

Maine Developmental Disabilities Council

“Committed to creating a Maine in which all people are valued and respected because we believe communities are stronger when everyone is included.”



Pediatric Psychiatry in the Primary Care Setting ECHO Learning Series

Visual Supports Didactic

April 5, 2023

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Executive Director

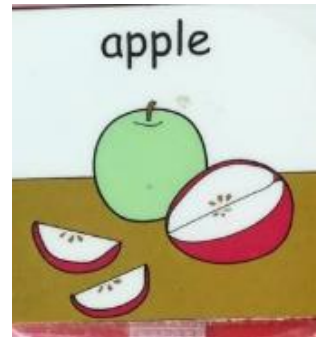
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Visual supports can be a type of language or/and a communication tool

- Objects



- Pictures



- Written Words



- Symbols



- Sequence of cues



Why are Visual Supports Important?

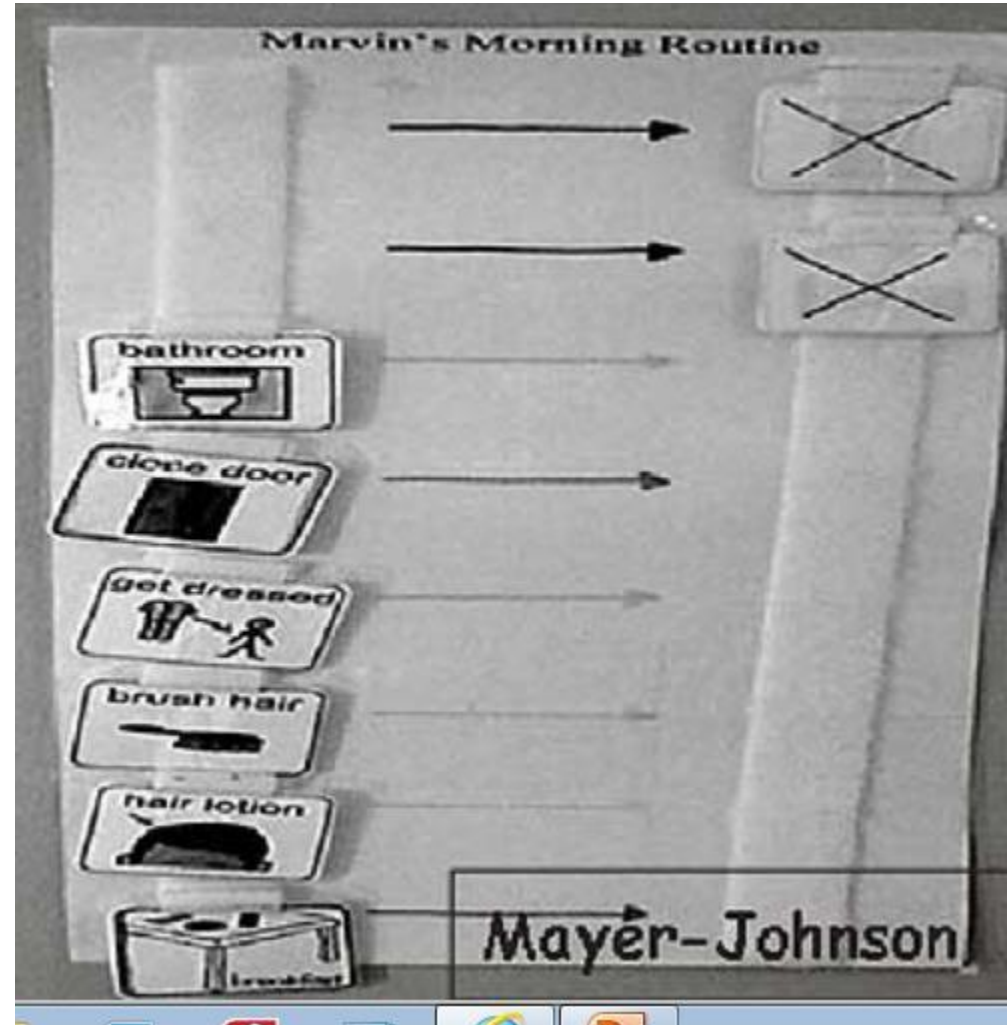
- What to focus on what to pay attention
- Provides Social Queues
- Accessible where spoken instructions may not be
- Provide an ability to communicate
- Reduce anxiety by clearly communicating what to expect
- Increases the likelihood that verbal language acquisition may be improved because the pictures provide meaning to the spoken word.
- A Language: i.e. Picture Exchange Communication System (PECS)

PECS and Augmentative Communication Systems



Visual Schedules

- Useable – individual should be able to manipulate schedule. Should not be just a teacher/care giver showing the pictures
- Current / Relevant to the moment – If you are working on snack time that “step” is clearly shown as current
- Indicates sequence of steps: the schedule is clear that now is the time, what came before, and what will happen next



Daily Schedule

1



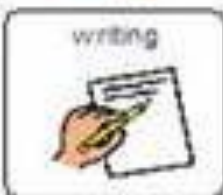
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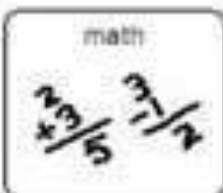
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6



