ATTENTION
Ability to reach a sufficient level of alertness in order to focus on various situations.

SELECTIVE ATTENTION
Focusing on something while ignoring distractions.

♦ Easily distracted by noise, movement, thoughts, and worries.

✓ Quiet environment.
✓ Reduce noise.
✓ Earplugs.

DIVIDED ATTENTION
Focusing on two or more things at the same time.

♦ Listening and taking notes at the same time.
♦ Talking with several people simultaneously.

✓ Record information to review later.
✓ Ask that people speak to you one at a time.

SUSTAINED ATTENTION
Remaining focused over a long period of time.

♦ Excessive increase in fatigue.
♦ Increase in errors.

✓ Plan short activities.
✓ Take frequent breaks.

LANGUAGE
Ability to understand and express an idea in writing or speech.

♦ Spoken language: hesitant speech.
♦ Written language: poorly constructed sentences.
♦ Reading: syllable-by-syllable reading.
♦ Listening: difficulty understanding.

✓ Speak slowly using familiar words.
✓ Express yourself using gestures, symbols, or images.

PRAXIS
Ability to coordinate and adapt voluntary motor activities directed toward a goal.

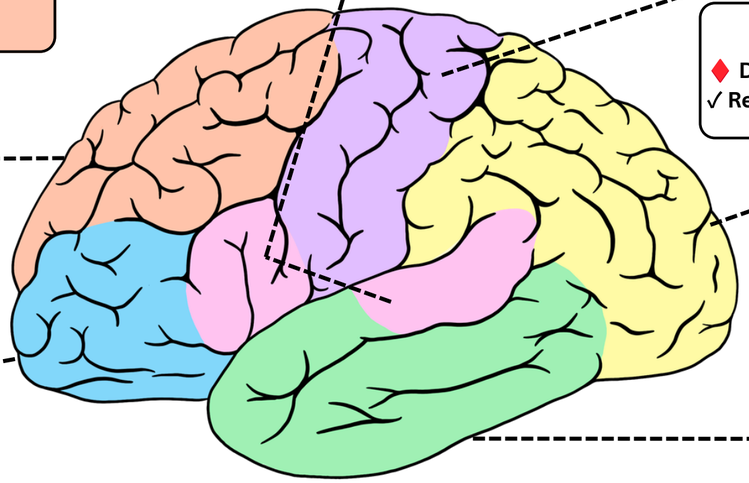
♦ Perform simple or sequential voluntary movements.
♦ Carry out daily activities (e.g., dressing, using utensils, writing).

✓ Repeat and break down complex tasks.
✓ Follow a physical rehabilitation program.

PERCEPTION AND ORIENTATION
Representation and analysis of shape, color, depth, distance, and orientation of objects, as well as their relationships in space.

♦ Distinguishing right from left.
♦ Orienting oneself in the environment.
♦ Recognizing objects, faces, or parts of one's body as one's own.
♦ Taking into account the entire visual field.

✓ Use a plan, a map, or write down directions.
✓ Place visual cues in the environment.
✓ Verbally identify objects and people.



LEGEND
♦ **Difficulties**
✓ **Recommendations**

EXECUTIVE FUNCTIONS
Processes necessary for autonomous behavior adapted to new or complex situations.

ORGANIZATION / PLANNING
Identifying, developing, and carrying out the steps and strategies needed to achieve a goal.

♦ Cooking.
♦ Following a medical prescription.
♦ Managing time.

✓ Use an agenda.
✓ Give one instruction at a time.

FLEXIBILITY
Continuously shifting from one thought to another and inhibiting/modifying habitual behaviors.

♦ Repeating the same statements.
♦ Difficulty resuming an interrupted task.
♦ Difficulty changing a habit due to obstacles.

✓ Manage as few activities as possible at the same time.
✓ Distract the person who has recurring thoughts.

ABSTRACTION
Representing the principles that connect perceptions and knowledge.

♦ Understanding implied meanings.
♦ Generalizing.

✓ Avoid wordplay.
✓ Use concrete language and objects.

JUDGMENT
Evaluating facts and acting based on experience and common sense.

♦ Giving belongings to a stranger.
♦ Calling 911 unnecessarily.
♦ Using alcohol/drugs with medication.

✓ Identify advantages and disadvantages.
✓ Seek advice from a trusted person.

SELF-CONTROL
Monitoring and adjusting one's actions and emotions according to environmental demands.

♦ Inappropriate behaviors (e.g., public outbursts, triggering a false fire alarm).
♦ Not following rules.

✓ Supervise access to dangerous places and objects.
✓ Avoid confrontation and risky situations.

LONG-TERM MEMORY
Memory of facts, knowledge, and skills accumulated over the years.

SHORT-TERM MEMORY
Memory that allows retention of a limited amount of information for a short period.

♦ Difficulty remembering what was just said or read (e.g., TV show, newspaper article).

✓ Repeat the same information several times.
✓ Use short sentences.

EPISODIC MEMORY
Personal events and experiences occurring at a specific time and place.

♦ Forgetting where items were placed or routes occasionally taken.
♦ Forgetting conversations, events, and appointments.
♦ Difficulty learning new things.

✓ Use cues to help recall.
✓ Establish routines.
✓ Use memory aids such as an agenda.

SEMANTIC MEMORY
General knowledge related to language (e.g., vocabulary) and characteristics of known objects, people, and places.

♦ Word-finding difficulties or loss of meaning.
♦ Forgetting knowledge (e.g., calculation rules).
♦ Forgetting personal information.

✓ To find a word: describe it, use rhymes.

PROCEDURAL MEMORY
Skills and habits acquired through repeated practice.

♦ No longer knowing how to ride a bike or drive a car.
♦ Difficulty learning to dance or use familiar household devices.

✓ Use simple devices that are easy to operate.