



Strategies and Resources: **What is Executive Functioning?**

One easy way to remember some of the major components of executive function is to think of the acronym FLIPP: Flexibility, Levelled emotionality, Impulse control, Planning/organizing, and Problem solving (**Wilkins & Burmeister, 2015**):

Flexibility - The ability to change your mind and make changes to your plans as needed.


Levelled Emotionality - The ability to emotionally self-regulate and avoid extensive mood swings.

Impulse Control - The ability to control your impulses, such as waiting to speak when called upon.

Planning/Organizing - The ability to make plans and keep track of time and materials so that work is finished on time.

Problem Solving - The ability to know when there is a problem that needs to be solved, generate solutions, select one, and evaluate the outcome.

Impact of Weak Executive Functioning on Daily Living Performance
(<http://www.azassist.com/wp-content/uploads/2012/06/Exec-Func-in-Autism-Teens-Adults.pdf>):



Problems at home - Difficulties following daily routines, performing chores. Difficulties getting started/winding down.

Problems at school/work - Attention, memory and following instructions, forgetting assignments, following schedules, getting tasks done efficiently and on time. Not having materials to complete assignments.

Impact of Weak Executive Functioning on Social Performance

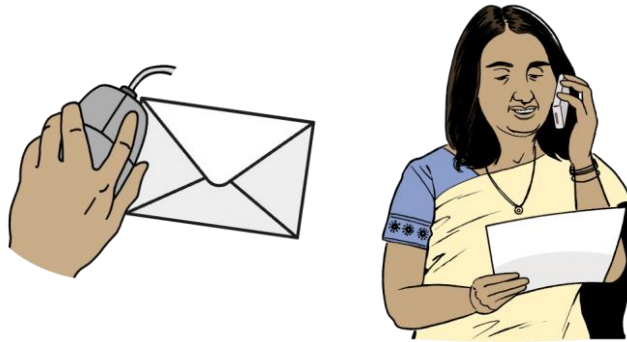
<http://www.azassist.com/wp-content/uploads/2012/06/Exec-Func-in-Autism-Teens-Adults.pdf>:

Problems in social settings - Impulsive, inflexible, poor self-monitoring interferes with peer relationships. Not knowing when to stop, ending up in trouble. Difficulties with turn-taking; often interrupts or is insensitive to others' feelings.

Problems with self-image - Self-esteem often affected. May develop "I don't care" attitude or very pessimistic view of the world.

Contact Us

This guide was produced by **Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds, Bradford and Craven areas.



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