

ISSUE 103, JUNE 2016

LADDER



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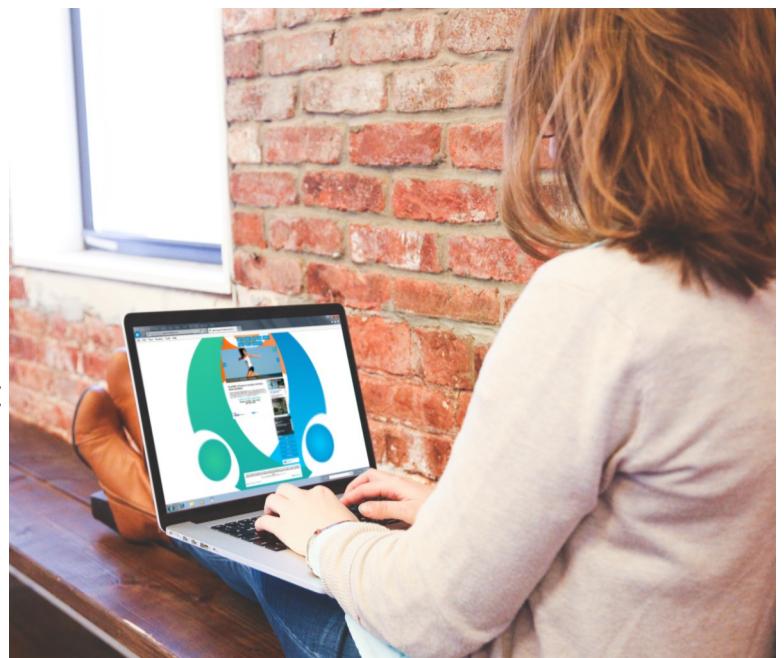
MONEY AND ADHD

A publication of Learning and Attentional Disorder Society of WA (Inc.)

ABN 45 591 912 210

Adult ADHD

Contrary to the belief that ADHD can be outgrown, in reality it can be a condition with life long consequences. It can become easier to manage with time, with the right support. So, whether you have been diagnosed a long time or have been recently diagnosed - LADS Team can support you at every stage of your journey. Our Adult program is designed to support you whether you are diagnosed or undiagnosed .



Contact one of our friendly team to find out about our initial needs

assessments, counselling sessions and also about the Adult program. Although a diagnosis of ADHD will have to be determined by a medical health professional, an initial screening and needs assessment can help you to gain further insight into your health and determine the direction of further support.

What to expect: during the session, the client is provided with professional support, advice and possible self management options without any financial implications. Because we recognise the financial burden many individuals and families experience on the path to diagnosis for ADHD and associated conditions. Initial sessions are free for LADS members, but you can also access our services for a small fee - costs range between \$50 and \$75 for a session. Visit www.lads.org.au for more details.

ADHD Friendly Tax Season



Tax time can feel overwhelming, especially if we are not organized. It can be hard to get started:

"What do I do first," "It's so complicated," "I don't know where anything is," "I don't even know what I need." There are so many reasons to delay and avoid. A sure fire way to trigger anxiety is money – How much do I spend? How much do I save? Will I have enough money to pay what I owe?

Show me the money; the anxieties that come up around money add to the feelings being overwhelmed. And we often feel shame about being late, overdue, etc. Understanding what gets in your way and increased self-awareness, can help.

Once you're AWARE of some of the reasons you'd rather watch another season of your favourite show on Netflix, buried deep under the covers, YOU can start to make changes, **one step at a time.**

Step 1 - Keep it Simple; by breaking the process into steps, you will make this project much more do-able. You'll see progress, and even with the occasional setback, you'll see that tackling one piece at a time can turn a mountain into a molehill. Don't forget to acknowledge yourself for small achievements and the big wins.

Step 2 - Create the right space for working; What conditions do you need to create to help you begin putting the pieces together? Does music help? Does it help to have a buddy or family member assist you or just hang out nearby doing their own thing? Do you work best if you have a deadline you set with your accountant? Does it help you if you work in small chunks, with a reward after each 15-20 minute session.

Step 3 - Work backwards from THE deadline; and set milestones at least a month before or right now! Enter these dates on your calendar. Schedule an appointment with your accountant (or schedule it with yourself – actually block out the time in your diary – if your return is relatively simple and you are doing your taxes yourself.)

One month before set a deadline to get your forms and paperwork together – again, this depends on whether you are doing the taxes yourself or hiring someone. If you're using money management software, plan to finish off your data entry to complete the year of record keeping.

Each week, write down what the next step is and then schedule it (block out the time in your diary and treat it as an un-miss-able appointment!) Keep your work in progress in the same (that means one) place so that when your next scheduled tax session comes up, you know where to find your records.

Step 4 - Collect and keep your documents; create a file EVERY year for tax related documents for that year. Anytime you have a document that may be related to filing your taxes, put it in this file. (i.e., group certificates, charity donations, year-end tax documents from banks, health and superannuation funds.)

