
ORGANIZING WITH ADHD

Questions & Answers

What does organizing have to do with ADHD?

ADHD is a common neurobiological condition that results in higher than average levels of inattention, impulsivity, hyperactivity, or their combination.

ADHD is also described, especially in adults, as an impairment of the Executive Functions of the brain, which are largely required for successful organizing.

What are Executive Functions and what do they have to do with ADHD and Organizing?

The brain's Executive Functions are those processes responsible for goal-directed behavior, such as planning, cognitive flexibility, abstract thinking, starting and stopping appropriate and inappropriate actions, and selecting relevant sensory information. Executive Functions impact our working memory, sense of time, ability to remember, ability to self activate, and persistence.

Since successful organizing calls on the skills of categorizing, prioritizing, initiating, focusing, ordering, managing time, persisting and remembering, individuals with ADHD can have a life-long struggle with getting and/or staying organized.

How can a Professional Organizer help me?

A Professional Organizer can use traditional and non-traditional techniques to customize an organizing plan perfectly suited to you.

How do I know if I need a Professional Organizer who specializes in ADHD?

If you answer YES to any of these questions, then a Professional Organizer with an ADHD Specialty might be right for you: Do you find it difficult to get started on a task? Do you find it difficult to complete tasks? Do you procrastinate? Are you a perfectionist? Do you set unrealistic goals? Are you over scheduled or over committed? Do you perform below your level of intelligence? Have you tried but failed to get organized? Do you know what to do but feel you can't get it done?

What are some of the specialized techniques a Professional Organizer would use with an ADHD customer?

As a Certified Professional Organizer® with an ADHD specialty, I would use structure, brevity and variety to keep sessions interesting; I would encourage systems that are simple and attractive to you; I would encourage healthful sleep, nutrition and hydration for maximum success; I would help design spaces that appeal to all of your senses; I would help you identify and create a filing system, calendar system, task management system, time management system, and maintenance system that reflects your own creative style; and most of all, I would respect your ADHD because I see it as an asset rather than a deficit!

Content is not intended as professional advice or for diagnostic or assessment purposes.