

Planning Facilitation for Math Calculation

1. Provide math worksheet and give child 10 minutes to complete it.
2. Ask questions about how child completed worksheet and let child explain strategies used.
 - › How did you do the page?
 - › Why did you do it that way?
 - › What did you expect to happen?
 - › How would you complete the page next time?
 - › Why do people make mistakes on problems like these?
 - › Can you think of any ways to make the problems easier?
 - › Can you figure out a way to do more?
 - › Do you think you will do anything differently next time?
3. Have child complete another timed worksheet.

Self-Monitoring Strategy

1. Review meaning of accuracy and productivity.
2. Provide sheet on which child can record productivity (items completed compared to total items given) and accuracy (items correct compared to total number given).
3. Explain self-monitoring and demonstrate how to calculate and record accuracy and productivity.
4. Provide worksheet and time work session.
5. Have child record and calculate progress.
6. Have child keep daily logs and graph progress. Compare previous sessions to recent sessions.

AD/HD-Friendly Financial Tips for Seniors

- › Keep your systems simple.
- › Streamline financial processes.
- › Choose a system that works for you.
- › Include structure and organization in your life.
- › Get a part-time job (be sure to check Social Security rules on earnings).
- › Volunteer in your community.
- › Plan regular social night.
- › Don't shop for entertainment.
- › Limit opportunities for impulse shopping.
- › Overcome boredom and restlessness with other activities.
- › Use shopping lists.
- › Keep cash, not charge cards, in your wallet.
- › Establish weekly discretionary spending amount.
- › Withdraw money at designated time each week.
- › Get help from a counselor or support group when you need it.

Finding a Supportive Faith Community

- › Plan your search.
- › Decide which characteristics of a faith community are important to you and your family.
- › Do research. Helpful Web sites include
 - NAMI's FaithNet: www.nami.org/faithnet
 - AD/HD of the Christian Kind: <http://www.christianadhd.com>
 - National Jewish Council for Disabilities: <http://njcd.org>
 - Many congregations have their own Web sites
- › Select a few houses of worship and research each individually.
 - Arrange meetings with leaders of the congregation as well as youth and adult groups.
 - Ask about their programs.
 - Determine how familiar they are with AD/HD.
 - Attend services and meet congregation members.
 - After a few visits, gather family members' input.
- › Repeat process if necessary.

We thought readers might appreciate a snip-and-save section of useful tips and information from the articles in this month's issue of *Attention*. Let us know what you think of this new department—e-mail us at attention@chadd.org.

