

A.A.A.D.D. – Age Activated Attention Deficit Disorder

This is how it manifests: 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 start toward the garage, I notice there is mail on the porch table I brought up from the mailbox earlier.

I decide to go through the mail before I wash the car.

I lay the car keys down on the table, put the junk mail in the garbage can under the table and notice the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my checkbook off the table and see that there is only one check left. My extra checks are in my desk in the study, so I go inside to my desk where I find a can of pop I had been drinking.

I am going to look for my checks, but first I need to push the can aside so I don't accidentally knock it over. I see the pop is getting warm and decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the can, a vase of flowers on the counter catches my eye – they need to be watered.

I set down the pop and discover my reading glasses 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 set the glasses back down on the counter, fill a container with water, and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize we will be searching for the remote later this evening so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour a little water on the flowers but spill most of it on the floor so I set the remote back down

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's a warm can of pop sitting on the counter. The flowers don't have enough water. The floor is soaked. There is still only one check in the checkbook. I can't find the remote. I can't find my glasses. I don't remember what I did with the car keys. The yard is flooded. Grrrr!

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long and I am really tired. I realize this is a serious problem and I will try to get some help for it but first I will just take a minute to check my email. ★

Written by Ruth Watson, Amherst, Ohio to the AG Credit ACA, published September 2006, reprinted with permission