

Online Resources for Different Brains & Different Learners

www.chadd.org Children and Adults with ADD - the largest national organization. Website provides information, links to local chapters. CHADD is engaged in political advocacy, has a directory of ADHD professionals and provides information on all aspects of living with AD/HD for children, teens, adults, parents, etc.

www.help4adhd.org The National Resource Center on ADHD. Practical info on common questions and concerns in a series of handouts summarizing solid research and evidence-based practices. (a service of CHADD)

www.add.org The Attention Deficit Disorder Association (ADDA) describes itself as "the world's leading adult AH/HD organization". The site contains a series of articles on the practical management of ADHD for adults, authored by well-regarded clinicians, researchers and AD/HD coaches.

www.additudemag.com Online magazine (also available in hard copy) with the motto "Living well with ADD and learning disabilities". Short and to the point articles with lots of how-to's. Q & A, discussion forums.

www.addvance.com The editors of the online magazine ADDvance, Patricia Quinn, M.D. and Kathleen Nadeau, Ph.D., are expert on ADHD issues specific to college students, and girls & women.

www.adultadhdbook.com Home of *More Attention, Less Deficit*, excellent self-help book for adults with ADD/ADHD, published in 2009 by Dr. Ari Tuckman. The website features his excellent podcast series (also on iTunes) explaining ADHD, its treatment and practical approaches for symptom management. Begin with the oldest podcasts for the fundamentals of Executive Functioning. ** Be sure to check out the PDFs of chapters on Executive Functioning and Working Memory, the latter from his workbook *Understand Your Brain, Get More Done* (2012).

www.totallyadd.com (also www.totallyadhd.com) Dynamic and interactive education/support with tons of videos for/about adults with ADHD, their family and friends. Home of *A.D.D. & Loving It ?!?*, a scientifically sound and very funny documentary about ADHD in adults. Self-assessment, Q & A, discussion boards.

www.adhdmarriage.com "Helping adults thrive in relationships impacted by ADHD". Melissa Orlov and Dr. Edward Hallowell, authors of the book *The ADHD Effect on Marriage*, blog about marriage when one or both spouses has ADHD. Discussion forums, online counseling/seminars, continuing education for professionals.

add.about.com/od/adhdinadults/ About.Com's overview of ADD/ADHD in adults - signs and symptoms, causes, treatment, coping and Q & A done in classic About.com style.

[Attention Deficit Disorder Student Handbook](#), by Charlotte Amenkhienan, Ph.D., Cook Counseling Center, Virginia Tech University. Outlines ADHD basics and practical strategies to manage it at school and at work, e.g., plan for studying or projects to take 2-3 times longer than for students without ADHD. Links up with VT's "Online Study Skills Workshops" on strategies for concentration/memory, reading comprehension, test performance, and time management.

www.ld.org National Center for Learning Disabilities. Info, links, the works.

www.vark-learn.com VARK -- A Guide to Learning Styles. Offers a practical approach for assessing your "preferred learning style" to improve academic performance, using the VARK model of "Visual, Aural, Read-write or Kinesthetic"; outlines strategies for learning, studying and test-taking "without tears" for each style. Has versions for adults and high school students.