

Using Visual Supports

Has this happened to you? Your boss says what needs to be done by the end of the week. After she leaves, you ask yourself, “What did she say I have to do?” Words disappear quickly. If the same message is shown through words or pictures, you have more time to process the information. Everyone can benefit from using visual supports, especially people with autism spectrum disorder.

Why Use Visual Supports?

Visual supports can help someone:

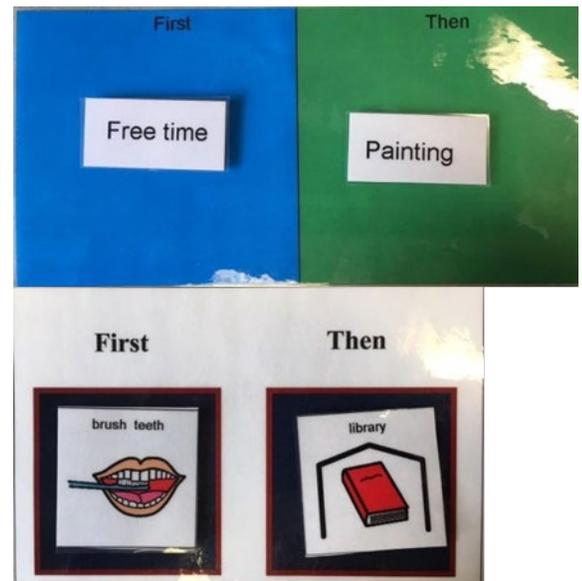
- ✓ understand his/her world better
- ✓ remind him/her what is coming up next
- ✓ accept change easier
- ✓ become more independent
- ✓ behave more appropriately
- ✓ communicate with other people
- ✓ follow routines and transitions
- ✓ learn how to do something new

First-Then Board

First-Then Boards help someone visualize the current activity and what is coming up next. First-Then Boards can be made with pictures or words, whatever will be best understood.

First-Then Boards:

- can help reduce tantrums and problem behaviours caused by transitions
- show what is expected
- remind what is coming up next



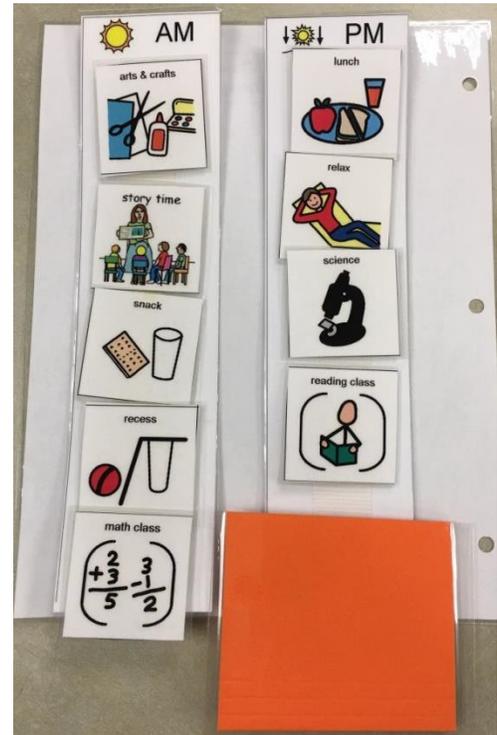
Visual Schedule

Visual Schedules show a sequence of events or activities. Many classrooms use visual schedules to guide students through the day. Many adults use an agenda to plan their work day.

You can also make a visual schedule for a specific activity. If you are taking a day trip to the beach, you can make a visual schedule of what will happen that day.

Visual Schedules:

- can help reduce tantrums and problem behaviours caused by transitions
- help someone understand his/her world better
- can be made using pictures or words



Choice Board

Choice Boards give control and choice to someone. Pictures or words represent the available choices, and the person is able to choose specifically what he/she wants to play with, work for, or do next.

Hint: you can use a Choice Board to pick the “Then” of a First-Then Board!

Choice Boards:

- can help someone communicate his/her wants and needs
- give someone control and choice
- can help reduce tantrums and problem behaviours caused by lack of control and communication

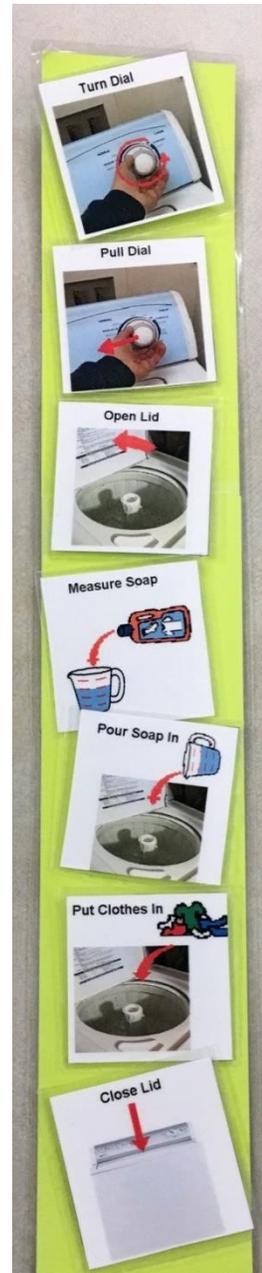


Visual Instructions

Visual Instructions are used to outline the steps in an activity, or teach a new skill. Real pictures of all the steps can be used and organized in order.

Visual Instructions can help someone:

- understand his/her world better
- become more independent
- learn how to do something new
- follow routines



Want to learn more? Call to see how else we can help
1-866-590-8822, press 1 to book a meeting today!



Services and supports in partnership with:

Visual Supports | 2020-10-27
Autism & Behavioural Services | 1.866.590.8822 press 1
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