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Autism and Everyday Executive Function: A Strengths-Based Approach for Improving Attention, Memory, Organization and Flexibility

Paula Moraine

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Understand and support executive function in individuals with Autism Spectrum Disorder (ASD) with this fully-explained, innovative model. Showing how to use an individual's strengths to address executive functioning weaknesses, this approach will also help to build a strong foundation for social and communication skills.

Advocating a person-centred approach, the author describes the importance of identifying the individual's preferred style of engagement and communication, and how sensory experiences impact their thoughts, feelings, and actions. She explains how to use this information to identify the individual's strengths and weaknesses across eight key areas which are the building blocks of executive functions: attention; memory; organization; time management; initiative; behavior; goal setting and flexibility. These areas can be used daily to establish predictability and offer a foundation for interpreting, processing and understanding the world with flexibility. Professionals and parents can also use them as the basis of an Individualized Education Plan (IEP), or to create personalized interventions and support at school or at home.

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