features a stylized orange flower icon on the left, followed by the text "ADHD" in a bold, blue, sans-serif font, and "in the News" in a blue, cursive script font.

- Undetected ADHD may explain poor SSRI response in depression
- Efficacy and safety of amphetamines in ADHD
- ADHD and the rock star gene
- Adjunctive extended-release Molindone effective for impulsive aggression in ADHD

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

To keep you organized with ADHD, setting up automatic bill pay will help you pay your bills on time each month and avoid the late fees. So set it and forget about it. Ask your local bank for more information.

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