DELAYED PROCESSING



Delayed processing is the brain's decreased/slowed ability to process information you hear, see, or think about.

LOOK FOR:



- Hard time focusing on conversations
- Difficulty following directions or forgetting steps
- Prone to distractions or "zone out"
- Often feeling tired/mentally foggy
- Viewed as unmotivated/slow moving
- Misunderstood as uncooperative, or resistant due to slow responsiveness



ACCOMMODATIONS

- Ask for extra time in groups or classes
- Write down tasks step by step
- Ask for clarification if there is something you do not understand
- Physical activity supports brain function; make sure to add exercise to your day





