



# **Making Your Money Obey, Even if Your Body has a Mind of Its Own**

**Presented By:**

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# A Little About Me



# Why are we talking about money at a Tourette conference?

- Because no matter what...
- It is important to talk about the things that impact everyone.
- Money doesn't differentiate between neurotypical and neurodiverse brains...neither do our bills.



# Money is...

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# Personal Finance in a Neurodiverse Brain

Money is often thought to be linear.  $\$ \rightarrow \$ \rightarrow \$ \rightarrow$

We all know, though, that the Tourette brain looks something like...



# Diagnoses that can mess up our financial plans

- Tourette
- ADHD
- OCD
- Anxiety
- Depression

# Creating a Plan that Works

- Most important: YOU
  - Roof over your head
  - Food on the table
  - Utilities paid
  - Clothes on your back
  - Transportation
  - Medication
- There's an app for that
- Professional resources



# Questions?



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