



## ADHD: Curb Impulsive Spending to Help Your Relationship

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### Common ADHD Financial Issues

- Higher rate of debt than general population
- Increased relationship difficulties due to money
- Disorganization of financial papers
- Lack of investments/ saving up for the future
- Late fees or non-payment of bills
- Lower credit score/ turned down for loans
- Higher rate of home foreclosure/bankruptcy
- Chronically underemployed

### Solutions

- Get effective treatment for ADHD
- Hire an assistant if possible
- Set up payments with creditors
- Review purchases
- Use online services as much as possible
- Budget
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- Have a weekly meeting with your spouse/partner