

What are executive functioning skills?

Some people find planning and managing their time and possessions harder to do. Some people call this executive functioning skills. This is an umbrella of skills vital for future independence. It is a set of purposeful, goal directed, and problem solving behaviours.

These

- Involve planning or decision making
- Involve error correction or troubleshooting
- Include situations where responses are not well-rehearsed or contain novel sequences of actions
- Are harder to manage in dangerous or technically difficult situations
- Are situations that require the overcoming of a strong habitual response or resisting temptation

How do challenges present?

- ❖ Poor time concepts- not being time aware
- ❖ Impulsive actions – thinking in the moment
- ❖ Hyper-focusing on other tasks and finding it harder to switch tasks
- ❖ Difficulties forward planning
- ❖ Difficulties dividing tasks into parts
- ❖ Difficulties remembering to remember what needs to be done until too late
- ❖ Difficulties deciding on priorities
- ❖ Not placing things in a regular place so spending a lot of time looking for items
- ❖ Not using a diary system or external prompts as reminders
- ❖ Not being sure what 'tidy' looks like
- ❖ Not learning from past mistakes
- ❖ Some children may have other ADHD or DCD/Dyspraxia traits that may need to be considered

