

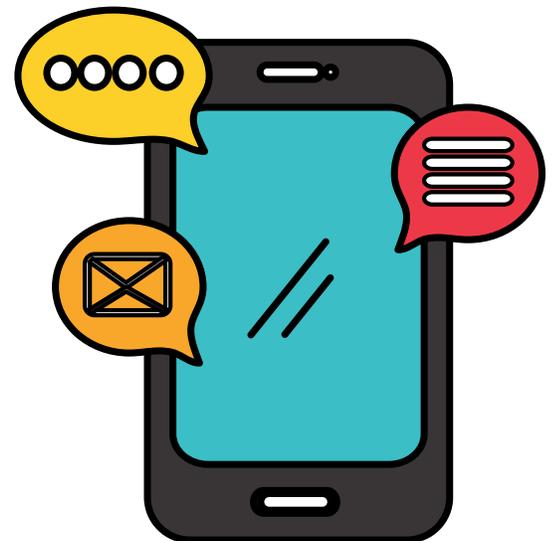
HOW TO HELP



Difficulties with Attention, Memory and Problem Solving are common in autism spectrum disorder, even in verbal DGXOWV without co-occurring intellectual disability, and can lead to significant functional disability. help with cognition.

Strategies/Interventions that could help:

- Computer software designed to improve attention, memory and problem solving:
 - www.PSSCogRehab.com
 - <https://brainhq.com>
 - <https://psyberguide.org/apps/cogpack>
 - www.happy-neuron.com
- Encourage a healthy daily schedule (e.g., healthy sleep schedule, good nutrition, chores, exercise, relaxation) and to take responsibility for being on time
- Encourage the use of visual prompts, if needed (e.g. 'to do' lists, post-its, cell phone reminders)
- Encourage the use of auditory prompts (e.g., alarm clock, cell phone)
- Encourage breaking tasks into smaller steps and tackling the easy parts first; recognizing and rewarding progress
- Cognitive Enhancement Therapy (CET) - an innovative cognitive remediation approach that integrates neurocognitive and social cognitive enhancement approaches. CET will be coming soon to PA



This resource was created by The University of Pittsburgh's Center for Autism Excellence for ASERT.