MENTAL INFLEXIBILITY

Mental inflexibility is the inability to respond to changes, such as thinking about multiple ideas at once or switching between thoughts.

LOOK FOR:

- Challenges in making decisions when faced with a new problem
- Changing in their mind after a decision has been made
- Learning new routines/processes, or understanding another's approach/perspective
- May appear rigid, stubborn, or uncooperative

BRAIN INJURY ASSOCIATION OF IOWA

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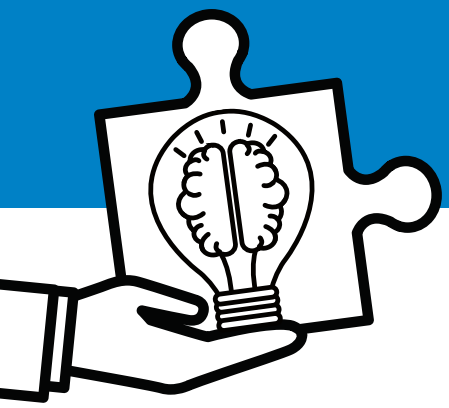

ACCOMMODATIONS
FOR PROFESSIONALS

- **Suggest setting reminders of deadlines in calendars**
- **Notify in advance of schedule/routine changes**
- **Help prepare for transitions *(e.g., if the individual is being referred to a new provider, introduce them by providing a warm hand-off)***
- **Draw attention to irrational conclusions or impulsive behaviors and give the individual opportunity to respond or behave differently**
- **Teach social skills (*e.g., assertive communication or active listening)***
- **Help individuals think about decisions from someone else's point of view *(e.g., role play different scenarios that could make the client late for an appointment)***

CITATIONS

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