

Strategies to support task transitions for individuals in the spectrum (+ADHD)

Managing Transitions Between Tasks for Individuals with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD)

Challenges in Transitioning Between Tasks

Challenge	Description	Key Takeaways
Distraction	Difficulty focusing on the current task due to external distractions or internal thoughts.	Identify sources of distraction and develop strategies to minimize them.
Working memory limitations	Limited capacity to hold and manipulate information in mind during tasks.	Break down larger tasks into smaller, manageable steps.
Executive functioning difficulties	Challenges with planning, organization, and shifting attention between tasks.	Use tools like calendars, timers, and visual aids to help manage tasks.
Hyperactivity	Difficulty staying focused on one task due to excessive energy or restlessness.	Develop strategies to channel energy into productive activities.
Inconsistent routine	Lack of predictability in how tasks and subtasks are presented and structured.	Create consistent routines and structures for tasks and transitions.

Leveraging Typical Autistic Behaviors for Effective Task Transitions

Autistic Behavior	Description	Key Takeaways
Routine and structure	Thriving on predictable routines and structures, which can help manage transitions.	Maintain a consistent daily schedule and break tasks into structured steps.
Detailed focus	Intense focus on specific topics or tasks, which can be beneficial for managing transitions.	Use focused attention to complete current tasks efficiently.
Visual thinking	Reliance on visual information and representations.	Create visual cues, diagrams, or mind maps to help understand

Autistic Behavior	Description	Key Takeaways
		task relationships.
Consistent environment	Preference for a consistent environment with minimal distractions.	Establish a quiet workspace free of clutter and external noise.
Sensory tools	Use of sensory tools like fidgets, weighted objects, or noise-canceling headphones.	Incorporate sensory tools to help manage focus and attention during tasks.
Clear communication	Preference for clear, concise instructions using visual aids.	Provide clear instructions and visual cues to better understand task expectations.

Strategies for Effective Task Transitions for Individuals with ADHD and ASD

Strategy	Description	Key Takeaways
Creating visual representations of tasks or subtasks	Using diagrams, flowcharts, or mind maps to help understand task relationships.	Visualize the overall structure and progression of tasks.
Setting up environments that minimize distractions	Establishing a quiet workspace free of clutter and external noise.	Create an environment conducive to focused attention and effective task transitions.
Utilizing tools like timers and calendars	Using tools to help manage time, structure tasks, and maintain routines.	Use these tools to create consistent routines and manage task sequences.
Breaking tasks into smaller, manageable chunks	Dividing larger tasks into smaller, structured steps.	Make tasks more approachable by breaking them down into smaller parts.
Incorporating elements of routines and rewards	Using established routines to help manage transitions and provide motivation.	Use routines to create predictability and maintain focus during task transitions.