



autism
oxford uk

NDC POST DIAGNOSTIC
WORKSHOP

EXECUTIVE
FUNCTIONING AND
STRATEGIES TO
SUPPORT DEVELOPING
INDEPENDENCE

Week 4

INTRODUCTIONS

Margaret...



Tara...



RECAP / CHECK IN

- **Week 3 – A Life Coach approach**
- **How is everyone feeling?**
- **Any positives or learning points in the last week?**

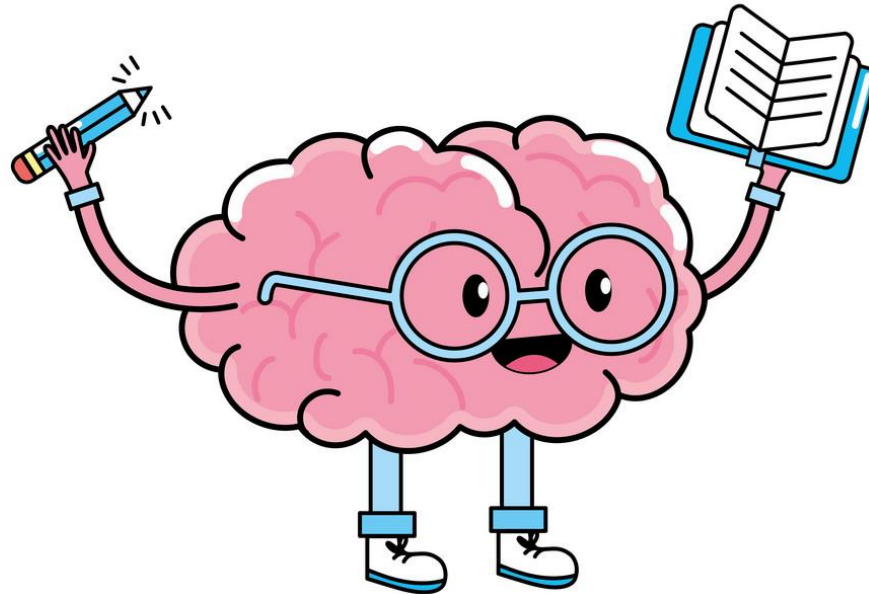
Workshop Etiquette

- Please mute your mic when not talking.
- Please leave your camera's on- it's much nicer for us to talk to faces rather than blank screens.
- Please ask questions by putting the raise hand icon up or in the chat function if that's more comfortable for you.
- Please be mindful to the terminology you use.
- This is your workshop, so please do make the most of it.
- Anything discussed and shared during this workshop will remain confidential.

WHAT WE ARE GOING TO COVER

- What is executive functioning
- Executive functioning challenges
- Strategies to support development of independence

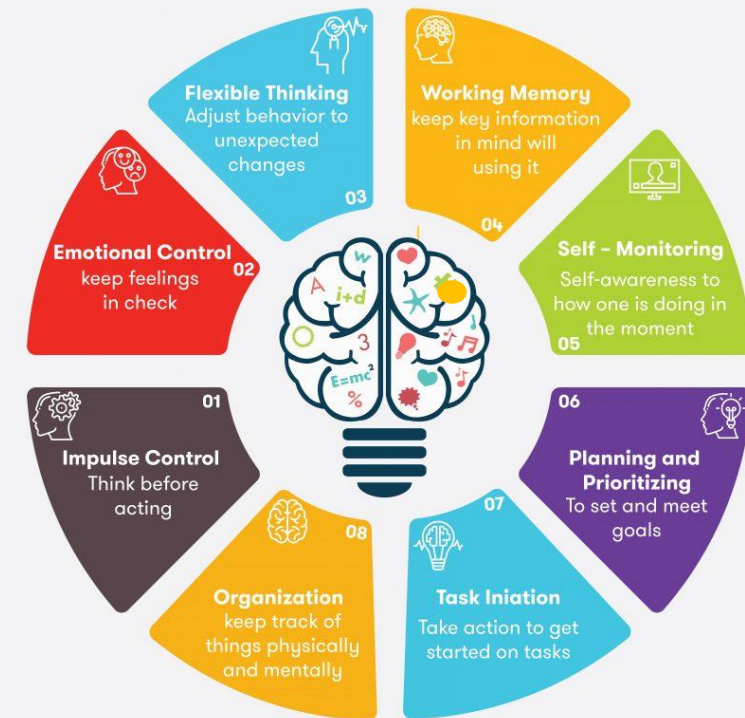
What is executive functioning?



