



**August 17, 2023**

**LATE, LOST & LAGGING BEHIND:  
DEMYSTIFYING EXECUTIVE FUNCTIONS  
& ADHD**

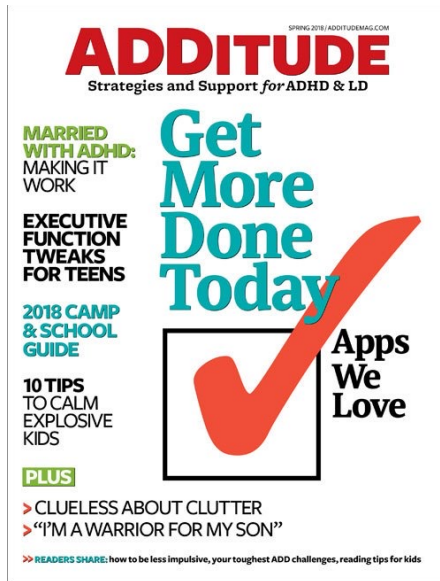
**NAPO Michigan**

# Order Out Of Chaos' Mission

Our purpose is to provide hands-on education, guidance and coaching to parents and their students through our customized products and programs, so all children – both mainstream and with learning issues – can develop the necessary skills they need to experience success in learning and in life.

# Where to Find More Information

## ADDitude Magazine's "*Dear ADHD Family Coach*®" Columnist



Menu **ADDITUDE** *Inside the ADHD mind*

ADHD SYMPTOMS & TESTS ADHD TREATMENT ADHD PARENTING ADHD ADULTS NEWS & FORUMS DOWNLOADS, WEBINARS

Time to talk to your child's doctor about an **ADHD treatment**

ASK THE EXPERTS

### Q: What Activities (Besides Video Games) Captivate the Attention of Teens with ADHD?

Video games are addictive for ADHD brains. If your teen tends to hyperfocus on screens, help him strike a healthier balance with these creative alternatives: ideas for activities and interests that will capture the attention of even hardcore, non-sporty gamers.

BY LESLIE JOSEL

Q: "Like most teenagers, [my son with ADHD really enjoys video games](#), especially when he plays with his friends remotely at home. However, he hyper-focuses on any activity that includes screen time and does little else. What are some good hobbies or general interests you have seen that are especially good for [teens with ADHD](#)? My son does not play or watch sports so any sport-related suggestion will most likely not work." —*Frustrated Father*

# ADHD/ Executive Functions

## **What's the Difference Between ADHD & Executive Functions**

# Executive Control

**Executive Control** is the brain's ability to filter, suppress and "screen out" all incoming information (including our own thoughts and impulses) that might "get in the way" of our ability to self-regulate and complete tasks.

In order to function daily, the brain must be able to ignore irrelevant thoughts, physical impulses, and external stimuli that barrage us and threaten our ability to maintain focus and control our thoughts, feelings and actions.

# Purposeful Actions

# Brain vs Behavior

**Executive Age** is the person's age based on how his or her brain is working. EF individuals are an average of 30% behind. This delay lasts into adulthood.

Human brains reach their highest point of maturity in the early 30s, and for EF people, that is where the maturity stops, even if there is delay.

# What is the Executive Age?

True Age	Executive Age	True Age	Executive Age	True Age	Executive Age
3	2	13	8.67	23	15.33
4	2.67	14	9.33	24	16
5	3.333	15	10	25	16.67
6	4	16	10.67	26	17.33
7	4.67	17	11.33	27	18
8	5.33	18	12	28	18.67
9	6	19	12.67	29	19.33
10	6.67	20	13.33	30	20
11	7.33	21	14	31	20.67
12	8	22	14.67	32	21.33

When your children frustrate you with actions that are not age appropriate, refer to this chart to remind you to give them grace because their brains are developing behind schedule.



