

# Utilizing Visual Strategies to Facilitate Successful Participation in the Home

Presented by  
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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

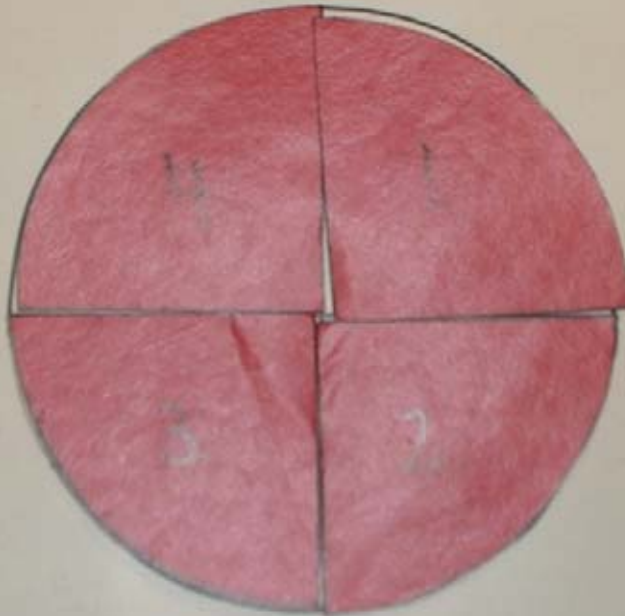
- Changing the environment and strategies to make the world more meaningful for persons with autism.

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

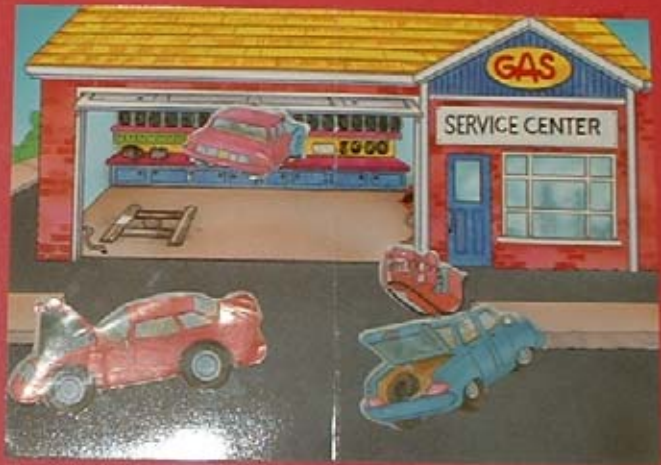
Timer



# Communication









# Individualized Rules



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.



Finished

# Beth's Schedule

August 2005



Notes	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Beth Ym	3	4	5 Beth house	6 Beth Yhouse
	8 CHURCH Beth house	9	10	11	12 NANA house	13	
	14 MAM hou	15	16	17 Lex	18 Lex BONNIE 31	19 Beth Yhouse	20
	21 Beth house	22	23 Beth house	24	25	26	27
	28 <del>scribble</del>	29	30	31			

At the bottom of the calendar page, there are two small monthly calendars for August and September.

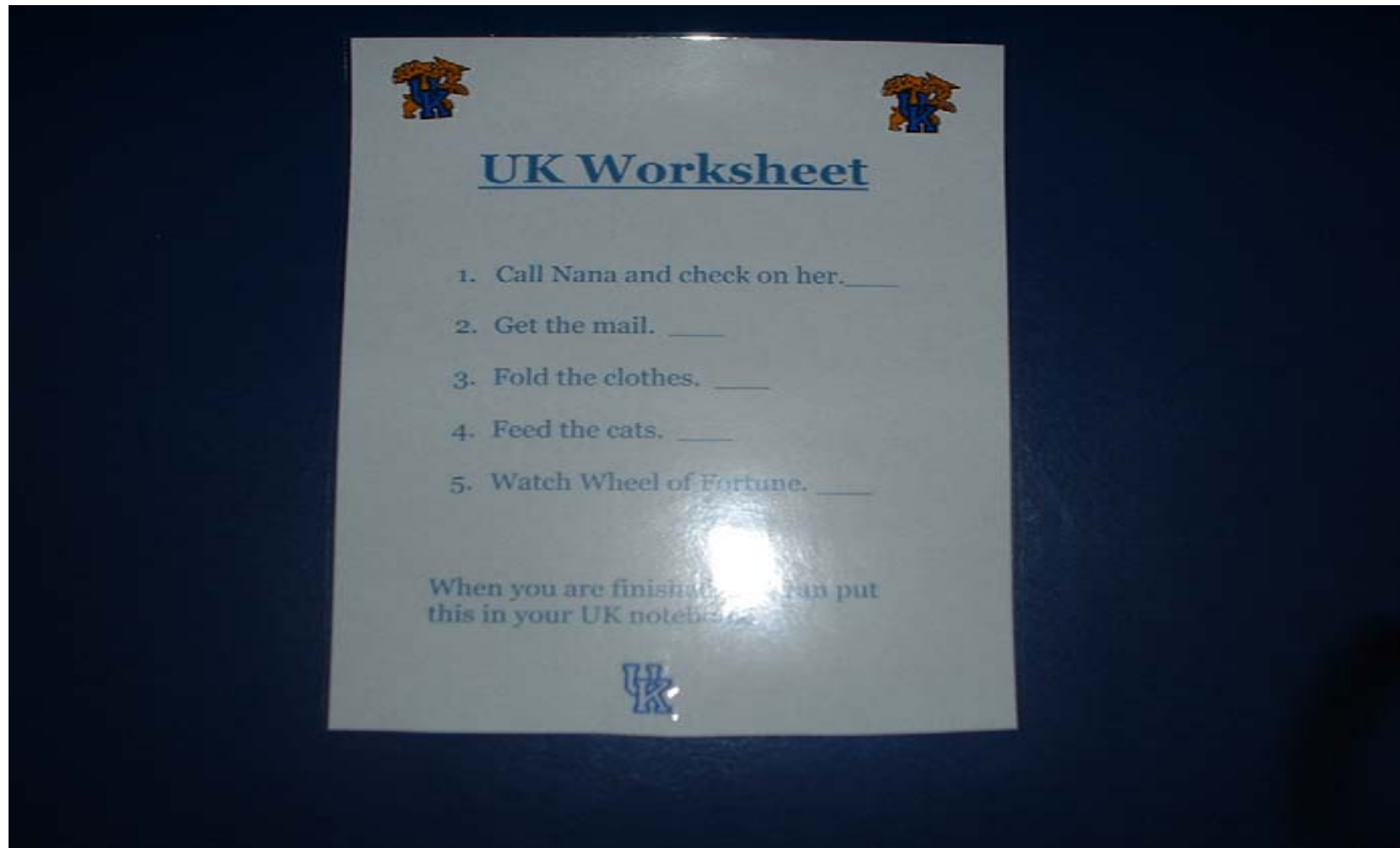


# Sequence Steps in an Activity





# Use Person's Special Talents or Interests as Motivators



# 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. To be nice 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



List 1  
Breads/Starchy  
Vegetables

**Breakfast**

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



List 4  
Fruits

**Lunch**

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



List 2  
Meat & Meat  
Substitutes



List 5  
Milk & Milk  
Products

**Dinner**

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



List 3  
Vegetables

**Evening Snack**

- 1 Starch/Bread (List 1)
- 1 Fruit (List 4)
- 1 Milk (List 5)



List 6  
Fats

# 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?