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Feature Article:  
*Attention Deficient  
Disorder  
- It's Not Just For  
Boys*

Recommendation

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# Clean & Tidy Solutions

*Organizing your world.*

## OUR MISSION STATEMENT:

To share our skills and knowledge through affordable workshops, coaching and hands on organizing/staging, assisting individuals and organizations to live and work in a more organized and stress free environment.

Ranka Burzan is the author of many articles published in the local newspapers. "Helpful Hints to Organize and Clean your Home," "Your Junk or Your Life," and "10 Tips to Organize your Child."

## Attention Deficient Disorder - It's Not Just For Boys

Most of us are familiar with hyperactivity in children, especially boys. The controversy still remains over the drug Ritalin, should it be prescribed to children, or not? A multitude of research and literature has been written on the subject of ADD, and yet chances are people aren't as accustomed to ADD occurring in women. In my experience, there is a common belief that ADD effects a prominently male population with little influence on women.

I must admit, I was once prone to that way of thinking. That is of course until I began my career as an organizer. The articles written in the ADDvance Magazine by Patricia Quin, MD and Kathleen Haoleau, Ph, dare all women with ADD, and nationally recognized specialists in ADHD. This publication has finally given women with ADD a voice to share their struggles, triumphs, and helpful tools to cope with ADD. Many women with ADD are often diagnosed as being depressed. The doctor may describe a "magic pill" to instantly solve the problem. It is not that simple.

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There are a few other struggles often faced by women with ADD. One of them is disorganization. A few of the women I have met as a result of my career path are very intelligent, with high education, good income. They are often the leaders of their fields with every ingredient for a good life. However, their homes are filled with clutter and chaos. These bright and creative women feel overwhelmed with shame. They feel inadequate dealing with daily chores, papers and appointments. Some woman with ADD feel that their lives are so out of control, they tend to isolate themselves. They often will not invite others into their homes. Some women are able to cope with ADD, that is; until they become mothers. The demand of a family and added stress of a job in order to make ends meet can be next to impossible. Multitasking can become a monumental challenge for anyone, but especially those suffering with ADD. Life comes with unpredictable interruptions and scheduling conflicts, this can add unbearable pressure to the lives of women with ADD.

The majority of women I have encountered are working outside their homes; which in and of itself is hard for any woman. There are a few signs which may indicate you or someone you love may have ADD:

- Trouble completing projects, jumping from one activity to another.
- Frequently very forgetful, especially with dates and appointments.
- Tendency to be over-committed and have difficulty prioritizing projects
- Make impulsive decisions and purchases, which can have a residual effect on every aspect of a person's life.
- Tends to be very sentimental with their possessions, which leads to hoarding and stress.

If you suspect you might have ADD, help is available to you. With the assistance of therapy and medication, individuals with ADD can come to realize they are not alone, and will begin to feel better about themselves and in control of their circumstances.

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Best regards,  
RANKA

**Recommended Books:**

**Women With Attention Deficit Disorder** By Sari Solden.

**Video: Dismissed and Undiagnosed Dreamers**

Paula and Becky Stanford - ADDvance Magazine

To order, call Toll free 1-888-238-8588

\* CHADD Vancouver Chapter:

\* ADD Vancouver BC

**Related News and Events**

- **Victoria Alphanso**  
Highly recommended ADD Therapist  
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