

Creating, Customizing, and Using
Visual Schedules
with children on the Autism Spectrum



March 5th, 2014



Monarch Center for Autism

Reaching In.
Bringing Out.
Monarch School
for Children
with Autism
Bellefaire JCB
for excellence... for wellness... for children

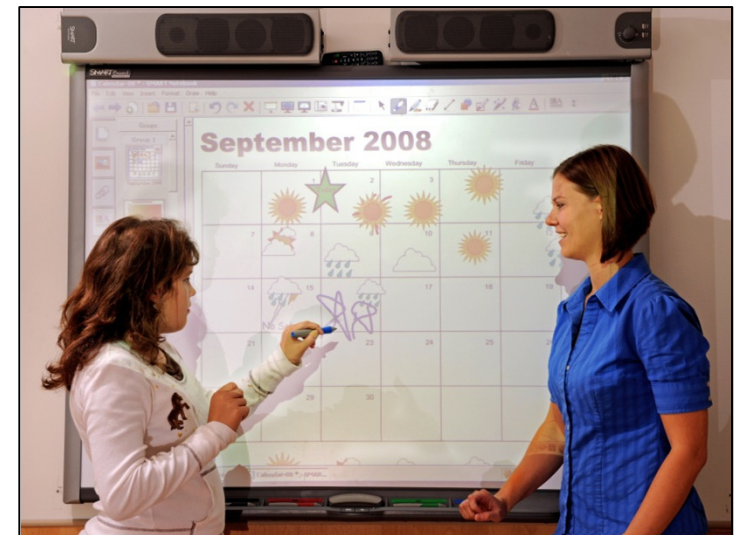




Monarch Center for Autism

Programs & Services

- Preschool & Day School
- Transitional Education Program
- Boarding Academy
- Adult Autism Program & Residence
- Extended School Year
- Summer Social Language Program
- Family Training, Support & Social Activities
- Online Resource Center



Who are we?

Mandi Rickelman, MA:

- Monarch Preschool's Early Childhood Supervisor
- Mandi specializes in working with teachers and parents to promote independence in activities of daily living, academics, play, and communication for early childhood learners on the spectrum.



Anna Hutt Fredman, MS, CCC-SLP:

- Monarch Preschool's Speech Language Pathologist
- Anna has worked with a wide range of students on the autism spectrum, including high-functioning teenage students with a focus on social pragmatics and self-advocacy, and preschool-aged children learning basic communication and early social skills.



Monarch Center for Autism Preschool:

- Ages 3-6 years (younger than 3 considered upon evaluation)
- Half-day (morning or afternoon) and full-day classes, five days a week, 11 months a year
- Social and play skill development, language-based communication, school readiness skills, pre-academic skills, activities of daily living, fine and gross motor and imitation skills, sensory intervention, behavior support

Today's Agenda

- Why are visuals so important?
- What is a visual schedule?
- What do visual schedules accomplish?
- How do I know when visual schedules are necessary?
- How do I create and customize visual schedules for my child?
- How do I implement visual schedules?



Why are Visuals so Important?

Research indicates that individuals with Autism Spectrum Disorders*:

- Typically use visual processing as their dominant information processing mode.
- Demonstrate a specific attraction to visually oriented materials including computer programs, tablets, object categorizations and other activities that rely on visual-spatial and constructional capacities.
- Benefit from the use of visual content to enhance communication, help organize daily experiences and improve school performance.



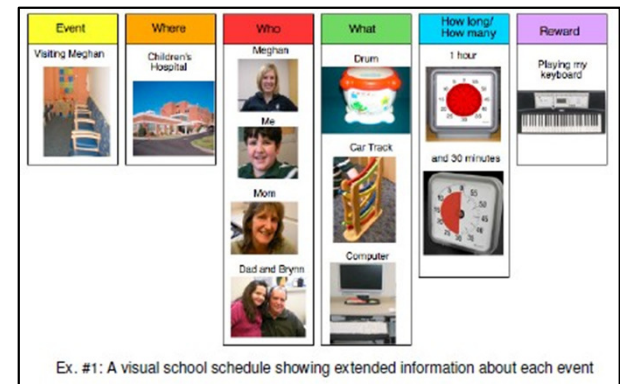
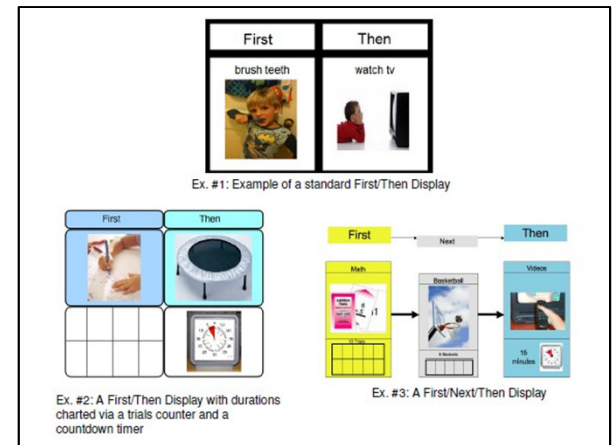
* Shane, H.C., Weiss-Kapp S. (2007); Cafiero, J.M. (2001); Grandin T. (1995); Althaus, M., de Sonnevile, L.M., Minderaa, R.B., Hensen, L.G., and Til, R.B. (1996)