Executive functioning

Executive functioning skills are 'life skills' that we all develop from a young age.

EXECUTIVE FUNCTIONING



Executive functioning challenges

Many autistic / ADHD people have difficulty with executive functioning. What we might consider 'simple tasks' such as brushing teeth, doing homework, getting dressed, remembering our lunch box, become difficult for those with executive functioning challenges



Executive functioning challenges



Processing information and regulating emotions are common needs.

They may have trouble with certain skills like planning, staying organised, sequencing information, and self-regulating emotions.

Executive functioning challenges

Other challenges with executive functioning might be: Following instructions, managing time, starting a task, focusing at school, working through challenges and problem solving.



This can look like...

Frustration



Refusing to do certain tasks



Lack of motivation



Forgetting things

Strategies to support development of independence

- Building self confidence
- Communication
- Visual aids
- Practice self care skills
- Use interests

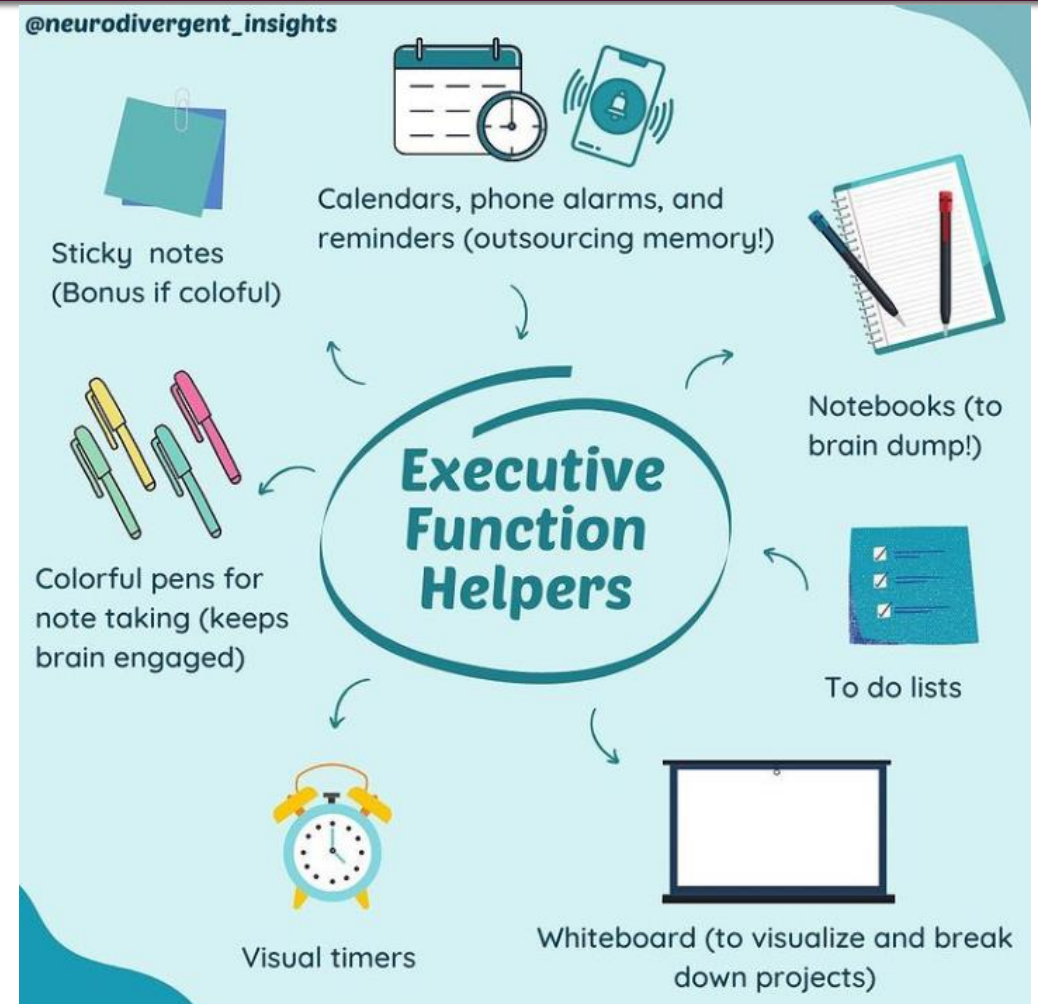
Approach tasks step by step

Breaking tasks down into smaller steps can be easier to follow.



Visual aids

Visual aids to are helpful to prompt and support organisation.



Reminder tools

Reminder tools such as reminder apps, alarms on watches or phones are helpful prompts. These can be set in advance, customised to the person and can also provide multiple reminders if needed.



