**STRATEGIES**

**WORKING MEMORY**

Use short, clear instructions (1-2 steps)

Follow demonstration with written checklists (3-5 words to jog memory)

Use alarms, notifications, sticky notes, written routines

Give people time to process – they may be focused on remembering and not listening to what comes next

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Working memory is memory that temporarily stores information you are thinking about.

It is used to remember things you have heard (verbal memory) or...

Things you have seen (visual memory)

People on the spectrum often have difficulties with short term memory – especially verbal memory.

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