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### Executive Function?

Refers to a set of cognitive processes that are essential for cognitive control of human behaviours. They are the skills that help us get things done, set goals, make plans and see them through. They are skills that allow us to have the capacity and ability to act out our wishes and be who we want o to be. When these processes are compromised this is called executive dysfunction, it can be hidden and hard to spot and it changes depending on the environmental and social context we are in.

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### Who is Affected?

Certain disorganisations of the mind are widely recognized to be associated with executive dysfunction. These include neurological conditions such as: Brain injury, dementia, Learning disabilities, ADHD, Autism and other forms of neurodivergence. Mental disorders such as schizophrenia, depression, and anxiety.

In fact, executive dysfunction can impact us all when we are under significant emotional and mental stress.

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### Research Suggests

85% Rough sleeping experienced childhood traumas.

95% of adults on the streets experience ongoing trauma.

Most people with complex needs have hidden disabilities and difference reflection of executive dysfunction.

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### Understand The Why

It Is important to make sense of the Why.

- Working memory
- Self-monitoring and awareness
- Ability to think flexibly.
- Ability to imitate tasks.
- Planning and prioritizing
- Organisation skills
- Impulse control
- Emotional regulation



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For more information on executive function- with entrenched Rough Sleeping- you can watch the videos here

<https://www.youtube.com/watch?v=yoy1aDqMmbk>

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### Safety

Is a primary need on the Maslow hierarchy of needs -

Executive function can be stabilized and optimized after meeting the non-negotiable human need for safety.

The onus is on social care to support the person to optimize their executive functioning. This is strengths-based approach.

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### What does the assessment involve?

The assessment is usually carried out by any professional working with the Adult at Risk. The assessor will ask direct questions and use observational skills.