Utilizing Visual Strategies to Facilitate Successful Participation in the Home

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Clean Room

Change Bed  Vacuum  Dust  Empty Trash

clean room
Five Reasons for Using Structure

• Strong receptive communication system
• Helps autistic people remain calm
• Helps autistic people learn better
• Prosthetic device for independence
• Behavior management
Structured Teaching

• Changing the environment and strategies to make the world more meaningful for persons with autism.

adapted from TEACCH, University of North Carolina, Chapel Hill
Features of Structured Teaching

• Knowledge of interests and skill level
• Utilization of developmentally-appropriate activities
• Emphasizes physical organization, visual clarity and positive routines
• Focuses on the prevention of problem behaviors
Communication
Individualized Rules

When

Then

read

television
Today's Phone Calls

Date:
Name
Time Called

I can call my friends two times a day. After that, I will write down what I want to tell them so I will remember the next time I call them.
Schedules

• A visual schedule tells a person, in a way that he/she can understand, what activities are to occur and in what sequence.
• Each person should have a way to manipulate the schedule to indicate when an activity is “finished”.
• The schedule becomes a routine to teach flexibility.
Sequence Steps in an Activity
Use Person’s Special Talents or Interests as Motivators

UK Worksheet

1. Call Nana and check on her.
2. Get the mail.
3. Fold the clothes.
4. Feed the cats.
5. Watch Wheel of Fortune.

When you are finished, you can put this in your UK notebook.
Provide for Difficulty with Understanding

Friends and Co-workers

My name is Beth and I work at Summer Shade.

Most people have both friends and co-workers at their work place.

A friend is someone who thinks you are nice when you talk to them on the phone, go places with them and have sleepovers.

A co-worker is someone who works at the same place you do. I think you can say "Hello, how are you?" and help them when they ask you to.

When I am at work I will try to be nice to both my friends and co-workers.
Beth Wilkerson
Daily Meal Plan/1800 Calories

- Carbohydrate: 224 g (50% of total calories)
- Protein: 90 g (20% of total calories)
- Fat: 60 g (30% of total calories)

**Breakfast**
- 2 Starch/Bread (List 1)
- 1 Fruit (List 4)
- 1 Milk (List 5)
- 1 Fat (List 6)

**Lunch**
- 2 Starch/Bread (List 1)
- 3 Meat (List 2)
- 0-2 Vegetable (List 3)
- 1 Fruit (List 4)
- 1 Fat (List 6)

**Dinner**
- 3 Starch/Bread (List 1)
- 3 Meat (List 2)
- 2 Vegetable (List 3)
- 1 Fruit (List 4)
- 2 Fat (List 6)

**Evening Snack**
- 1 Starch/Bread (List 1)
- 1 Fruit (List 4)
- 1 Milk (List 5)
Include Sensory Activities
Structure the Visuals

• Always answer the four questions:
  - What will I do?
  - How much will I do?
  - How will I know when I am finished?
  - What happens next?