

# Timing help – help with what?



## **Understanding time**

First – then – last

## **Time management**

Things take different amounts of time

## **Experience of time**

Prioritising, planning over a longer period of time,  
parallel projects



Initiate – Carry out – Finish

## Timing help – in what way?

- When is support necessary? List of support questions to choose the right support for the right situation
- The challenge is in finding the right support
- Create the conditions for getting started and achieving success

## Timing help – who can help me?

Occupational therapist/special education teacher in the medical system, such as Child and adolescent psychiatry (BUP) or “Habilitation” clinic

Special education teacher at school

Guidance counsellor at school