Written instructions

Written instructions provide a point of reference and avoid the pressure to remember everything. Things like homework should be written down in the same place each time.



The five- minute rule

The five-minute rule supports task initiation by taking the demand away. Start by doing the task for 5 minutes and once that 5 minutes is up, you can stop (usually people go over the 5 minutes and fully complete the task).



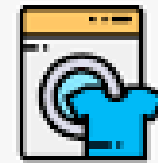
Switch tasks



Switching between tasks can help with staying motivated and stimulated while doing boring or tedious tasks.

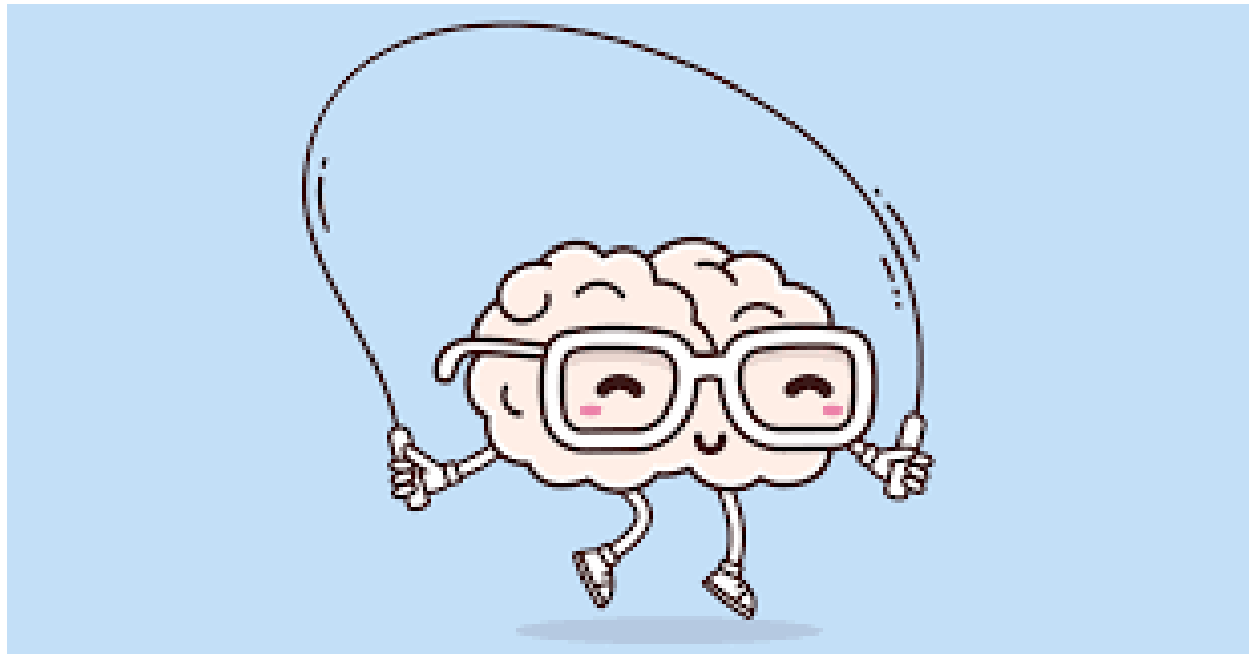
Create routines

Routines are a great way to practice executive functioning skills each day.



Brain breaks

Provide brain breaks during and after instructions to allow processing time. This can involve movement.



Useful links

- <https://livewell.oxfordshire.gov.uk/Services/3278>
- <http://www.afso.org.uk/>
<http://oasionline.org.uk/>
- [know-your-normal-toolkit-ambitious-about-autism.pdf\(ambitiousaboutautism.org.uk\)](#)
- Life Skills Workbook for Children with Autism and Special Needs: Activities to help increase independence at home, school and community
<https://amzn.eu/d/6bi3odD>
- <https://shift-abingdon.org.uk/>
- [Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents \(Audio Download\): Russell A. Barkley, Abby Craden, Novel Audio: Amazon.co.uk: Books](#)
- [Avoiding Anxiety in Autistic Children: A Guide for Autistic Wellbeing \(Overcoming Common Problems\): Amazon.co.uk: Beardon, Luke: 9781529394764: Books](#)
- [When My Autism Gets Too Big: A Relaxation Book for Children With Autism Spectrum Disorders: Amazon.co.uk: Buron, Kari Dunn, Myles, Brenda Smith: 9781931282512: Books](#)

THANK YOU



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