



### 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](http://www.PSSCogRehab.com)
  - <https://brainhq.com>
  - <https://psyberguide.org/apps/cogpack>
  - [www.happy-neuron.com](http://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.*