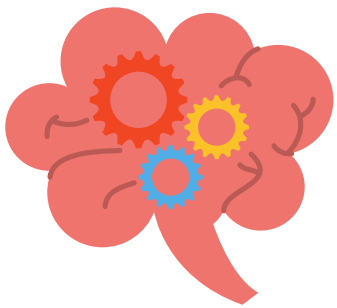


How are ADHD and executive functioning related?



ADHD can be understood as a problem of the brain's self-management system, its executive functions.

Executive functions (EF) include setting priorities, getting organized and started on necessary tasks.



EF also involve sustaining attention and effort, as well as managing alertness and emotional interference.

EF include utilizing short-term working memory, and managing one's actions without excessive impulsivity, as well.



Executive functions are most effectively assessed by evaluation of how the individual self-manages tasks and interactions in their daily life compared to others their age.

Learn more at ADHDAwarenessMonth.org