

# Journeys With PDA: Executive Function

**Executive Function (EF)** are the set of mental skills that help you get things done. These skills are managed by a part of your brain called the frontal lobe. This means the more advanced area of the brain is in charge of these skills.

## LIFE SKILLS ASSOCIATED WITH EF

- Managing Time
- Paying Attention
- Planning & Organizing
- Remembering Details
- Multitasking
- Controlling Impulses

## BEHAVIOR SKILLS ASSOCIATED WITH EF

- Understand Social Norms
- Control Impulses
- Adjust Behavior
- Solve Problems
- Regulate Emotions

## PDA CONSIDERATIONS

Is executive function causing an increase in demands and anxiety?  
Remember to collaborate & use declarative language when supporting a PDAer with EF challenges.

**EXECUTIVE FUNCTION HELPS YOU ORGANIZE YOUR ACTIVITIES, STAY FOCUSED, AND MAKE GOOD DECISIONS.**

## CHALLENGES EF CAN CAUSE

- Working memory- how you think about, use, and recall information in your everyday life.
- Cognitive Flexibility- the ability to change your behavior in response to things around you changing.
- Inhibition Control - how you manage your thoughts, feelings, and behavior.

## WAYS TO SUPPORT

- Be Patient
- Allow More Time
- Repeat Direction/Steps
- Break Down Tasks
- Remove Steps
- Gentle Reminders
- Checklists
- Organize Their Space
- Explicit Instructions

## CONTRIBUTING FACTORS

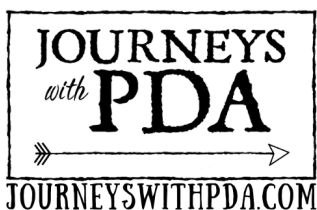
- ADHD
- Stress & Anxiety
- Lack of Sleep
- Environmental Factors
- Learning Difficulties
- Medical Conditions
- Nutritional Deficiencies

**EF isn't just being forgetful or disorganized occasionally. It affects your everyday life. It's not a matter of how smart you are or how much effort you put in; it's a disconnect in your brain's ability to coordinate and carry out tasks.**

## ADDITIONAL RESOURCES

The Autism Discussion Page on the core challenges of autism: A Toolbox for Helping Children with Autism Feel Safe, Accepted, and Competent Book by Bill Nason

Autism Discussion Page on Facebook: <https://www.facebook.com/autismdiscussionpage>



## CONTACT US

- ✉ [JourneysWithPDA@gmail.com](mailto:JourneysWithPDA@gmail.com)
- 🌐 [JourneysWithPDA.com](http://JourneysWithPDA.com)
- 📘 [Facebook.com/JourneysWithPDA](https://www.facebook.com/JourneysWithPDA)
- 📷 [@Journeys\\_With\\_PDA](https://www.instagram.com/@Journeys_With_PDA)

