

# AUTISTIC INERTIA/ADHD PARALYSIS

## HOW IT MIGHT PRESENT

Difficulty  
Starting Tasks

Challenges stopping  
Tasks

Procrastination  
Due to  
Overwhelm

Anxiety about  
task changes

Low energy or  
motivation

Rigid Routines

## STRATEGIES THAT CAN HELP

Work in a different  
place for the novelty

Do something to  
increase their  
dopamine. like listen  
to a song or eat  
something before

Get them to move  
their body for a  
little bit to help  
their brain out of  
the freeze state

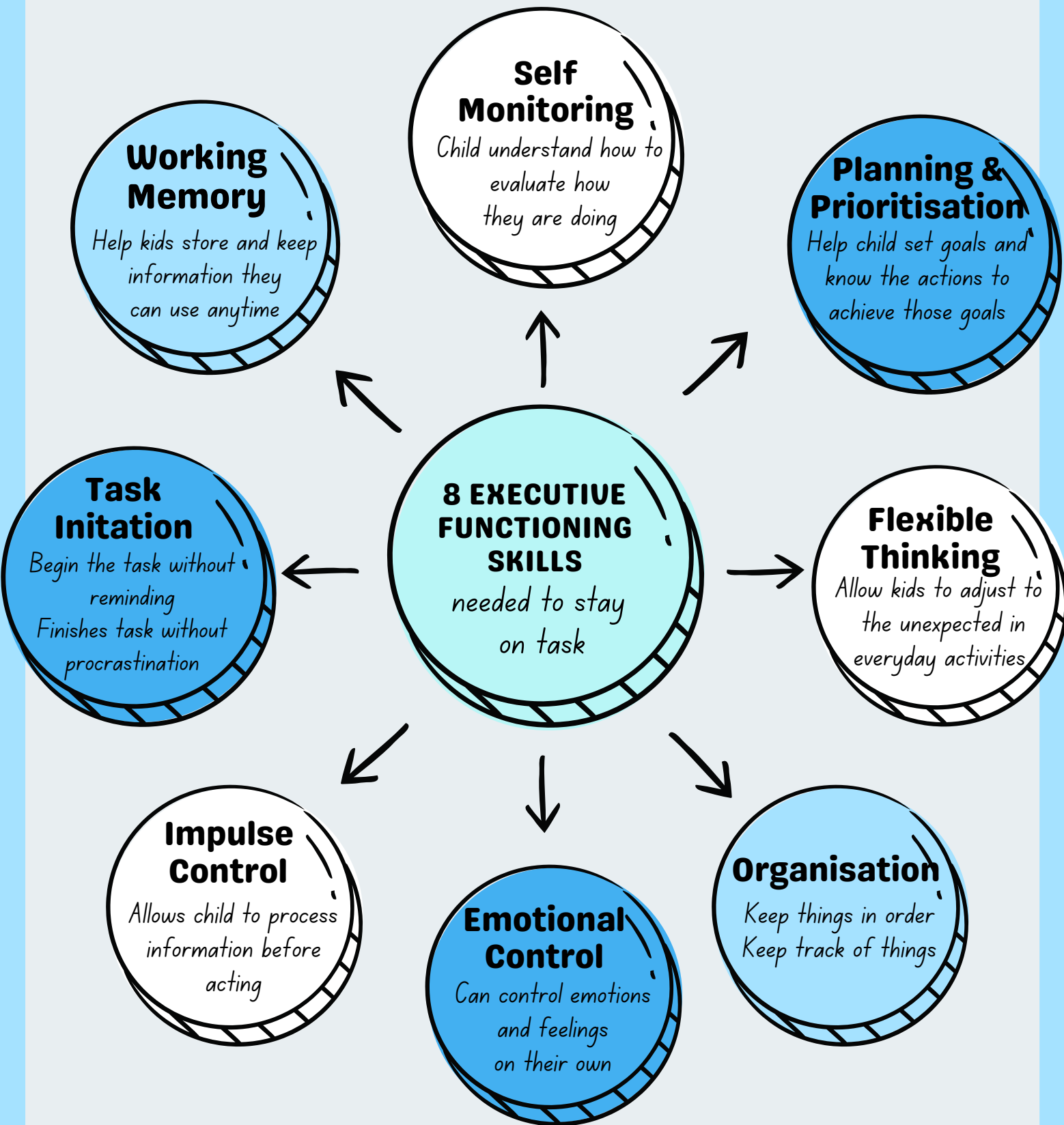
Think of ways to add  
reward and  
accountability to  
their task

