

Thinking in Pictures

How Visual Supports Can Help

Introduction to Visual Supports and How They Can Help

Visual supports are a powerful tool that build on the visual strengths often seen in Autistic individuals, helping to improve communication and understanding. Visuals help to make verbal information easier to understand (e.g., with pictures, symbols, written words, or objects), and can benefit individuals in numerous ways.



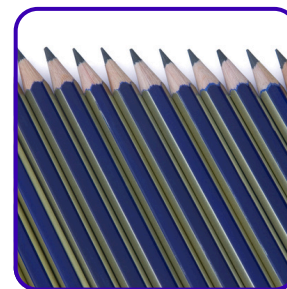
Increases Predictability

Gives advance notice of what comes next. Gives individuals time needed to prepare for scheduled transitions.



Promotes Independence

Provides a tool that empowers individuals to perform skills or complete daily tasks without assistance from someone else.



Ensures Consistency

Provides a reference that ensures skills are learned, taught, and performed correctly each and every time.



Improves Accessibility

Shares information in a way that can be easily understood by everyone. Makes spaces more inclusive for Autistic persons.



Reduces Stress and Anxiety

Promotes calm and supports emotional regulation by improving communication regarding stressors, wants, and needs.



The List Goes On...

Supports with communication, time-management, memory, organization, the understanding of abstract concepts, and more!



"I think in pictures.

Words are like a second language to me"

- Temple Grandin, Autistic scientist, author and advocate

Rutherford, M., Baxter, J., Grayson, Z., Johnston, L., & O'Hare, A. (2019). Visual supports at home and in the community for individuals with autism spectrum disorders: A scoping review. *Autism: the international journal of research and practice*, 24(2), 447-469. <https://doi.org/10.1177/1362361319871756>

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