7



8



9



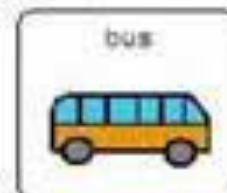
10



11



12



Morning Schedule

Afternoon Schedule

Evening Schedule

Mini Schedules

- Use for difficult portions of the day or particular tasks
 - *Sometimes Mom stops a Dairy Queen for a milkshake after they go to the park or library, but she doesn't want to go to Dairy Queen every time. If they don't stop, Cindy throws a tantrum in the backseat of the car as they drive past Dairy Queen.*
 - Use in the car.
 - Place on key ring for easy access. For example parents can say car, library, dairy queen, home, TV OR car, park, home TV
- Doctors Visit!



wake up



brush teeth



wash face



get dressed



go to school

car



library



home



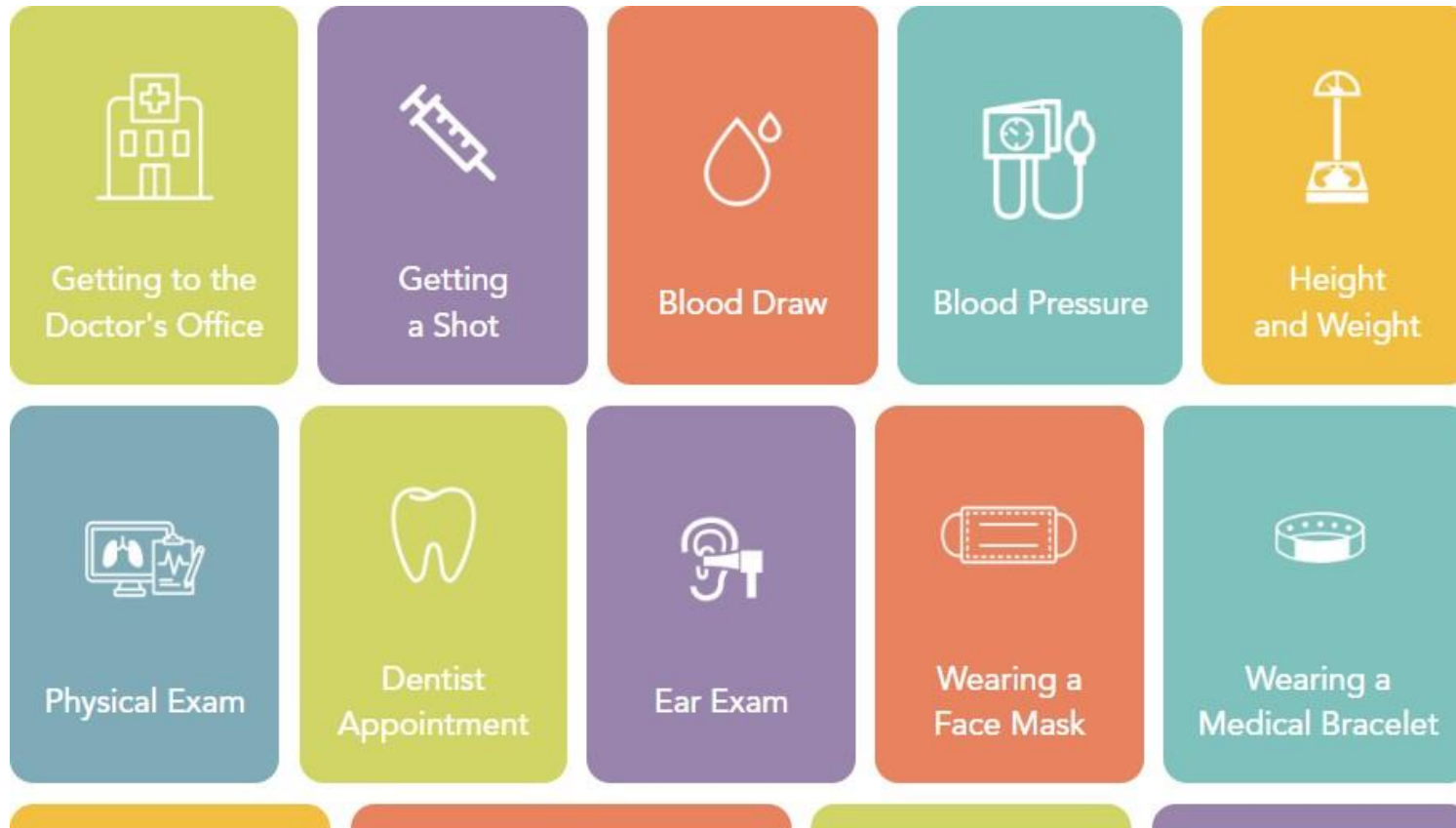
video



finished



Social Stories!



Let's Check Out

[Boston Medical's
Autism Friendly
Initiative](#)

Use of Visual Schedules to build in flexibility – Wild Card

- Build in the “Wild Card” for unexpected/ new activities or places Use a consistent symbol and color – i.e yellow star
 - Doctor’s Visit
 - Vacation
 - Field Trip
- Teach purposefully by putting it on the new schedule and transitioning the child somewhere new. Bring reward to facilitate change
- Use frequently as tolerance increases
- When you need to change the schedule, let individual see. Use a consistent verbal phrase, like “It’s a change.”
- Use a “Later” specific symbol to explain missed task
- Copy desired activity over appropriate setting to teach waiting (Basketball on playground)



Example 2: Using a Visual to Communicate "Later"



Token Boards and Check Lists

- Pick Your Reward!
- Do your checklist/mini-schedule
- [Interesting Idea!](#)



Visual Timers

- Move to First Next Then for visual timers

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Thank you for having me today

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