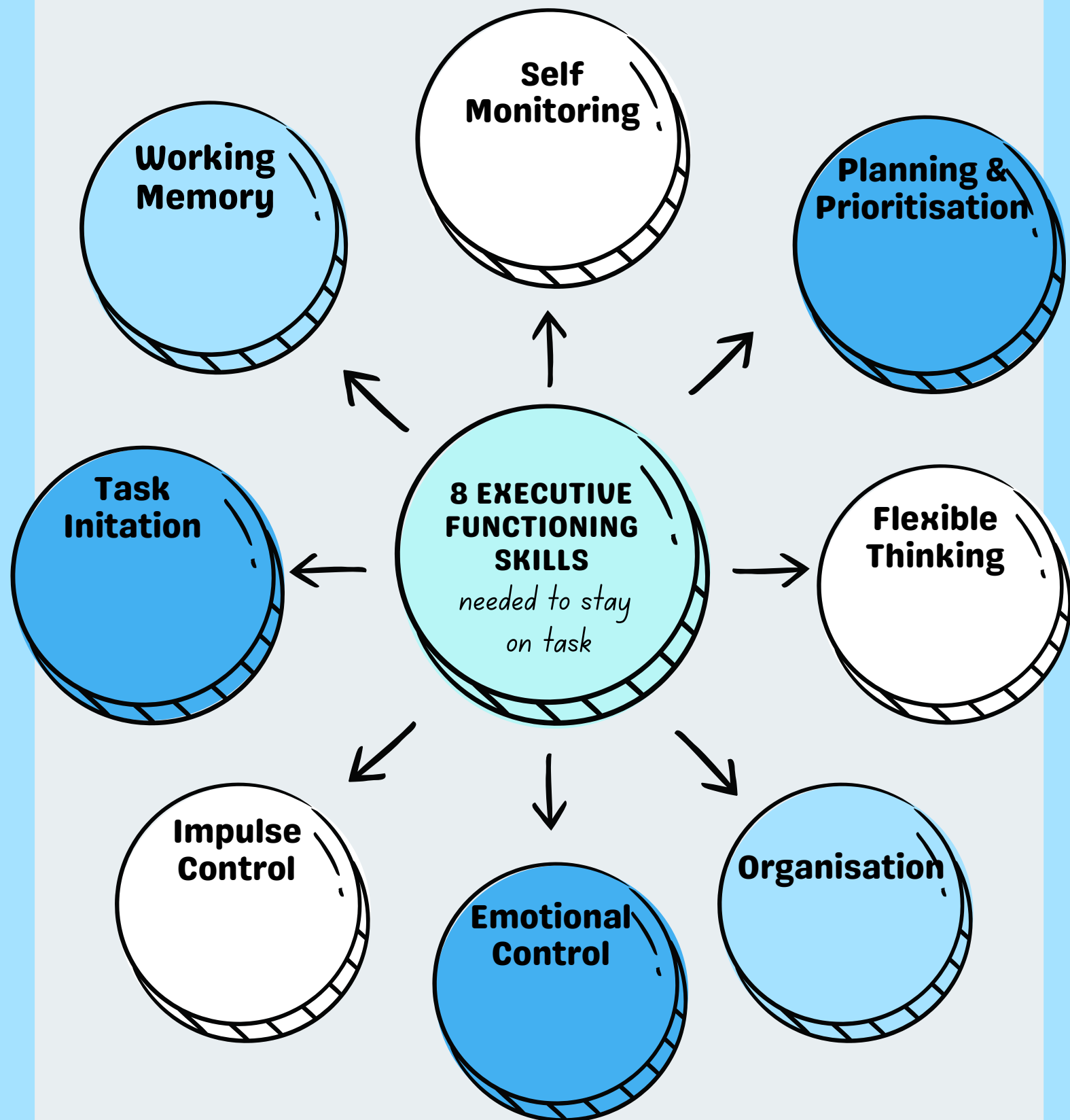
Start small with  
the part of the  
task that feels the  
most doable

Set a timer for the  
student of ten-fifteen  
minutes and ask them  
to do as much as  
they can in that time

Have someone sit  
near next to them  
to help them feel  
more anchored and  
like they're not all  
on your own

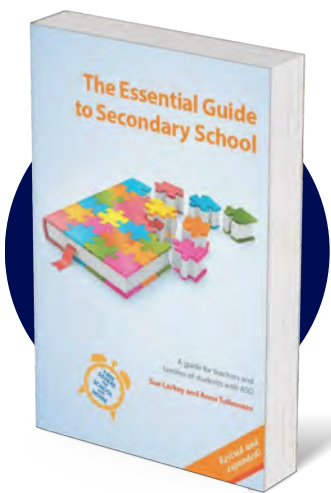
Don't wait until  
they have 'more  
time' or it 'feels  
right' - starting is  
half the battle





