

Resource Bank

Who is this for?

Parents

Neurodivergent Adults

Executive Functioning

Quick Check



Attention & Focus

Loses their place whilst reading or working

Needs reminders to return to a task

Has to interrupt conversations otherwise they'll forget what they wanted to say.

Working Memory

Forgets multistep instructions

Has to interrupt during conversations or they'll forget what they wanted to say

Needs information repeated

Planning & Organisation

Workspace becomes cluttered quickly

Doesn't know where to begin

Forgets important items

Time Awareness

Underestimates how long things take

Often runs late

Loses track of time

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Executive Functioning

Quick Check

Emotional Regulation

Becomes overwhelmed quickly

Small problems feel very big

Finds it hard to calm down, whilst their emotions interrupt their activity or task.

Flexible Thinking

Strongly shows a preference for knowing what will happen next.

Prefers familiar environments.

Struggles to cope or go with 'the flow' when rules or environments change.

Self-Monitoring

Doesn't notice clear mistakes

Finds it difficult to judge how a task went

Needs support to reflect on where things went well or wrong.

Remember

Differences in executive functioning is not a measure of intelligence or effort.

They simply show how the brain manages everyday tasks. Everyone has strengths and challenges.

What's next? Notice the areas you recognise happen most - think about when they happen most. Explore our strategies that can help.