# Pillar #1

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## Organization

**Organizing**

**Time Management**



**The ability to keep track of things in space, in stuff & in time**

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# Organization

## The Brain Craves Predictability Chaos vs Calm



# Organization



# Barriers to Entry

**Closet Door**

**Dresser**

**Height**

**Hangers**

**Opaqueness**

**Too much  
information**

**Not seeing  
time**

**Only using  
horizontal  
space**

# Rules of Thumb

If you don't see it, it doesn't exist

If it takes more than 2-3 steps to do...

Clear is always King!

Label or use color for EVERYTHING!



# Time Management

**The “Now” vs “The Not Now”  
=  
No Future Awareness**



# Time Management

**Externalize Time  
to  
Internalize Time**



# Analog Clocks

**Hang clocks in every room  
your client spends time in.**

**Including the BATHROOM!**





# Why?



Analog lets you see time move and where you stand in relation to the rest of the day.



Present time, elapsed time, future time.



Helps to understand how long you've spent on tasks and how much time you have left.



Digital gives one time – THE PRESENT!

**PAUSE  
PICTURE  
PACE**



# Pillar #2

## Focus

**Focusing**

**Shifting Attention | Transitions**



NEED TO  
WORK TIME  
OVER TASK

SET TIMERS  
FOR ODD  
AMOUNTS

# Music



# Pillar #3

## Effort

### Sustaining Effort

### Distractions

### Task Initiation



# Attention Restoration

**Batch & Focus**

**Low Effort | High Effort**

**Marry Like with Unlike**

# Pillar #4

## Managing Emotions

**Stuck.**

**Frustrated.**

**Explosive.**

**Anxious.**

**Overwhelmed.**





# Managing Emotions

1

Reduce the amount of information presented

2

Limit open ended questions

3

One decision at a time

4

Preempt topic & time

# Pillar #5

## Working Memory

**Performance in the Front  
&  
Knowledge in the Back**



***“Boomerang Brain”***

**Notebook/Photos**

**Link the unknown to the known**

**Offload support**

# Strengthen Memory

**Create Images**

**Use experiential experiences**

**audio**

**photos**

**tactile**

**video**



# Pillar #6

**Action**

**Monitoring Actions**

**Self Leadership**



# Movement

## Movement Helps

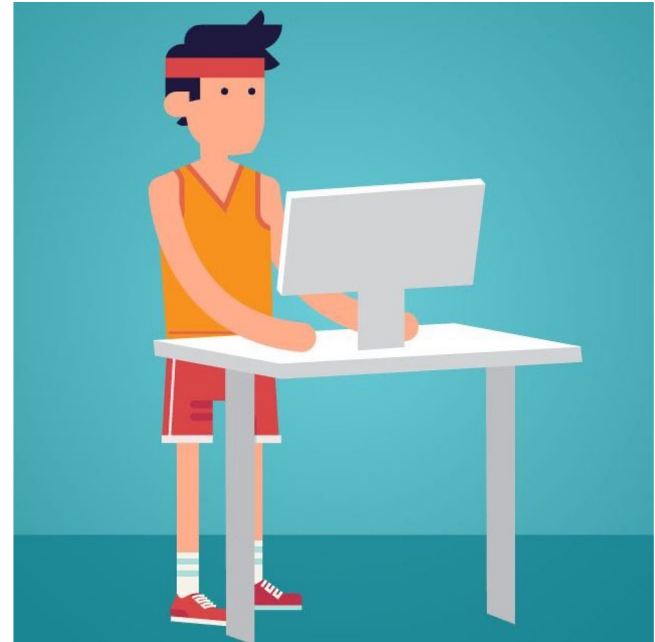
**Manage Impulses**

**Distractibility**

**Effort & Focus**

**Lay Down Learning**

**Recalls Memory**



A photograph of a person wearing headphones and glasses, sitting at a desk with a laptop and a smartphone, appearing to be in a professional or educational setting.

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# Q & A

