FACT SHEET

Executive Skills and Environment Fit

Sometimes the setting is doing part of the work - for better or worse

Some environments demand more...

- paperwork
- self-directed planning
- task switching
- long quiet concentration
- remembering small details
- coping with interruptions

Others provide more...

- clear deadlines
- visible priorities
- immediate feedback
- movement
- variety
- teamwork
- external structure
- predictable routines

When something is unusually exhausting

- Which executive skills does this setting demand all day?
- Which parts fit me well?
- Which parts take disproportionate effort?
- Could the environment or task be changed?
- Would an accommodation or external support reduce the demand?

Build or redesign?

Sometimes support means practicing a skill. Sometimes it means changing the conditions in which the skill is being demanded.

Difficulty can come from the person, the environment, or the interaction between them.