

ATTENTION



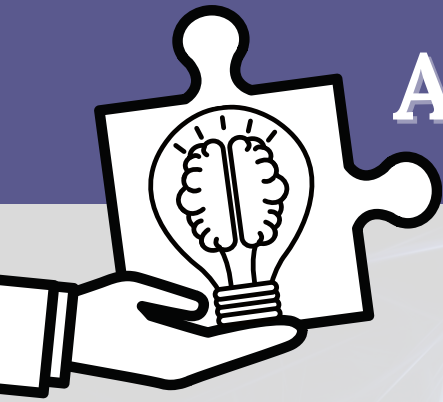
1. **Sustained:** the ability to focus on one thing for a short period of time
2. **Selective:** the ability to focus on one thing despite interruptions
3. **Alternating:** the ability to shift attention from one thing to another
4. **Divided:** the ability to focus on multiple things at the same time

LOOK FOR:



- **Sustained**
 - "Checks out"/bores easily
 - Excessive risk-taking or thrill seeking
 - Sensory seeking (*tactile, visual, auditory*)
- **Selective**
 - Trouble finishing tasks/staying focused during task
 - Goes off-topic during conversation
- **Alternating**
 - Leaving tasks incomplete after interruption
- **Divided**
 - Unable to follow conversation with multiple speakers/partipate in group discussions





ACCOMMODATIONS

- Reduce auditory and visual distractions
- Use visual aids to help with focus
- Work in quiet/non-distracting places or wear earphones to drown out noise
- Break larger tasks into smaller, written down steps
- Use highlighters or color coding when following along with handouts
- Take frequent “brain breaks”
- Use a recorder to help remember important details
- Try using doodling or fidget devices to stay focused
- Schedule appointments during most alert time frames



Aside from being awake and alert, one of the most important cognitive abilities is being able to pay attention or concentrate on important things happening around us.



CITATIONS

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