

4 Tips on Task Initiation For Children and Adults

Task Initiation is often a challenge for children and adults with an executive functioning disorder. For a child, it may be lack of initiative in doing homework while for an adult, it may include forgetting or putting off paying bills. Children and adults with task initiation issues generally have a diagnosis of autism, ADHD, Intellectual disability or a learning disorder.

Signs of a task initiation impaired executive functioning skill would be someone having difficulty in getting started on a task and keeping the effort needed in order to complete the task. A child or an adult require external cues in order to complete the task. Also, it will require understanding what is expected and understanding the task. Here are a few strategies:

1. **Limit Distractions.** In the classroom any type of added sensory input can defer the student from getting started in their school work.
2. **Create a List.** Visual support will help to increase getting the work done for a school-age child, you may want to create a to-do list which the steps are broken down into smaller steps. When a person with an executive function is given a task, it may be overwhelming, making it more difficult to get started.
3. **Use Cues.** A clock or a timer will help the child or adult stay on time and understanding the amount of time it will take to complete a task
4. **Break task down.** Create where the work is done in chunks so that the work will not be as overwhelming for the student.