



September 11, 2023

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

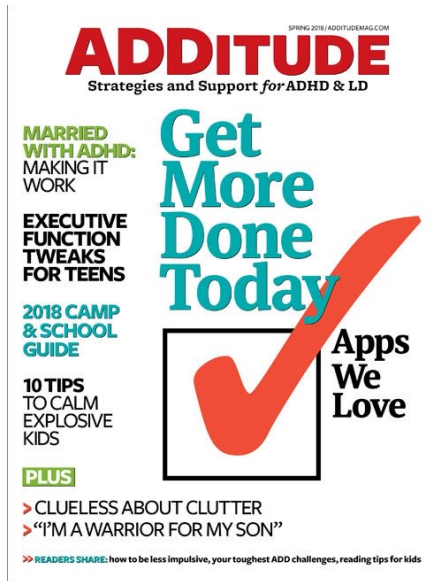
Organizing With Lisa

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 = EF

**If diagnosed with ADHD you
AUTOMATICALLY have Executive Dysfunction!**

BUT...

The reverse IS NOT TRUE.

You can have lagging EF skills and NOT have ADHD!

ADHD Facts

**ADHD is a Self-
Regulation Disorder
OR
Lagging Executive
Functioning Skills**



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

Organization

Organizing

Time Management



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

Mindshift

**HOW YOU LEARN IS
HOW YOU ORGANIZE!**

Mindshift

**FILER VS
PILER**

**REVEALER
VS
CONCEALER**

Guidelines

Horizontal=Hidden



Vertical=Visual

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**



SORRY
I'M LATE

Analog Clocks

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

Including the BATHROOM!



Why?



Analogs let's 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!

Where am I in relation to the rest of my day?



PAUSE
PICTURE
PACE



Pillar #2

Focus

Focusing

Shifting Attention | Transitions



NEED TO
WORK TIME
OVER TASK

SET TIMERS
FOR ODD
AMOUNTS

Music



You Had Them at HELLO



Talk in sound bites

Pre-empt topic and time

**Can you bring your effort
level up to me?**

Attention Restoration

Batch & Focus

Low Effort | High Effort

Pair Like with Dislike

High Effort | Low Effort

Structure sessions using high effort | low effort model

20-minute for prep

60-minute session

15-minute solo



Pillar #4

Managing Emotions

Stuck.

Frustrated.

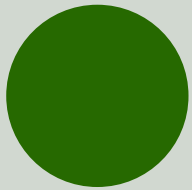
Explosive.

Anxious.

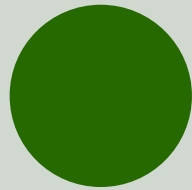
Overwhelmed.



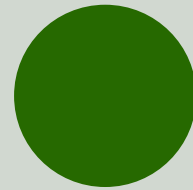
Decision Making



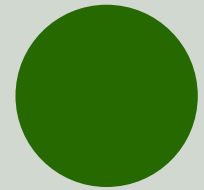
Reduce the amount of information presented



Limit open ended questions



Write down past decisions



Physically move the decision making

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

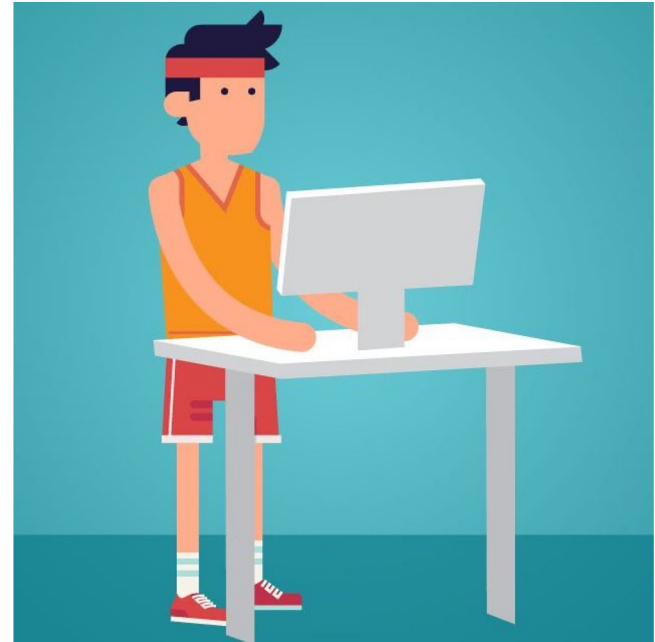
Manage Impulses

Distractibility

Effort & Focus

Lay Down Learning

Recalls Memory



Wrap Up

Let the client be the judge of what's the best use of your time

Accept you may never be done

Work at your client's pace

Ask PERMISSION!

Be flexible

Be aware of your language. Words matter!

For More Information & Resources



VISIT US: orderoochaos.com

SHOP: products.orderoochaos.com

JOIN US: facebook.com/groups/orderoutofchaos

FOLLOW US ON INSTAGRAM: [@order.out.of.chaos](https://instagram.com/order.out.of.chaos)

CONTACT US: info@orderoochaos.com

Q & A

