

AAADD- RECOGNISE THE SYMPTOMS?

Thank goodness there's a name for this disorder. Somehow I feel better, even though I have it!! Recently, I was diagnosed with A.A.A.D.D.

AGE ACTIVATED ATTENTION DISORDER!

This is how it manifests itself:

I decide to water my garden. As I turn on the hose in the driveway I look over at my car and decide it needs washing. As I head towards the garage I notice post on the porch table that I picked up earlier. I decide to go through it before I wash the car.



I put my car keys on the table, put the junk mail in the recycling box under the table, and notice that the recycling box is full. So, I decide to put the bills back on the table and take out the recycling first. But then I think, since I'm going to be near the postbox when I take out the recycling paper anyway I may as well pay the bills first.

I take my cheque book off the table and notice that there is only one cheque left. My extra cheques are in the desk in my study, so I go into the house to my desk where I find the cup of coffee I'd been drinking. I'm going to look for my cheques but first I need to push the coffee aside so that I don't accidentally knock it over. The coffee is getting cold, and I decide to make another cup.

As I head toward the kitchen with the cold coffee a vase of flowers on the worktop catches my eye - the flowers need water. I put the coffee on the worktop and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers.



I put the glasses back down on the worktop, fill a container with water and suddenly spot the TV remote control. Someone left it on the kitchen table.

I realise that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I put the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

The car isn't washed
The bills aren't paid
There is a cold cup of coffee sitting on the kitchen work-surface
The flowers don't have enough water,
There is still only 1 cheque in my cheque book,
I can't find the remote,
I can't find my glasses,
And I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all bloody day and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it. Don't laugh - if this isn't you yet, your day is coming!!