



Reframe & Reconsider: Being Late

A lot of planning is needed in order to be on time. People are often late because they only consider travel time. However, they forget to account for stops along the way or unexpected hurdles.



Could be misinterpreted as...

- Being lazy, slow
- Having poor parenting/role models
- Willful misconduct
- Being disrespectful of other people's time

"People always told me what time I needed to be at work or at school, but, nobody ever told me what time I needed to leave home."

- Myles Himmelreich,
Adult with FASD



Should be interpreted as possibly...

- Not understanding the abstract concept of time
- Needing assistance to organize & time-manage
- Having limited resources, such as clocks, phones and other time-keeping devices
- Needing reminders regarding appointments and other scheduled events
- Being late due to anxiety
- Forgetting about appointments or events
- Needing step by step support to plan a trip (e.g., how to get a bus pass, finding the building ahead of time, etc.)

STRATEGIES



- Learn *why* they were late, then address that issue (transportation, time management, task avoidance, priority/motivation)
- Set meeting times earlier than needed to adjust for possible lateness, reminders, etc.
- Pick your battles by considering if it is necessary for them to be on time
- Walk through how you might plan a trip to be on time

