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- *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals*
- *Making the Grade with ADD: A Guide to Succeeding in College with Attention Deficit Disorder*
- *ADD and Your Money: A Guide to Personal Finance for Adults with Attention Deficit Disorder*

Money Matters: Help for the Fiscally Disorganized

People with ADHD have a higher rate of debt, more impulsive spending, and more arguments with their partner/spouse over money issues. However, there is hope (and help available).

In this teleclass, you will find the answers to these commonly asked questions:

1. What are the most common financial issues that people with ADHD face?
2. What does the financial picture look like for someone that is chronically disorganized?
3. What are some suggestions you have for keeping financial documents organized?
4. What are the options if a person is deeply in debt?
5. What are some ways to curb impulsivity when shopping?
6. How should people with ADHD responsibly use credit cards?
7. What are the long-term consequences of being impulsive with money?
8. Is there hope for people with ADHD in the area of money management?

When you have attention-deficit disorder (ADD), you don't spend money like most other people. Past-due bills and impulsive spending can throw your finances into turmoil, and because these financial pitfalls are directly related to your ADD symptoms, they can seem impossible to overcome.

The good news is that it is possible to get ADD-related financial disorganization under control and begin to enjoy a more stable relationship to your money.

Recommendations include ADHD-tailored steps for:

- Seeking help from financial professionals
- Creating financial goals
- Making (and sticking to a budget)
- Knowing when to keep (and when to shred) financial documents
- Talking to your kids about money

Even if you have had difficulties with these tasks in the past, there is an ADHD-friendly way to stay focused on making your money grow.