

Sept 4, 2024

Family stuff – dealing with dementia or forgetfulness; stubborn; stuck in her ways
How to share with her what she is going through

Other sources for validation?

Recognizing they're not going to "be there" or "understand" what we're dealing with
The Subtle Art of Not Giving a F*ck (book)

Where they want to spend their "f*cks" isn't where we have to spend our
"energy"

Resources for ADHDers who are caregivers?

Food (nutrition/health) – disordered eating

Dieticians/nutritionists not understanding ADHD's impact on eating, nutrition

Hard to do the things like even logging what eat

Reminders: Are you hungry? Are you thirsty? – make up the phrases and
questions so it's fun, feels like a conversation

"Toxic diet culture" – counting calories since middle school; unlearning and
redefining what is "healthy" to include feeling satisfied with eating

Understanding fixation on foods – going with it and buying in small amounts; going
with it

Getting stuck in a project and "forgetting" to eat – impact of hyperfocus

Keep quick, consumable forms of nutritional foods when realize brain needs food
(consider it backup for the brain)

Always have nuts and water with her everywhere she goes

Acknowledging all the things that go into preparing food for families; celebrating the
good days

Revenge eating -

Medication question – not on meds; "health conscious;" hard to get things done. Other
things going on life like loss of long-term relationships and feeling stuck. Overwhelmed.
Unemployed and can't get self to do the things to get a job.

Take meds? (best practices say yes)

Talk with medical provider – if can't, consider ways to increase dopamine (sleep, movement, food)

Medication as one part of the solution; makes things better and have to find ways to practice/adapt different behaviors (mindfulness, what are my choices?)

Digital tools (apps) that function like assistants; AI; support groups like local CHADD chapters (may have practitioner that can walk thru tools, ideas)

Books: **ADD and Zombies by Crenshaw and Daugherty**, Your Brain's Not Broken, ADHD 2.0, The ADHD Guide to Career Success, ADD Friendly Ways to Organize Your Life

Other resources →

*Brainstorm

Open on discussion boards