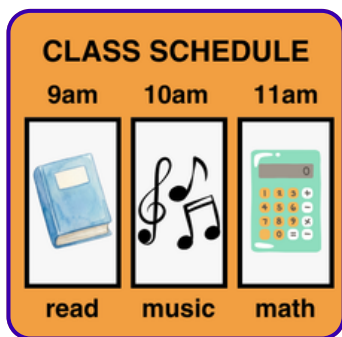


## Visual Tools Used to Offer Support

### Visual Tools Used for Supporting Individuals with Autism

A variety of visual tools can be used to promote skill development, independence and wellbeing. It's important to choose a tool based on its purpose and tailor it to the strengths and needs of the individual using it. Examples of commonly used visuals are included below.



#### Visual Schedule

Breaks down the sequence of activities planned for the day or week (e.g., activities planned at school or a schedule followed at home). Enhances predictability of upcoming transitions.



#### First-Then Board

Emphasizes the desirable items or activities that will become available after completing a task (e.g., first we wash our hands, then we eat our snack). Helps to motivate the completion of less-preferred tasks.



#### Routine Strip

Shows the order of steps needed to complete a task (e.g., how to wash our hands or tie our shoelaces). Supports the use of skills without outside assistance while promoting independence and skill-building.



#### Choice Board

Shows someone different options (e.g., activities, snacks, etc.) so they can independently make a choice. Encourages independence, decision-making and reduces frustration by supporting communication.

Visual supports come in many forms, including pictures, photographs, drawings, models, and even the written word. Other examples of visual tools may include social narratives, timers, people locators, picture exchange communication systems (PECS), agendas, calendars, floor plans, to-do lists, and flow charts.

### Resources for Creating Visual Supports

- ◆ [Using Visual Supports with Children with Autism](#): detailed guide to learn more about visuals used to support autistic persons (applicable for all ages)
- ◆ [The ConnectABILITY Visual Engine](#): easy-to-use templates and guides for creating various kinds of visual supports

### An Important Reminder

While visual supports are often associated with autism, everyone can benefit from visuals. From road signs, to recipe books, to the notifications on our devices, visuals have amazing potential to make life easier for anyone. By normalizing the use of visuals at home, in school, or in the community, we improve accessibility and understanding for everyone.

Meadan, H., Ostrosky, M., Triplett, B., Michna, A., & Fetting, A. (2011). Using visual supports with young children with autism spectrum disorder. *Teaching Exceptional Children*, 43(6), 28-35.  
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