



Skills for Success

ADHD Strategies for Adults



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Build your better future by learning new ways to manage your ADHD.

Skills for Success: ADHD Strategies for Adults
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The authors wish to dedicate this manual
to Don and Ruth James, who have worked
tirelessly to support ADHD care in B.C.
and in Canada.

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Introduction

The *Skills for Success: ADHD Strategies for Adults* manual presents the material covered during an eight-session facilitated group program. This program teaches weekly, practical, evidence-based strategies designed to improve self-management and self-care for those experiencing symptoms of ADHD.

This *Skills for Success* manual is intended to be used in groups facilitated by health care professionals who are trained specifically in this capacity. The manual contains in-depth content, worksheets, and take-home exercises.



NOTES TO PARTICIPANTS

Using This Workbook
This *Manual* is not intended to be a stand-alone treatment.

DEEPER DIVES

Each session ends with a section labelled **DEEPER DIVE!** Deeper Dives are identified by this icon in the **TOP RIGHT CORNER** of the page:



These **HOMEWORK** exercises invite you to practice and to integrate what you have learned into your life.

My Taking Care Worksheets

The first page of each session is the *My Taking Care Worksheet* (TCW). This metacognitive tool is designed to help you think forward. It develops executive function skills by encouraging you to plan for the week ahead. You may find it helpful to display your *My Taking Care Worksheet* so you can refer to it between sessions. Maintain this habit each week to help you stay on track.

When the program is completed, you may want to continue completing this sheet on a weekly basis. You can also transfer the headings into your planner to integrate this tool into your weekly activities.

Maintain this habit each week to help you refocus and stay on track.