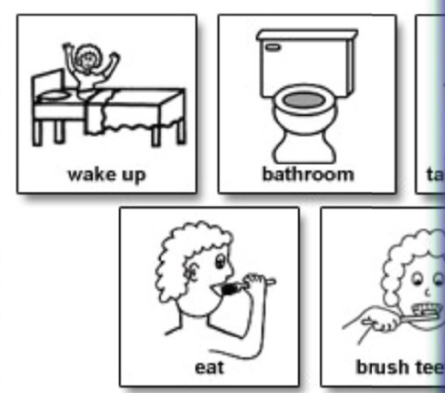
What is a Visual Schedule?

Visual Schedules:

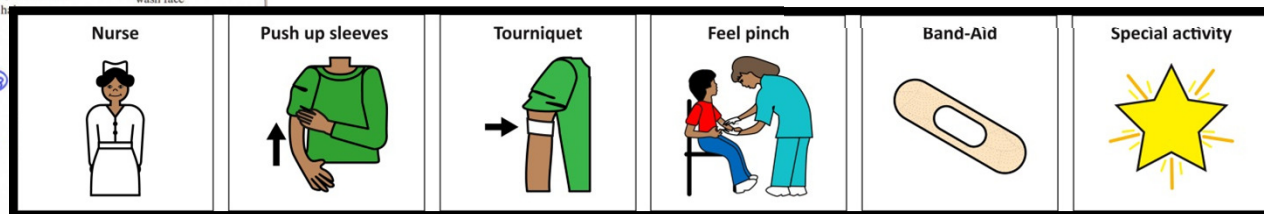
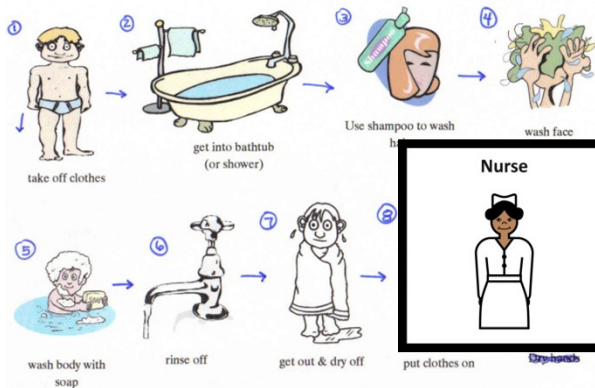
- A visual schedule is a tool used to organize a sequence of events
- Especially important for students who have difficulty understanding, processing and remembering verbal language and directions
- A visual schedule gives the student information such as:
 - What is happening today (regular activities)
 - What is happening today (something new or different)
 - What is the sequence of events
 - When is it time to stop one activity and move to the next



For Example...



Taking A Bath (or Shower)



A Visual Schedule can look like any of these!

Macro Schedules

- Organize the larger events or activities of a complete time frame (e.g. daily schedule)



Micro Schedules

- Organize the smaller steps or activities of a shorter routine (e.g. morning routine, schedule for brushing teeth, etc.)



Examples: Visual Schedules to Support Daily Routines

Macro Schedule

Micro Schedule


Electronic Visual Schedule









Benefits of Using Visual Schedules: What do they Accomplish?


