

ADHD Awareness

Time Blindness

- Struggle to maintain & follow a schedule
- Procrastination/running out of time
- Lose track of time
- Often late/miss deadlines or appointments
- Difficulty with pacing and/or identifying how long a task will take
- Unaware how much time has passed
- Difficulty planning and completing long-term projects



Helpful Tips!

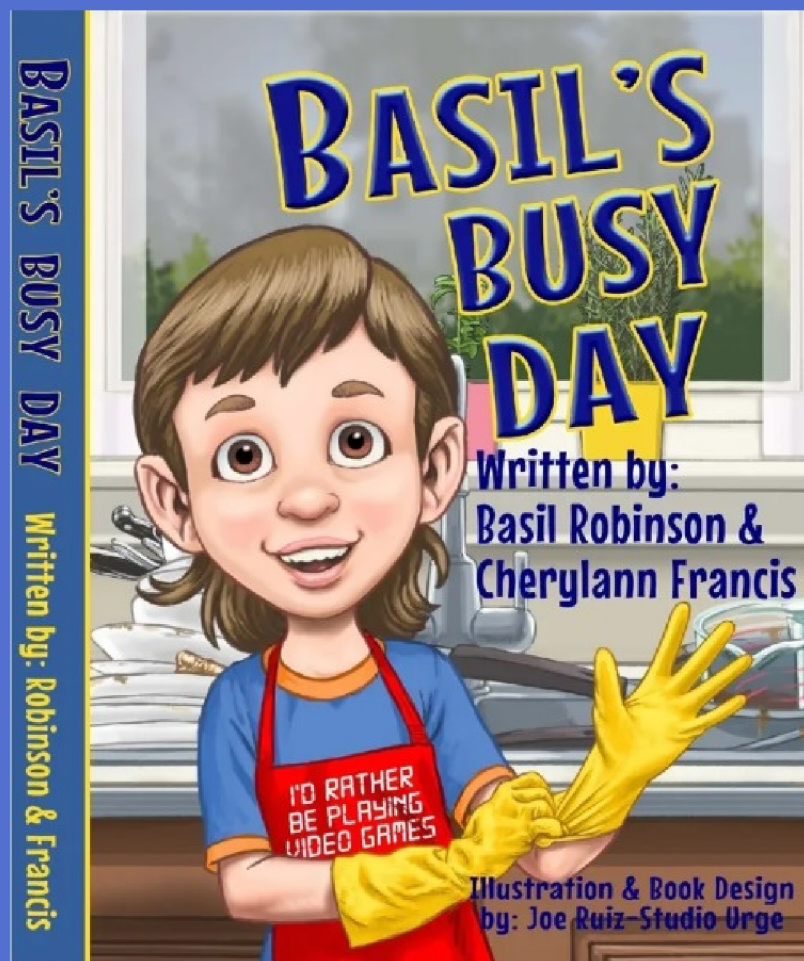
- Create a schedule, then monitor & chart task times
- Use a calendar/to-do checklist
- Use a visual timer; set alerts/alarms
- Plan or allow for extra time
- Prepare ahead of time/place important items by the door
- Break things down into smaller & manageable tasks

How to Support

- Educate yourself about the challenges people with ADHD experience
- Be explicit with expectations, but assign realistic time commitments
- Offer assistance with task completion
- Assist in the creation of a routine
- Display compassion and understanding
- Provide positive reinforcement

Basil's Busy Day

This book can be used to initiate discussion on motivation, distractibility, time management, procrastination as a compensation strategy, and the desire to engage in more seemingly interesting activities.



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