

Cognition in Autism Spectrum Disorder

Strategies for Adult Clients/Families

Difficulties paying attention to information outside one's area of interest, and challenges with memory and problem-solving skills are often experienced by verbal adults without intellectual disability. These difficulties can affect motivation and functioning at school, work and when interacting with other people.



What can I do to build my cognitive skills?

- Use computer software to help improve attention, memory and problem solving:
 - www.PSSCogRehab.com
 - <https://m.brainhq.com>
 - <https://psyberguide.org/apps/cogpack>
 - www.happy-neuron.com
- Be aware of when I become distracted and cue myself to get back on track
- Create a healthy daily schedule
- Make a list of tasks I need to complete
- Break tasks into smaller steps. Tackle the easy parts first to build motivation
- Use reminders to keep on schedule (e.g., set alarm on cell phone, use a daily planner and/or 'post-its')
- Consider participating in Cognitive Enhancement Therapy, an innovative approach designed to help improve cognition. CET will be coming soon to PA.



Pitt Center for Excellence
in Autism Research

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