Daily Routines:

- Reduce anxiety of child
- Provides a structure that allows a child to anticipate what will happen next
- Improve child's understanding and cooperation
- Increase participation and promote greater independence
- Reduce need for repetitive verbal prompting (which can be stressful for parent as well!)
- Support transitions between activities or locations
- Prepare for unexpected events because structure is already in place

















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Daily Chore Chart

	1. Feed pets. 2. Fill water dish.	<input checked="" type="checkbox"/>
	1. Take out garbage.	<input type="checkbox"/>
	1. Get shirts from laundry basket. 2. Put each shirt on a hanger. 3. Hang up.	<input type="checkbox"/>
	1. Get jeans from laundry basket. 2. Put jeans in drawer.	<input type="checkbox"/>
	1. Ask mom to check work.	<input type="checkbox"/>


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Brushing My Teeth Checklist

1. 	Get toothbrush	<input checked="" type="checkbox"/>	9. 	Brush top front (count to 10)	<input checked="" type="checkbox"/>
2. 	Get toothpaste	<input type="checkbox"/>	10. 	Brush top right (count to 10)	<input type="checkbox"/>
3. 	Turn on water	<input type="checkbox"/>	11. 	Brush bottom right (count to 10)	<input type="checkbox"/>
4. 	Wet toothbrush	<input type="checkbox"/>	12. 	Brush bottom front (count to 10)	<input type="checkbox"/>
5. 	Turn off water	<input type="checkbox"/>	13. 	Rinse mouth	<input type="checkbox"/>
6. 	Squeeze toothpaste	<input type="checkbox"/>	14. 	Spit in sink	<input type="checkbox"/>
7. 	Brush bottom left (count to 10)	<input type="checkbox"/>	15. 	Put away	<input type="checkbox"/>
8. 	Brush top left (count to 10)	<input type="checkbox"/>			

Deviations from the Usual Routine:

- Reduce anxiety of child
- Help anticipate and prepare for change
- Improve understanding and cooperation
- Communicate what to expect during the activity (micro schedules)
- Help child understand sequence and duration of the change
- Communicate to the child what will follow the change (e.g. something motivating) – thereby increasing cooperation

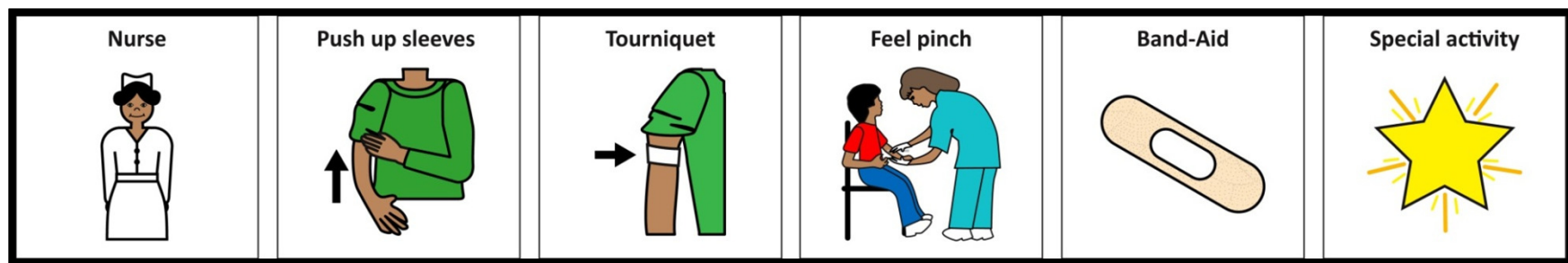


Examples: Visual Schedules for Changes in Routine

Macro schedule for going to the doctor



Micro schedule for getting a shot





How do I know when Visual Schedules are Necessary?

Questions to Ask to Determine if a Visual Schedule is Necessary:

- Does your child have a hard time transitioning between activities?
- Does your child have a hard time learning sequences?
- Does your child have difficulty understanding expectations?
- Does your child have difficulty with new environments?
- Does your child have a hard time with changes in routine?
- Does your child show challenging behavior (e.g. aggression, passivity, non-compliance) during transitions?



...If you answered yes to any of these questions, your child would likely benefit from visual schedules.










Creating and Customizing Individualized Visual Schedules for your Child

Getting Started

- Think about one routine or time of your child's day that is the most difficult/stressful
- How would a visual schedule make this routine easier?










