

AUTISTIC INERTIA/ADHD PARALYSIS

HOW IT MIGHT PRESENT

Difficulty
Starting Tasks

Challenges stopping
Tasks

Procrastination
Due to
Overwhelm

Anxiety about
task changes

Low energy or
motivation

Rigid Routines

STRATEGIEES THAT CAN HELP

Work in a different
place for the novelty

Do something to
increase their
dopamine. like listen
to a song or eat
something before

Get them to move
their body for a
little bit to help
their brain out of
the freeze state

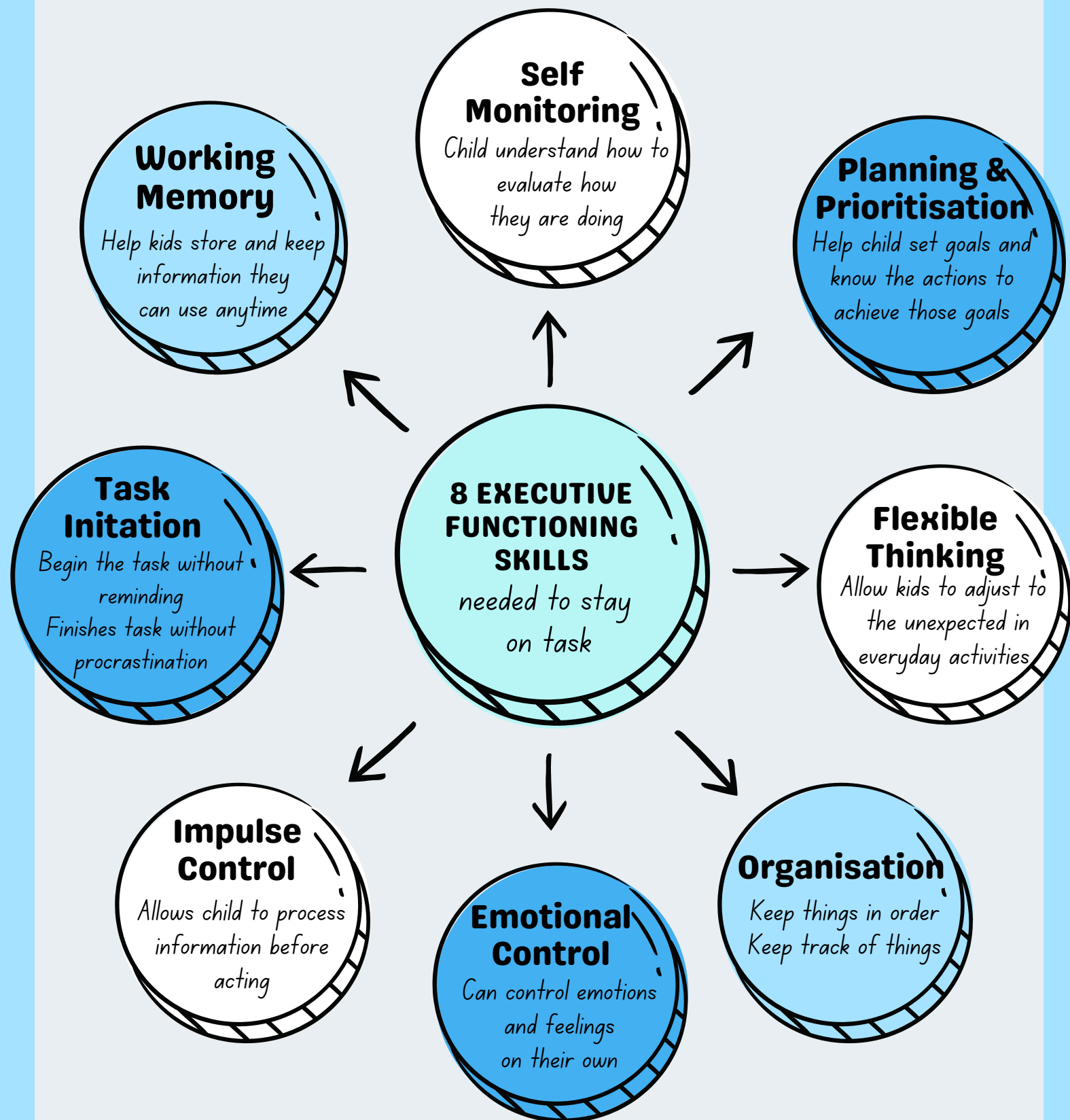
Think of ways to add
reward and
accountability to
their task

