ADHD Accommodations: A Focus Metaphor

My eyesight is impaired. I use eyeglasses to provide accommodation to mitigate the impairment so I can focus and read. In the same fashion, those with an executive function (problem-solving) impairment can have direct oral communications to mitigate the impairment so they can focus and solve problems. Both are accommodations. Both help you to focus. The difference is that one is tangible and the other is not.

Cognitive Ergonomics From the Inside Out® transforms abstract concepts of cognition into tangible phenomena, revealing causal relationships around intangible accommodations that shift how we understand support for executive function impairments.