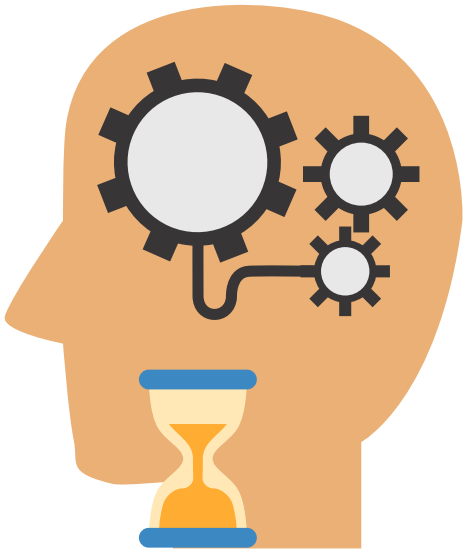
DELAYED PROCESSING



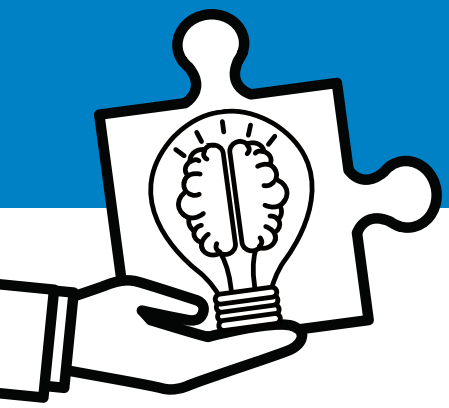
Delayed processing is the brain's decreased/slowed ability to process information you hear, see, or think about.

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

BRAIN INJURY ASSOCIATION OF IOWA

(855) 444-6443 | WWW.BIAIA.ORG | INFO@BIAIA.ORG



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

ADVOCATE FOR YOUR NEEDS!

CITATIONS

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