

# For the Fridge

## Tips for Handling Finances

by Bryan Goodman, M.A.

**M**anaging the family finances can get the best of many of us, but when attention-deficit/hyperactivity disorder (AD/HD) is involved, the situation can become even more stressful. Impulsive purchases, credit card debt and messy financial paperwork are all characteristic of someone with the disorder. This section should help those with financial woes.

### Cut up credit cards

Credit cards encourage impulsive spending: They are convenient to use but often too hard to resist for a person who has problems with finances and money management. The average person spends more on purchases when using a credit card rather than cash, plus there are the high interest rates these charges accrue. If you have large balances on your credit cards and don't even remember what you charged, you would probably be better off without a credit card.



### Put 'em on ice

Not ready to give up those credit cards? Then place them in a small bowl. Fill it with water and stick it in the freezer. The credit cards have to thaw before they can be used, giving you more time to think about

just how much you need that new iPod!

### Indulge yourself

Budget for fun.

Each pay period, allocate a little money for indulging your whims. Giving yourself a small amount to spend on treats can keep you from feeling deprived, but most of all, it can help prevent you from blowing your budget. Did someone say day spa?



### Look out for enablers

If you've made impulsive purchases, chances are you were caught up in the frenzy of the moment, encouraged by friends who also like to shop. Instead, resolve to shop only with friends who know your financial limits and aren't afraid to question or discourage impulsive purchases. You will be surprised how much this will help you (and your credit card balance) the next time you're at Target!

### Make a list

Making a list before you go shopping can keep you focused on needed items and prevent impulsive purchases, whether it's groceries at Kroger or household items at K-Mart. A list can also help keep you on the straight and narrow while in the store by directing you



straight to the milk in aisle 10 and past the tempting bakery goods in aisle 5.

### Get active

Create a household budget, and set financial goals. Know how much you owe and put something in savings every month. Visit a financial counselor for help developing a realistic plan to get out and stay out of debt. (See the For More Info box). The more time you spend solving your financial problems, the less time and the fewer reasons you will have to worry about them!



### You're not alone

Millions of people have a hard time with finances, so don't berate yourself for being one of them. It's important to recognize when a problem exists, but it's equally important to break down the walls making you feel alone and seek support from others in solving your problems. Talk to your local CHADD coordinator about hosting experts who can address AD/HD and finances. Not only will the sessions be informative, they will bring you in contact with people who are in the same boat. ■

**YOU SPOKE; WE LISTENED!** The results of our recent readers' survey are in, and many of you asked for helpful hints and tips for coping with AD/HD in a user-friendly format. Starting with this issue, *Attention!*® will feature a special one-page pullout section, "For the Fridge," with suggestions for dealing with AD/HD. Let us know what you think of this new column. E-mail [bryan\\_goodman@chadd.org](mailto:bryan_goodman@chadd.org).



**FOR MORE INFO**  
**The National Resource Center on AD/HD (NRC)** For more information on managing money, visit the National Resource Center on AD/HD online at [www.help4adhd.org/living/wwk17](http://www.help4adhd.org/living/wwk17).

**American Consumer Credit Counseling (ACCC)** A non-profit organization that offers credits counseling and education on financial management to consumers across the country. Visit [www.consumercredit.com](http://www.consumercredit.com).