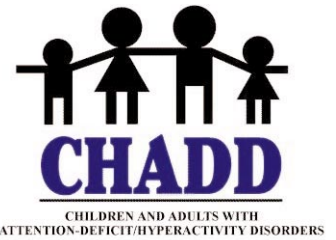


ORGANIZING SUCCESS FOR THE ADULT WITH AD/HD

Presented by Louise Kurzeka,

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Reality Check:

Personal Challenges

Personal Successes

Clutter Management:

Declutter Dance

Setting Structure

Using Routines

Organization Strategies:

Contain to Maintain

Like Things Together

Labeling

References

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Resources

- NADDA (National Attention Deficit Disorder Association) -
PO Box 543, Pottstown, PA, 19464 (484) 945-2101 www.add.org
- National Center for Gender Issues and ADHD
888-238-8588 www.ncgiadd.org
- ADDvance Online-Publisher of ADDvance e-newsletter.
www.addvance.com
- NSGCD (National Study Group on Chronic Disorganization) -
PO 1990, Elk Grove, CA, 95759 (916) 962-6227 www.nsgcd.org
- On-line ADD magazine - www.additudemag.com
- UK site to promote awareness and information - www.adders.org
- A.D.D. WareHouse - Books and products
300 Northwest 70th Avenue, Suite 102, Plantation, FL 33317
800-233-9273 www.addwarehouse.com
- Timers/Watches - www.invisibleclock.com 888-602-2588
www.eadhd.com 800-549-0095
www.watchminder.com 800-961-0023

Links

- housekeeping.about.com/cs/organizing101/a/BeginOrganizing.htm
- www.help4adhd.org/en/living/organdtime/organization