# Sue's Top Pics for EXECUTIVE FUNCTIONING RESOURCES

## Sue Larkey Books



The Essential Guide to  
Secondary School



The Ultimate Guide to  
School and Home



A Manual To Provide  
Support and Care for Adults  
with Autism Spectrum



MEGA BOOK of Timesavers

## Timers



Time Timer PLUS



Liquid Timers

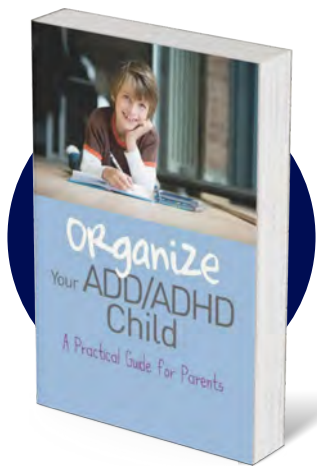


Portable Schedule  
Timer

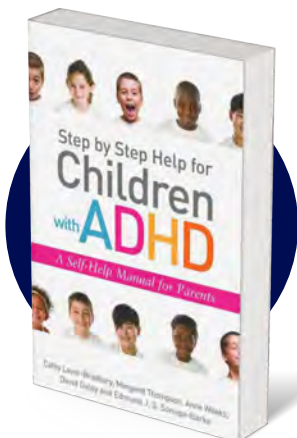


Time Timer

## Executive Functioning Books



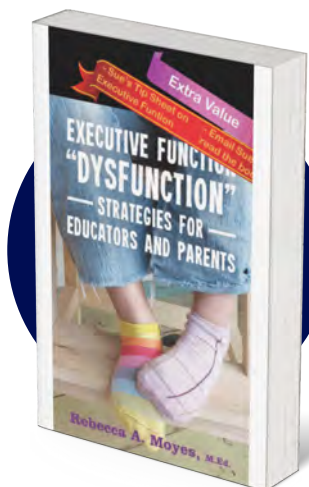
Organize Your ADD/ADHD  
Child



Step by Step Help for  
Children with ADHD



Autism and Everyday  
Executive Function



Executive Function  
Dysfunction

# EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

Why it Impacts Learning and Behaviour - What to do



How to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**) in your Busy Classroom.

## ONLINE ON-DEMAND COURSE

Join Dean Beadle, International Speaker & Autism Expert, for an enlightening course on Executive Functioning where he gives strategies from his lived experience and evidence-based research.

Dive into seven comprehensive lessons, starting with an introduction to Executive Functioning and the impact on learning and behaviour in Neurodiverse students (ASD, ADHD, ODD & PDA) .

Starting with core Executive Function skills, learn how they affect daily tasks and behaviour, while addressing common myths that can hinder support. Discover targeted strategies for both home and school environments, with specific focus on building Executive Function skills in the classroom.

This course equips educators, parents, and professionals with concrete tools to support Executive Functioning across different settings.

### "**BONUS E-book on Executive Functioning**"

*Hundreds of Tips and Strategies to apply from course - over 30 pgs.*

#### What's included?

- ✓ Online On-Demand ✓ **2 Hours** ✓ 6 weeks to complete ✓ Certificate
- ✓ Handout includes Additional Templates Tips
- ✓ IT Support

## HOW TO REGISTER

Register at: [elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

Group Discounts Available.

Schools and other Organisations wishing to register groups of Staff or for use in Staff Meetings for Professional Development please email [support@suelarkey.com.au](mailto:support@suelarkey.com.au)



**Sue Larkey**

20 Years Experience in Autism  
Education & Training



**Dean Beadle**

Autistic Adult and Education  
Consultant

# EDUCATORS GUIDE TO EXECUTIVE FUNCTIONING

What you can do to Support Neurodiverse Students (**ASD, ADHD, PDA, ODD**)

## LESSON OUTLINE

### LESSON 1 What is Executive Functioning and Autistic Inertia

- Understand the crucial equation "Autism + Environment = Outcome" and its implications for support
- Discover why seemingly calm behaviour at school doesn't always indicate a lack of anxiety

### LESSON 2 Myths and Misconceptions about Executive Functioning, ADHD & Autistic Inertia

- Discover how autistic inertia affects/ADHD paralysis, the ability to start and stop tasks
- Understand the difference between "won't" and "can't" in autistic behaviour

### LESSON 3 Time Management in the Classroom: Why it's so difficult and how to make it easier.

- Understand how autistic individuals experience time differently
- Explore why task sequencing affects the ability to plan ahead

### LESSON 4 Key Strategies for Supporting Executive Functioning at School & Home

- Learn concrete executive functioning "hacks" for home and school environments
- Discover how to simplify daily routines through strategic organisation

### LESSON 5 Classroom Strategies for Building Executive Functioning Skills

- Discover how to create opportunities for skill development through games and activities
- Learn why visual supports are crucial for executive functioning success

### LESSON 6 Understanding Autistic Inertia and ADHD Paralysis

- Learn the "All you have to do is..." approach to breaking down overwhelming tasks
- Understand how to identify and plan around "freeze" moments

### LESSON 7 Emotional Regulation and the Importance of Safe Spaces

- Understand the connection between executive functioning and emotional regulation
- Learn how to create effective, safe spaces in educational settings

Register at: [elearning.suelarkey.com.au](https://elearning.suelarkey.com.au)