



Insight into strategies to support executive functioning

We asked a group of autistic adults to share their personal strategies to support their daily challenges with executive functioning skills. Here is what they told us:

"Placing a water bottle in the field of vision to remind me to drink water"

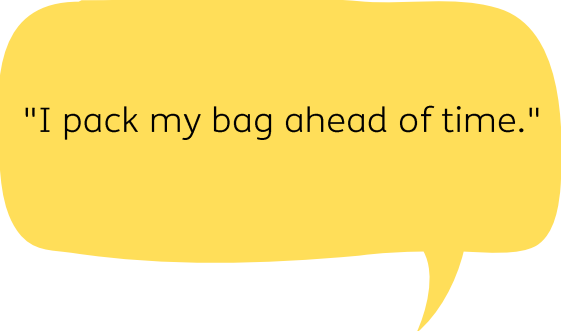
"Using alarms on my watch to remind me to move throughout the day otherwise I will become too absorbed in what I am doing."

"Using a planner to schedule appointments and plan the week ahead."

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"I create step by step guides for things I need to do, for example making a sandwich."





"I pack my bag ahead of time."



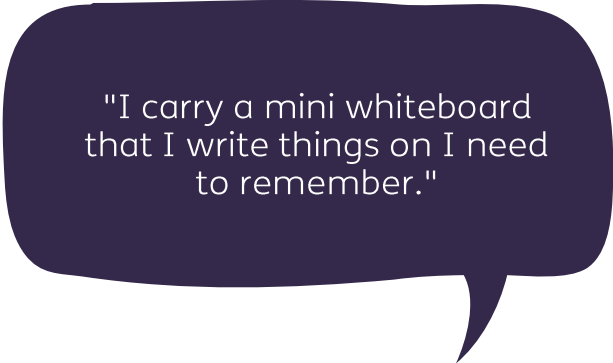
"I set alarms on my phone to tell me when it is time to move to the next task."



"I create step by step guides for things I need to do, for example making a sandwich."



"I make sure that everything in my bedroom has a place."



"I carry a mini whiteboard that I write things on I need to remember."



"I put things on the doormat, so I remember to take them out when I leave home."

"I label all the drawers in my room, so I know what is in them as I often forget."

"I find some apps quite useful; I use colour notes and Google routine."

"I use my Alexa to set up alarms to remind me of things throughout the day. I also use it to create my shopping list."

"I have a jar that I label 'brain dump' I write down all the things that I don't need to think about yet and put them in the jar."