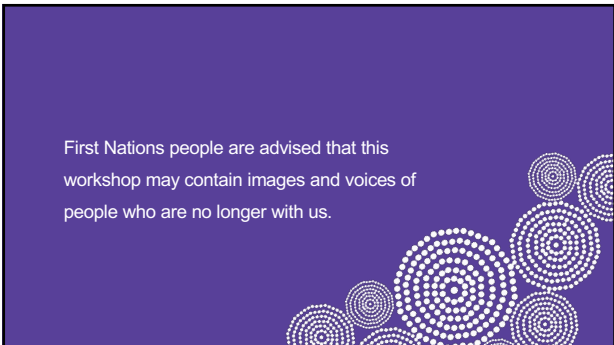




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EXECUTIVE FUNCTIONING WEBINAR


Meet the presenters



Rani Ramjan
PROJECT OFFICER NSWACT
Positive Partnerships





Jennifer Winstone
SPEECH THERAPIST
Co-founder, Communication Spectrum



Jessica Shabbazi
TEACHER
Co-founder, Communication Spectrum

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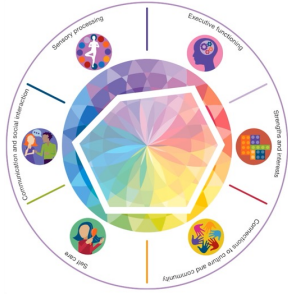
Learning intentions

-  To explore executive functioning skills and the implications for home and school
-  Consider practical strategies to support the development of executive functioning skills

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The Diversity Wheel


The Diversity Wheel consists of six areas that shape our everyday experiences.



Diversity Wheel is adapted from Rebecca Burgess' <https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

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Everyday executive functioning



8



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Autism and executive functioning

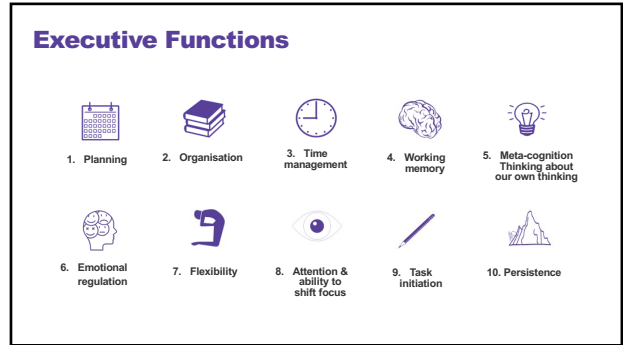
- relationships
- expectations
- considerations



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Executive Functions


1. Planning
2. Organisation
3. Time management
4. Working memory
5. Meta-cognition
Thinking about our own thinking
6. Emotional regulation
7. Flexibility
8. Attention & ability to shift focus
9. Task initiation
10. Persistence



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1. Planning


- planning how to complete a task
- understanding what finished looks like



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2. Organisation

- organising thoughts
- equipment
- time
- work space



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3. Time management

Understanding and knowing how to complete an activity in a given timeframe



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4. Working memory

Remembering information whilst working on other tasks.



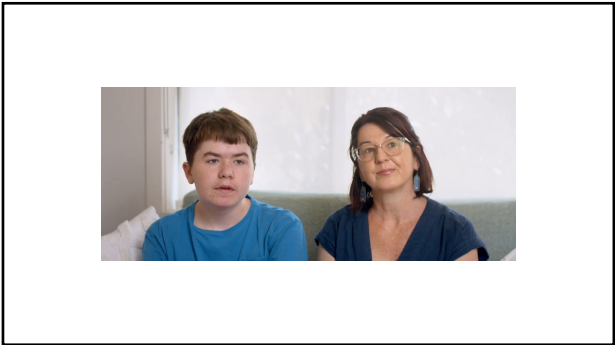
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Strategies

Executive functioning resources - Amaze

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EXECUTIVE FUNCTIONING

Strategies

Four practical ways to support planning, organisation and time management.