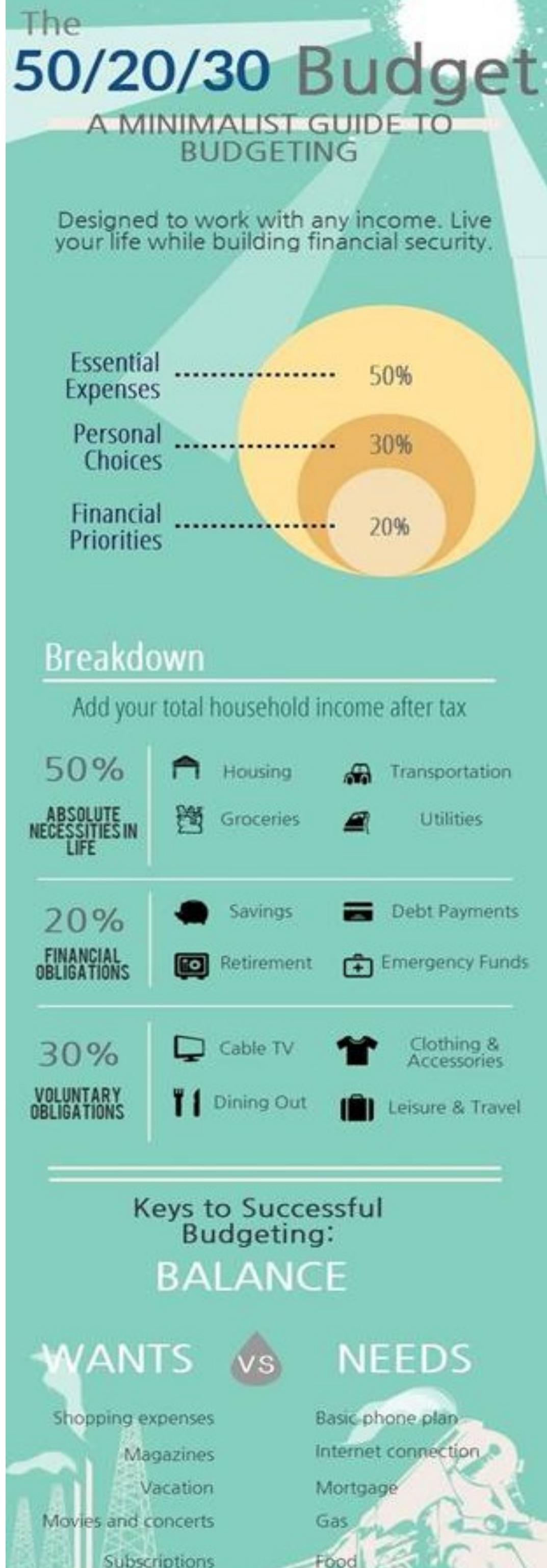
You need forms, these are now located online, visit www.ato.gov.au. Online applications are time limited, so if you have overdue returns (including previous financial years) you will need to visit a tax agent or accountant.

For a complete list of records you need (should have kept, and will need to keep in the future), and information about how long you need to keep them, can be found at the ATO website.

If you're comfortable with technology, there are systems that will help you get and stay organized. (You'll still need to keep some paper records). This includes the **myDeductions app** from the ATO which even helps you manage your vehicle log book.

Consider creating a budget: it will keep you focussed on your financial goals and make tax time easier to manage. The 50/20/30 Budget is one option, keeping it simple and ADHD friendly.

(Image www.curadebt.com).



LADS Team: Jamiela Sungkar



Jamiela Sungkar is a Provisional Psychologist and completed her Psychology Degree in 2011.

Jamiela's areas of interest include ADHD, women's issues, philanthropy, trauma and mental health. She is a single mum to her son Alessandro who is 3 years old, she has a partner and currently lives with her parents.

Her work experience outside of LADS includes:

- Lifeline WA telephone counselling & suicide/crisis intervention
- Curtin College as a student counsellor & advisor
- Richmond Wellbeing WA in mental health recovery support
- Women's Health & Family Services WA as a Counsellor
- Member & Sub Committee Volunteer for 100 Women a philanthropy based giving circle focused on empowering women through increasing access to health, education & resources.

Jamiela is available for telephone support, one on one counselling and initial needs assessments.

LADS Resources

LADS Information and Support Line: (08) 9346 7544 Mon-Fri; 9am—2pm

Website: www.lads.org.au

Adult ADHD Support Group: Each **THIRD TUESDAY** of the month; 7pm—9pm

Library: The Niche, 11 Aberdare Rd, Nedlands; 9am—2pm. Become a LADS member to access ADHD orientated books and DVD's. LADS suggested titles:

- **100 Questions & Answers About Adult ADHD** by A. T. Albrecht
- **Taking Charge of Adult ADHD** by. Dr R. Barkley
- **The ADHD Handbook** by A. Munden & J. Arcelus

Suggested Sites:

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|---|---|
| - http://www.understood.org/ | http://www.additudemag.com/ |
| - http://www.chadd.org/ | http://www.adhdandyou.com/ |



If you struggle to get started without a caffeine boost then this is for you!

Now every time you buy coffee, you can support LADS—Community Pod donates 10 cents per coffee pod and \$3 per kilogram of coffee beans sold to any charity or NFP of your choice. Community Pod—**coffee that gives.** #igiveashot

Next Issue

July's LADDER— **Transitions and ADHD**

Stay subscribed to get more news on ADHD, useful tips and LADS services.

Let's stay together on the ADHD journey!

DONATE NOW - IT'S TAX TIME

LADS is a registered charity, so every donation you make is tax deductible.

\$10 - supports production of monthly newsletter

\$20 - provides amenities for our monthly support groups

\$50 - provides free consult to someone living with ADHD

\$100 - covers the cost of redefining labels (presentation)

Visit www.lads.org.au before 30th June 2016