

Using Visuals to Create Structure in our Day and Home

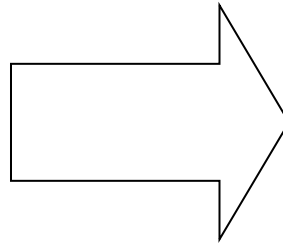
Many individuals with ASD are visual learners. Using visual supports can help individuals learn new skills, improve self-management skills, and can clarify expectations. Visual supports allow individuals to focus, make abstract or complex concepts more concrete, give individuals a way to communicate, provide routine and structure, and reduce anxiety.

- Visual Schedule: A visual schedule can be very simple and should be based on your child's developmental age. Visual schedules can be pictures or words and can vary in length. You can use post it notes, wipe boards, or paper and pencil.
- First- Then Board: This is a great tool for a child that is easily overwhelmed by too much stimuli or is being asked to complete a challenging activity.
- Social Stories: Social stories are a great strategy for introducing a change in routine to an individual. In a social story you prepare the individual for what to expect and explicitly teach what they should do.
- Timers: Using timers (Time timers, stop watches, sand timers) is an effective visual that will help individuals transition from one activity to the next.
- Reinforcement Charts/ Token Boards: The goal of a reinforcement chart is to define what your child is working towards and outline what they need to do to earn the reward. Similar to all of the visual supports, they will vary greatly based on the individual's developmental age.

First- Then Board

First

Then





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Daily Schedule

Token Board

I am working for

Place image of reward

