

Paying the ADHD Tax

The [ADHD Tax](#) is a term used in ADHD circles to address the extra expenses that add up in ADHDers' lives due to their myriad [executive function](#) challenges. These challenges often directly result in spending an excessive amount of extra money, time, and energy on things that don't normally require it, which can result in an unfortunate cycle of guilt and shame if left unchecked.

This is all on top of the extra money frequently put toward the necessary solutions for accommodating those executive function challenges, including what's referred to as [scaffolding](#), along with as many shortcuts as possible, which also often cost more.

Here's one example of a hefty ADHD Tax:

You're low on funds, and a check arrives, which you regretfully don't deposit right away. You forget a large credit card payment hadn't yet cleared and end up ignoring the little voice in your head telling you to deposit the check **NOW**.

You overdraw your account and get charged at least one overdraft fee and potentially more. Since your account's now overdrawn, you have to go all the way to the branch to deposit the check rather than through the mobile app. (*Aren't we so spoiled in this modern age?*)

Common examples of the ADHD Tax

- Late fees
- Speeding/parking tickets
- Impulse buying
- Replacing lost or misplaced items (that you often find later)
- Forgetting to return unwanted items for refunds
- Mending, repairing, or replacing clothing, household items, gear, vehicles, etc. as the result of clumsiness or neglect
- High Uber/Lyft bills instead of walking/bus cuz you're running late

Accommodations that add to the tax

- Purchasing prepared and packaged foods / takeout/ delivery
- Hiring support for household or other tasks
- Ongoing therapy, life coaching, or peer support
- ADHD medication, some of the better stimulants are name brand and can be very expensive. Additionally, because stimulants are a controlled substance and heavily regulated, our doctors can't order automatic refills for us. Instead, we have to check in with them every month before they can call in our subscription, which we often end up doing at the last minute, sometimes resulting in us running out before the new prescription is available.