



Executive Functioning: Problem Solving Questions

- _____ What do you do to get ready for bed?
- _____ If you have a heavy schedule the following day, what might you do the day before?
- _____ If you are going to spend the night at a friend's house, what do you need to do?
- _____ If you are going on a 2 week vacation away from home, what do you need to do?
- _____ You are unsure of where you put your mail, what do you do?
- _____ If you cannot remember where your doctor's phone number is, what can you do?
- _____ What helps you relax and not worry?
- _____ What do you worry about the most, and is there a solution to decrease the worry?
- _____ Imagine that you are hungry, but do not know what to cook, what can you do to make it easier to think of something to eat that is healthy?
- _____ You are afraid of forgetting something important for tomorrow's appointment, what can you do?
- _____ You are not sure if there is a gas leak, but smell something unfamiliar, what should you do?
- _____ You suspect someone is hurting a friend of yours, what can you do?
- _____ What part of the day is the most difficult, and what can you do to make it easier?
- _____ You are fighting fatigue, what can you do to make it easier to do the basic ADL's
- _____ What is a fear that you have, and what can you do to address it?
- _____ Where are some good places to hide a key, so that you can find it if you should misplace your current key?

Executive Functioning: Ideas for Adult Clients

- _____ Have them bring in various bills and explain them to you.
- _____ Have them cook following a recipe.
- _____ Play some table games such as:
- _____ Read a simple passage and see if they can recall all the important elements of the story.
- _____ Give them a pile of unsorted papers, and have them sort them.
- _____ Have them sort a variety of bills/records in chronological order.
- _____ Take them to the store and have them buy what is on a shopping list. [see where they have difficulty]
- _____ Have them make up an organized folder containing their medicines and doctor's information.
- _____ Have them compare 5 different google maps[each directs to a different store] that are in their neighborhood and have them place the maps in order of what park/store/doctor's office, etc. is the closest to their house.
- _____ Have them tell you what are the first things you should do when you get into a car and get prepared to drive it.
- _____ Ask what one can expect to find in a kitchen drawer.
- _____ Have them name 5 things you might put in a garage.