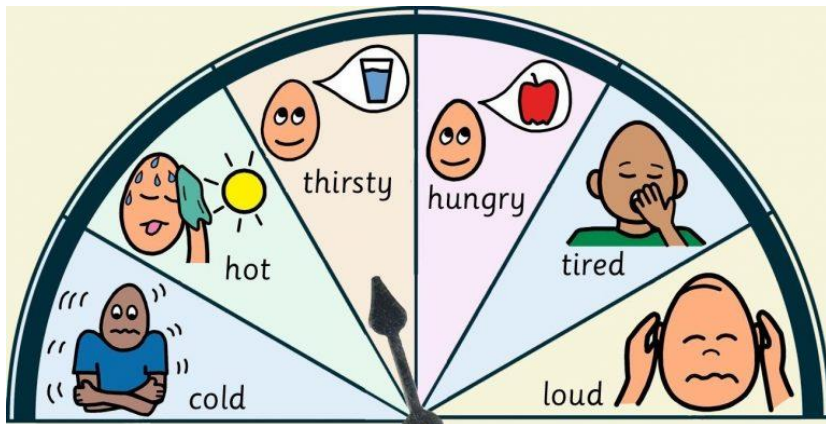




Using visuals at home

Cathy Burgess
Rachel Elliott

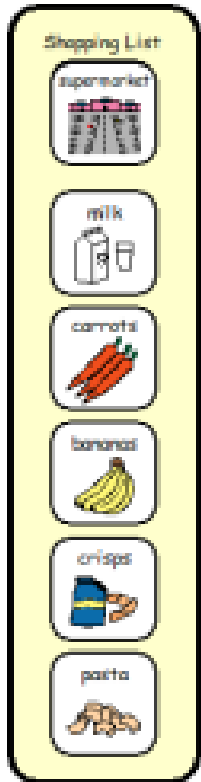
What do we mean by visuals?



Visual supports are what keep most of us on track on a daily basis!
As adults, these visuals come in the form of calendars, checklists,
reminders/sticky notes, etc

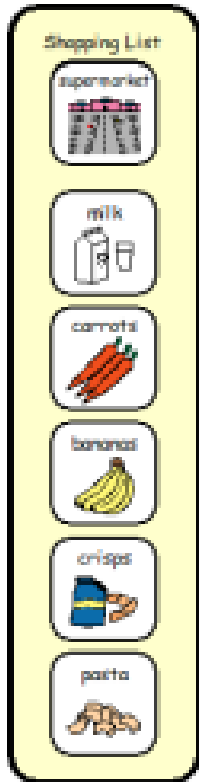
But these visual supports are not just helpful for adults...

Visual supports can:



- Provide information about an expectation, routine or activity
- Reduce anxiety
- Increase predictability and desirability of day to day experiences
- Support understanding
- Support the ability to communicate needs
- Support successful transitions and help prepare for change
- Support emotional regulation
- Increase independence

As a result, visuals can improve:



- Motivation
- Engagement
- Participation in the child or young person

They can also help to reduce stress and improve quality of life for you!

What are visual supports?

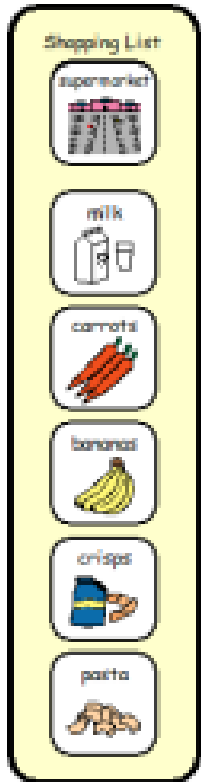
Visual supports can be objects, photographs, symbols or written words. They can be printed and laminated for regular use or can be hand written on a white board, paper or a post it.

They are often used with Velcro on the back for easy attachment and removal, although this is not compulsory.

They can be used in any room in the house, depending on what is useful (e.g. a wash hands support could be in the bathroom, a countdown chart might be on the fridge to refer to daily)

They can be portable for use outside home (e.g. in the car, when going shopping or on holiday) and in the community (at clubs or leisure activities or cafes)

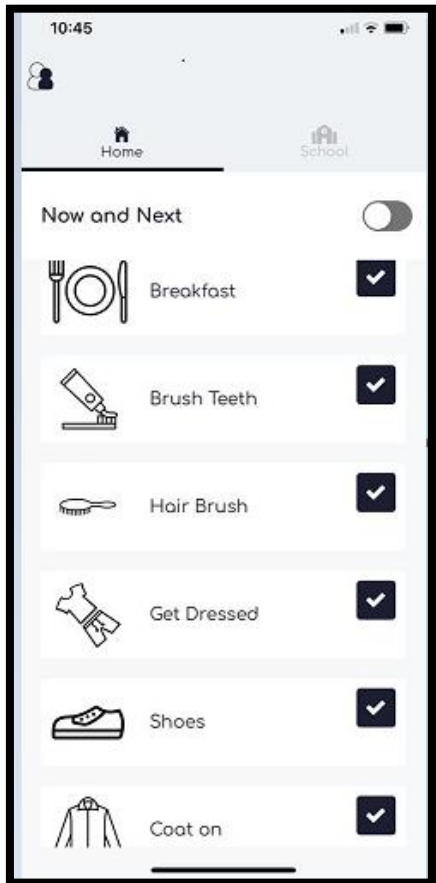
Examples of visual supports:



- Now and Next
- Visual timelines
- Visual timetables
- Timers
- Sequence boards
- Choice boards

- Countdown charts
- Motivators
- Limiters
- Shopping lists
- Emotional check-ins

Making use of technology



Picture path – visual timetable, now and next board, free and great to use at home when you want a quick visual at hand on your phone

Epic win £1.79 – great motivational game where you win XP for completing a task to improve a character and destroy chores in animated battles alongside a list of activities to encourage completion

FREE versions of a similar thing

Unicorn to do – quite reading heavy definitely for older children (anyone who loves unicorns) – easy to check off and gain rewards to level up

Flora – Green Focus – nature and growing focus – can be used to try and minimise screen time and grow a tree not kill one

Remember:

- Pick and stick to 1 or 2 visuals until your child is comfortable with them
- Be consistent
- Be creative
- Think of them as a helpful addition to everyday life – not a cure!
- Don't be scared to try something new or different as your child changes





Choice boards

Two choices



Four choices



Countdown charts



Limiters