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Going to the Bathroom Checklist

1.		Pull pants down.	<input type="checkbox"/>
2.		Sit on toilet until finished.	<input type="checkbox"/>
3.		Use toilet paper.	<input type="checkbox"/>
4.		Put toilet paper in toilet.	<input type="checkbox"/>
5.		Stand up.	<input type="checkbox"/>
6.		Pull pants up.	<input type="checkbox"/>
7.		Flush toilet.	<input type="checkbox"/>
8.		Wash hands (use soap! rinse!).	<input type="checkbox"/>
9.		Dry hands.	<input type="checkbox"/>
10.		All done!	<input type="checkbox"/>

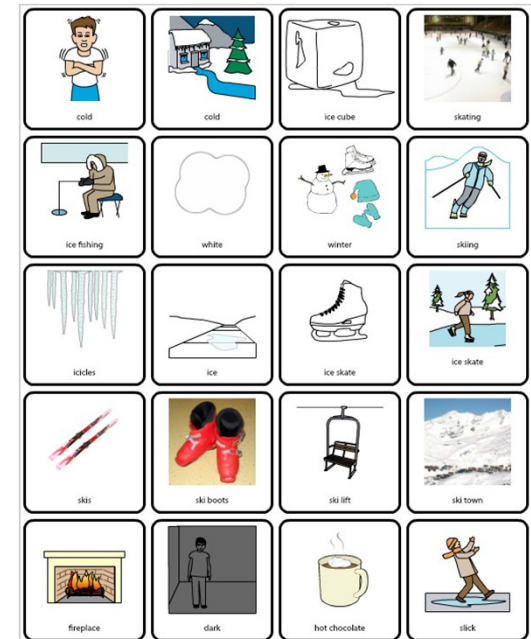
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Cleaning Eye Glasses Checklist

1.		Take off glasses.	<input type="checkbox"/>
2.		Rinse glasses with water.	<input type="checkbox"/>
3.		Clean right side to side.	<input type="checkbox"/>
4.		Clean right side in a circle.	<input type="checkbox"/>
5.		Clean left side to side.	<input type="checkbox"/>
6.		Clean left side in a circle.	<input type="checkbox"/>
7.		Check to see if clean.	<input type="checkbox"/>
8.		Don't touch.	<input type="checkbox"/>
9.		Put on glasses .	<input type="checkbox"/>

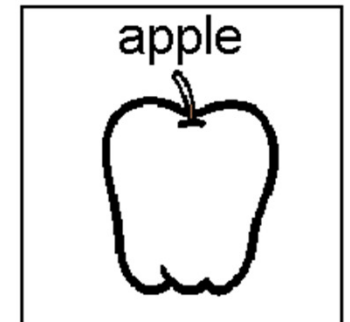
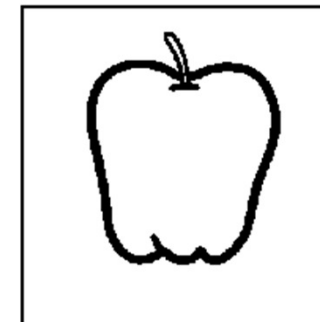
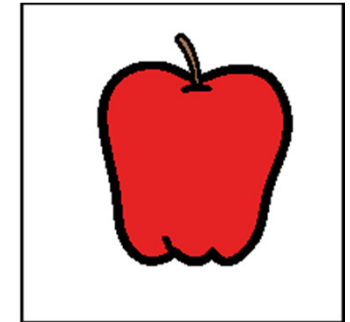
STEP 1: Determine what type of schedule your child will respond to best

- Determine visual representation level
- Select format (vertical, horizontal, clip board, iPad)
- Consider size of visuals, color coding, etc.
- Decide how child will interact with the schedule (check off, flip over, etc.) and whether schedule will be portable or stationary
- Consider motivational components
- Consider including time/duration information











Visual Representation Levels

- Visual Representation Level – the type of visual that a child understands to represent or stand for something
 - Objects
 - 3D Representations
 - Photographs
 - Color line drawings
 - Black and white line drawings












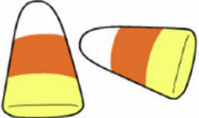


Example: Visual Schedule with Duration Information

Leisure Time Schedule

<p>listen to music</p> 	<p>look at magazine</p> 	<p>use computer</p> 	<p>get a snack</p> 
<p>3 songs</p> 	<p>15 minutes</p> 	<p>15 minutes</p> 	<p>1 snack</p> 

