



ADHD for Organisers

Part 2

The Client: getting to know them

What happens after diagnosis?

Tackling ADHD

(Which treatment works for 80% of clients?)

Remember...

Before we work with a client with ADHD what could we be aware of?

Case Study “Jen”

Why did she call me?

She thought she might have ADHD and liked my ‘friendly website’ mentioning ADHD.

The problem

“the mess is just one big all encompassing beast that suffuses the house. My brain can’t pick one single thing as it all feels dense”

If Jen woke to find a miracle had happened:

“home would be a welcoming place that wouldn’t have piles of stuff that seem to judge me. Might be able to walk on the floor instead of jump between piles. The radio would be on & I’d be dancing around. and have a simple way to tackle washing”

Background

Works as a project manager for a small and forward-thinking company.

Very sporty- her work is allied to one of her hobbies

Lives in own home with two other tenants.

Strengths

1. loyalty
2. enthusiasm
3. Creativity

Executive Dysfunction challenges

What are the key challenges for our clients?

Additional challenges

What are other things we may need to consider?

On the plus side...

It's best to focus on our clients strengths. What are some of the good things about ADHD?