KEEPERS

JURY DUTY AND PRIVACY—What You Can Do

If you are called for jury duty and are questioned about a disability or medication, you can protect your privacy while still actively participating in the jury process: Ask to discuss the information privately with the judge and attorneys.

- If you believe you can be a fair and impartial juror, tell the judge.
- Offer whatever information you feel comfortable disclosing.
- Inform the court if you believe questions are phrased inappropriately. Suggest alternative wording.

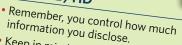
If you are a litigant or an attorney:

- Get it on the record immediately if you believe that your or your client's right to a fair trial by a jury of peers is being violated. It may be the basis for an appeal. Be tactful and respectful when questioning potential jurors about mental health
- issues or medication. Stress that this is being done to protect and preserve your client's constitutional rights and make sure he or she gets a fair trial. Make sure the information is relevant to those concerns.





TIPS FOR DISCLOSING YOUR AD/HD



- Keep in mind the purpose behind your decision to disclose, such as obtaining helpful accommodations.
- It's not necessary to divulge specific personal information about your AD/HD, medications, and so forth.
- Prepare a "script" and practice it with people you trust.
- Keep your script and the disclosure conversation focused on your abilities, not your limitations.
- When disclosing, follow your script. Avoid impulsively revealing sensitive information.



- Schedule regular "quiet time" each day so the child can refocus and keep from getting overstimulated.
- Be outdoors as much as possible.
- Be aware of body language that indicates children have had enough for the day.
- Allow children and teens to partake in deciding each day's activity.
- Visit places where kids can have a safe and contained place to burn energy while parents relax.
- Take children to familiar places (McDonald's, Target, Wal-Mart).
- Use walkie-talkies to maintain constant contact.
- Count down the days with children so they know how many vacation days are left; reassure them they'll be back to familiar surroundings and routines soon.
- Meet the friends and families of any new friends your child makes on the trip.

VACATION TIPS

For parents of children with AD/HD Before you go

- Plan to travel to and from destination during child's best time of the day.
- Familiarity helps. Consider repeat visits to the same destination.
- Start talking about the trip two months in advance, and say what has to be done.
- Use a packing list with easy-to-read categories and checklists.
- Bag complete sets of clothes individually and give one bag to each child each day.
- Bring copies of prescriptions and doublecheck medications.
- Pack brightly colored shirts so the child stands out and can be easily spotted.
- Let children and teens pack what they want to bring, including their favorite things that make them feel at home.
- Modify your own expectations to accommodate your child and his or her needs.

- Take advantage of your child's interests.
- Be clear on rules to follow for each location.

While traveling

- Schedule planned breaks when traveling by car.
- Get to your destination early and do something active.
- Bring toys, activities, and food along in the car or on the plane as well as for downtime during the trip.
- Keep children entertained and out of trouble.

During the trip

- Set limited physical boundaries as soon as you arrive.
- Keep sleep patterns consistent.
- Expect the first night to be rough.
- Be a little more flexible during vacations than during the school year.



VACATION TIPS FOR ADULTS WITH AD/HD

- Use your hyperfocus to research hotels and flights.
- Use your upcoming vacation as motivation to tie up projects at work.
- Have someone else pack for you to make sure you're packing appropriately.
- Have spouse or travelling companion review plans to make sure he or she is interested in the itinerary.
- Make lists and write down all flight and hotel information.
- Start planning and packing about a week in advance.
- Use a permanent checklist of everything you need to do before you travel.
- Identify activities, connect them with wardrobe.
- Collect all items in one place.
- Have a second complete set of items like toiletries packed and ready to go.