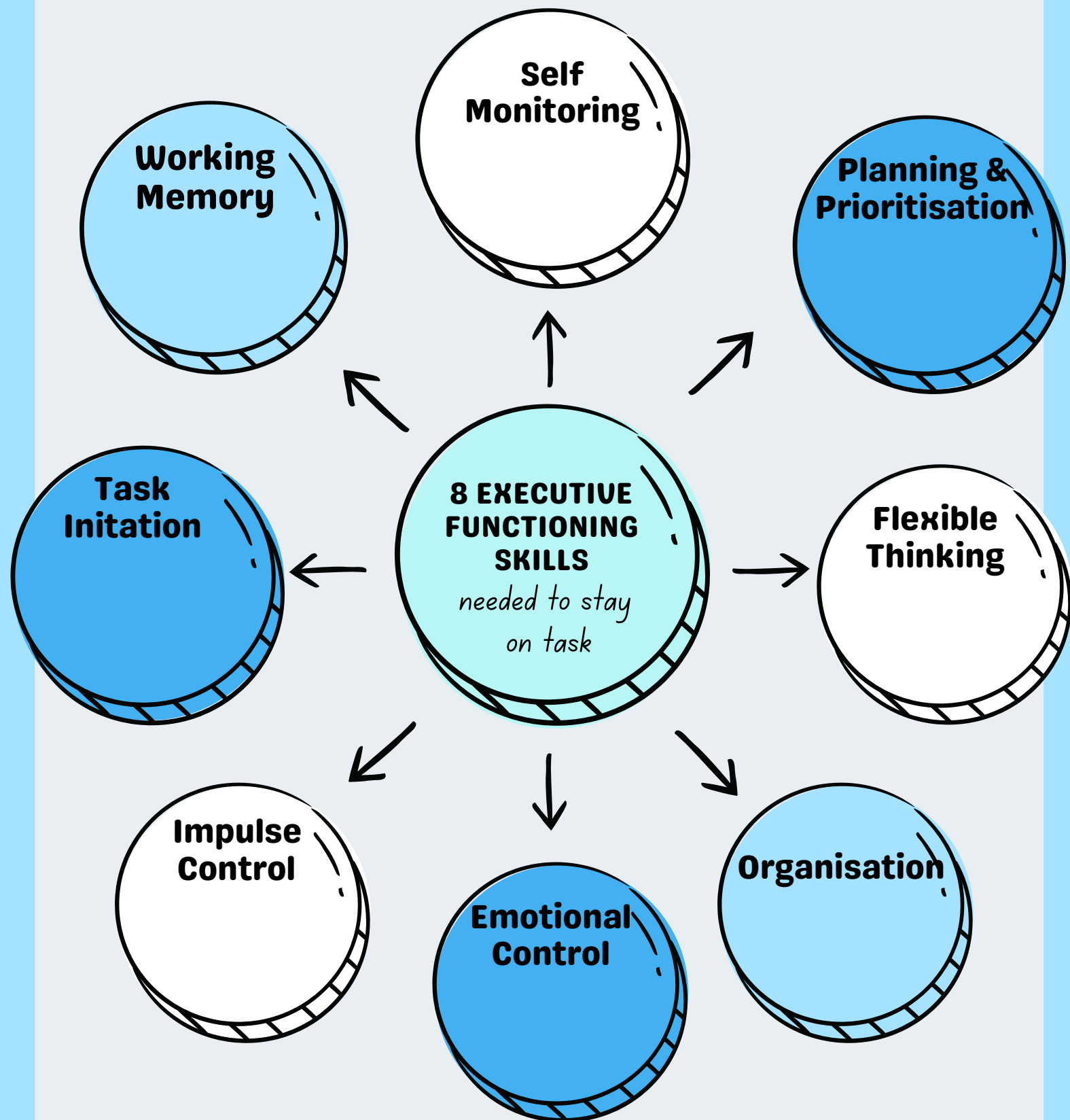
Start small with
the part of the
task that feels the
most doable

Set a timer for the
student of ten-fifteen
minutes and ask them
to do as much as
they can in that time

Have someone sit
near next to them
to help them feel
more anchored and
like they're not all
on your own

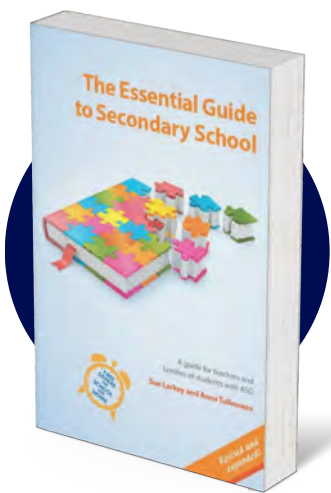
Don't wait until
they have 'more
time' or it 'feels
right' - starting is
half the battle