Example: Visual Schedule with Greater Detail

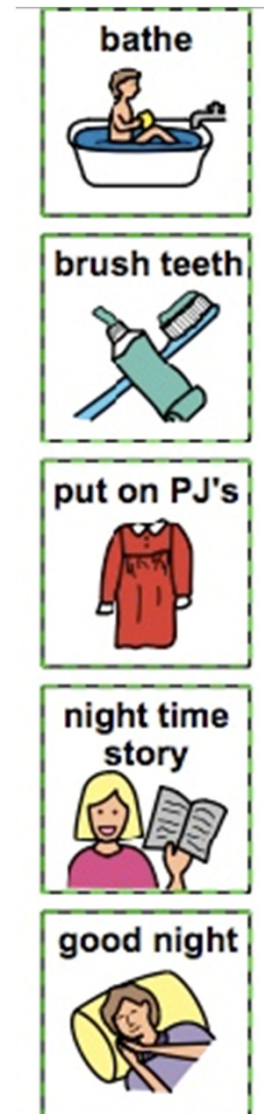
Event	Where	Who	What	How Long	Reward
<p>Halloween</p> 	<p>My Neighborhood</p> 	<p>Me</p>  <p>Mom</p>  <p>Dad</p>  <p>Sister</p> 	<p>Put on costume / Get treat bag</p>  <p>Knock on door / Say trick-or-treat</p>  <p>Put treat in bag</p>  <p>Go home</p> 	<p>30 Minutes</p> 	<p>Eat a treat</p> 

STEP 2:

- Break down the difficult routine into smaller steps
- Example: Bedtime
 - Take a bath
 - Brush teeth
 - Put on pajamas
 - Bedtime story
 - Say goodnight

STEP 3:

- Represent each step visually





Using your Child's Visual Schedule

Levels of Implementation

- Level 1: Parent/teacher presents child with visual information/schedule

Video

- Level 2: Visual schedule is stationary and child refers back to it after each step

Video

- Level 3: Child takes responsibility/ownership of schedule and carries it with him/her.

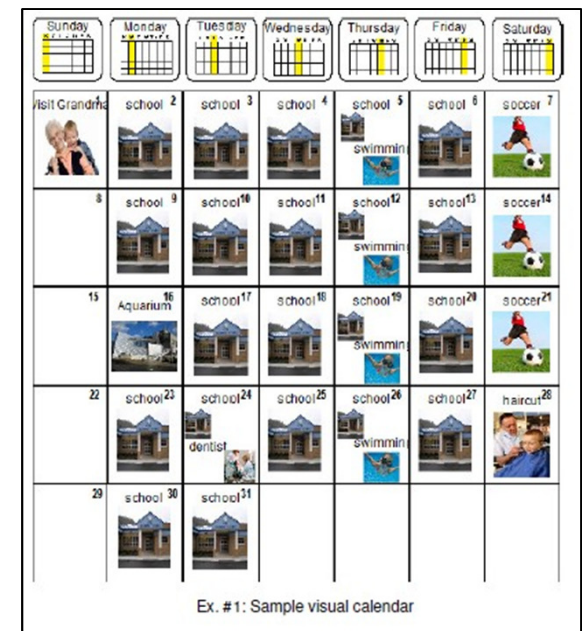
Video



Ex. #1: Sample activity schedule for brushing teeth

Using the visual schedule with my child

- Decide how schedule will be used throughout the day
- Introduce the visual schedule to your child: draw attention to it, practice it, and use it consistently! (Make it an essential part of your daily routine)
- Stick with it!
- Refer back to it
- As your child becomes more familiar with the schedule, scale back your prompting to increase independence
- Give positive reinforcement



Which Technology should I use to Create Visual Schedules?

- There are several ways to create visuals, from drawing or cutting out pictures, to utilizing online image websites
- Some of our favorite visual making resources include:
 - Google Images (<http://www.google.com/imghp>)
 - Picasa (<http://picasa.google.com/>)
 - VizZle (<http://govizzle.com/>)
 - Boardmaker (<http://www.mayer-johnson.com/boardmaker-software>)
- There are also some great Apps (available on iTunes) that can be used to create visual schedules:
 - Visual Schedule Planner by Good Karma Applications, Inc.
 - Picture Scheduler by Petr Jankuj
 - Choiceworks by Bee Visual, LLC
 - First Then Visual Schedule by Good Karma Applications, Inc.
- Depending on your child's visual representation level: a camera may be your best tool



Questions?



Monarch Center for Autism

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