

# DELAYED PROCESSING



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

## LOOK FOR:

- Hard time keeping up with the pace of conversations
- Difficulty following directions or missing 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

# **DELAYED PROCESSING ACCOMMODATIONS**

- Ask for extra time in groups or classes
- Ask for meetings to be held in places free of distractions
- To help you follow directions with a lot of steps, write the steps down and do one at a time
- 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

[www.ndbin.org](http://www.ndbin.org) • 1 (855) 866-1884 • [info@ndbin.org](mailto:info@ndbin.org)

