



LEIGH HARTER
SPEECH SERVICES

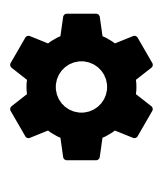


EXECUTIVE FUNCTIONING

COMMAND & CONTROL CENTER

WHAT IS IT?

" A set of processes that all have to do with managing oneself & one's resources in order to achieve a goal."



INHIBITION & INITIATION

Short-term memory skills, impulse control, monitoring choices, denial or unawareness behavior is problem, etc.



SELF-REGULATION

Shifting attention based on task demands, focus & sustaining attention, verbal fluency, self-talk, etc.



PLANNING & ORGANIZATION

Juggling multiple tasks at once, mental flexibility, goal setting, initiating & completing tasks, etc.

ORIGIN

These high level cognitive skills are centralized in the frontal lobe of the brain, as well as the prefrontal cortex, basal ganglia, and thalamus.



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EXECUTIVE FUNCTIONING SKILLS

SKILLS:

- Pay attention
- Switch focus
- Remember things
- Organize tasks
- Manage time
- Think creatively



CAUSES OF DYSEXECUTIVE FUNCTION

- ADHD
- Depression
- TBI
- Learning disability
- Dementia



COMMUNICATION

Maintain relationships, verbalize emotions, etc.

ACCOUNTABILITY

Show up to work/school on time, complete assigned tasks/projects, etc.

ANALYSIS

Break down tasks into smaller parts, set goals, etc.

ORGANIZATION & REGULATION