Sue's Top Pics for EXECUTIVE FUNCTIONING RESOURCES

Sue Larkey Books



The Essential Guide to
Secondary School



The Ultimate Guide to
School and Home



A Manual To Provide
Support and Care for Adults
with Autism Spectrum



MEGA BOOK of Timesavers

Timers



Time Timer PLUS



Liquid Timers

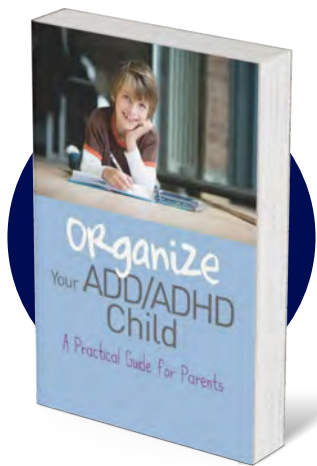


Portable Schedule
Timer

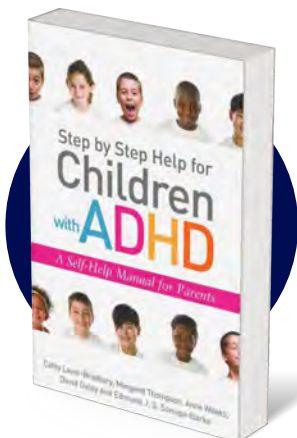


Time Timer

Executive Functioning Books



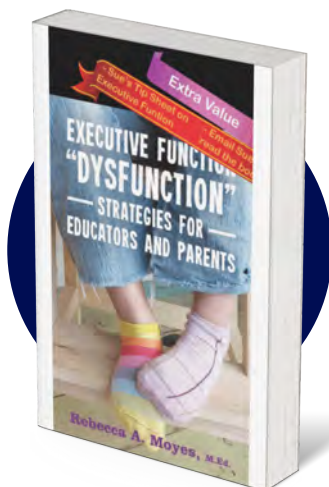
Organize Your ADD/ADHD
Child



Step by Step Help for
Children with ADHD



Autism and Everyday
Executive Function



Executive Function
Dysfunction

EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

Why it Impacts Learning and Behaviour - What to do



How to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**) in your Busy Classroom.

ONLINE ON-DEMAND COURSE

Join Dean Beadle, International Speaker & Autism Expert, for an enlightening course on Executive Functioning where he gives strategies from his lived experience and evidence-based research.

Dive into seven comprehensive lessons, starting with an introduction to Executive Functioning and the impact on learning and behaviour in Neurodiverse students (ASD, ADHD, ODD & PDA) .

Starting with core Executive Function skills, learn how they affect daily tasks and behaviour, while addressing common myths that can hinder support. Discover targeted strategies for both home and school environments, with specific focus on building Executive Function skills in the classroom.

This course equips educators, parents, and professionals with concrete tools to support Executive Functioning across different settings.

"**BONUS E-book on Executive Functioning**"

Hundreds of Tips and Strategies to apply from course - over 30 pgs.

What's included?

- ✓ Online On-Demand ✓ **2 Hours** ✓ 6 weeks to complete ✓ Certificate
- ✓ Handout includes Additional Templates Tips
- ✓ IT Support

HOW TO REGISTER

Register at: elearning.suelarkey.com.au

Group Discounts Available.

Schools and other Organisations wishing to register groups of Staff or for use in Staff Meetings for Professional Development please email support@suelarkey.com.au



Sue Larkey

20 Years Experience in Autism
Education & Training



Dean Beadle

Autistic Adult and Education
Consultant

EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

What you can do to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**)

LESSON OUTLINE

LESSON 1 What is Executive Functioning and Autistic Inertia

- Understand the crucial equation "Autism + Environment = Outcome" and its implications for support
- Discover why seemingly calm behaviour at school doesn't always indicate a lack of anxiety

LESSON 2 Myths and Misconceptions about Executive Functioning, ADHD & Autistic Inertia

- Discover how autistic inertia affects/ADHD paralysis, the ability to start and stop tasks
- Understand the difference between "won't" and "can't" in autistic behaviour

LESSON 3 Time Management in the Classroom: Why it's so difficult and how to make it easier.

- Understand how autistic individuals experience time differently
- Explore why task sequencing affects the ability to plan ahead

LESSON 4 Key Strategies for Supporting Executive Functioning at School & Home

- Learn concrete executive functioning "hacks" for home and school environments
- Discover how to simplify daily routines through strategic organisation

LESSON 5 Classroom Strategies for Building Executive Functioning Skills

- Discover how to create opportunities for skill development through games and activities
- Learn why visual supports are crucial for executive functioning success

LESSON 6 Understanding Autistic Inertia and ADHD Paralysis

- Learn the "All you have to do is..." approach to breaking down overwhelming tasks
- Understand how to identify and plan around "freeze" moments

LESSON 7 Emotional Regulation and the Importance of Safe Spaces

- Understand the connection between executive functioning and emotional regulation
- Learn how to create effective, safe spaces in educational settings

Register at: elearning.suelarkey.com.au