<p>01 PLANNING ORGANISATION</p> <p>Make the task clear</p> <ul style="list-style-type: none"> Give specific, visible steps Show what "finished" looks like 	<p>02 TIME MANAGEMENT</p> <p>Make time visible</p> <ul style="list-style-type: none"> Use timers, schedules, first/then Prompt when to start and what's next 	<p>03 PLANNING ORGANISATION</p> <p>Reduce overload</p> <ul style="list-style-type: none"> Chunk tasks into smaller parts Use visual reminders 	<p>04 ORGANISATION</p> <p>Keep it consistent</p> <ul style="list-style-type: none"> Share tasks across home and school Use the same structure each time
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Before school

MyCOMMS

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5. Meta-cognition

Being aware of what you are doing

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EXECUTIVE FUNCTIONING

Strategies

Three ways to support working memory and metacognition.

<p>01 WORKING MEMORY</p> <p>Support memory in the moment</p> <ul style="list-style-type: none"> Reduce verbal load Model what to do, not just tell Use visuals to hold info - e.g. photos of the tasks in order 	<p>02 WORKING MEMORY - METACOGNITION</p> <p>Externalise thinking</p> <ul style="list-style-type: none"> "Brain dump" - spoken, drawn or supported Keep key information visible 	<p>03 METACOGNITION</p> <p>Build awareness over time</p> <ul style="list-style-type: none"> Teach self-monitoring with visuals or check-ins Teach how to ask for help
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6. Emotional regulation
Managing emotions

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7. Cognitive flexibility
Being able to change plans and adapt to a new situation

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EXECUTIVE FUNCTIONING

Strategies

Three ways to support emotional regulation and cognitive flexibility.

<p>01 EMOTIONAL REGULATION</p> <p>Support regulation first</p> <ul style="list-style-type: none"> • Embed environmental adjustments • Build in movement and breaks • Co-regulate before expecting independence • Offer transition activities 	<p>02 COGNITIVE FLEXIBILITY</p> <p>Make change predictable</p> <ul style="list-style-type: none"> • Prepare for transitions - what's changing and why • Use visual schedules or first/then • Give warnings before shifting • Problem-solve potential challenges ahead of time 	<p>03 COGNITIVE FLEXIBILITY</p> <p>Support flexible thinking</p> <ul style="list-style-type: none"> • Offer structured choices • Model alternative options • Use social stories
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EXECUTIVE FUNCTIONING WEBINAR

Scenario


“ Meet Leo - a year 8 autistic student.
A group project takes a last-minute turn. How can we support him?

Read the full scenario in the chat.
We'll discuss together once everyone has read it.

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8.Attention


Paying attention to a task, even if we are bored, tired, or it is not our interest area



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9.Task initiation


- The ability to start a task
- Waiting until the last minute to start



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10.Persistence

The ability to keep going to finish a task and re-visiting the task if necessary



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EXECUTIVE FUNCTIONING

Strategies

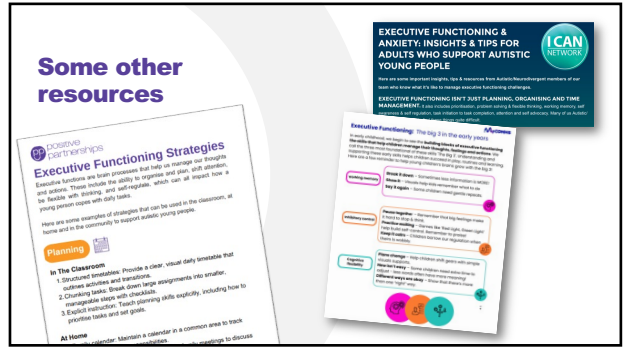
Three ways to support task initiation, attention and persistence.

01 TASK INITIATION	02 ATTENTION	03 PERSISTENCE
<p>Make starting easier</p> <ul style="list-style-type: none"> • Reduce waiting and uncertainty • Show the first step clearly • Start together if needed 	<p>Support attention</p> <ul style="list-style-type: none"> • Embed passions and interests throughout tasks (not as a reward) • Reduce distractions • Keep instructions short and clear • Use visuals to anchor focus 	<p>Build persistence</p> <ul style="list-style-type: none"> • Break tasks into achievable parts • Show progress - e.g. crossing off steps • Use interest to sustain engagement

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