



WORKING MEMORY



Working memory is memory that temporarily stores information you are thinking about



It is used to remember things you have heard (verbal memory) or...



Things you have seen (visual memory)



People on the spectrum often have difficulties with short term memory - especially verbal memory.

STRATEGIES

Use short, clear instructions (1-2 steps)

Follow demonstration with written checklists (3-5 words to jog memory)

Use alarms, notifications, sticky notes, written routines

Give people time to process - they may be focused on remembering and not listening to what comes next



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