



THE USE OF SCHEDULES AT HOME FOR CHILDREN WITH AUTISM

WHAT IS A SCHEDULE?

- We all use schedules
 - Schedules prompt us to engage in certain activities at certain times
 - They make our lives more predictable and allow us to plan future activities
 - Examples of schedules include:
 - “To do” lists (Blackberry, iCalendar)
 - Teachers’ lesson plans, agendas
 - Cookbooks, IKEA instructions
 - Planners, Sticky notes



WHAT IS AN ACTIVITY SCHEDULE?

An activity schedule is a visual schedule comprised of pictures and/or words that:

- show the sequence of steps needed to complete an activity
- list the occurrences of daily events (daily routine)
- provide structure for unstructured down time (play)



PURPOSE OF ACTIVITY SCHEDULES

- To increase on-task behavior
- To decrease inappropriate behaviors
- To facilitate smooth transitions from one activity to the next
- To enhance acquisition of new skills
- To increase independence
- To promote self-management



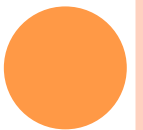
WHY ACTIVITY SCHEDULES?

- Promotes Independence
- Decreases the need for adult prompting and guidance
- Individuals have increasing control in decision-making regarding type and sequence of daily activities
- Provides framework for teaching choice making



USES FOR ACTIVITY SCHEDULES

- Daily living skills – dressing, toileting, hand washing, brushing teeth
- Daily schedules – for home and/or school, bedtime/morning routine
- Play skills – to increase independent play
- Mealtime -snack making, setting the table



SCHEDULE FORMATS

- Picture activity schedules come in many shapes and sizes and should be tailored to your child's needs
- Typically picture activity schedules used for independent play are in book form
 - 3-ring binders (small or regular size)
 - Photo albums
- One activity is presented per page
- Depending upon the child's skill level regarding picture-object correspondence, picture-to-picture matching may be used where the child removes the picture and matches it to the picture of the activity on the respective bin or basket
- You may use photographs of actual activities, icons, simple line drawings to represent the activity
- The pictures must be clear to your child



PREPARING A FIRST ACTIVITY SCHEDULE

- Beginning activity schedule should be short (5 activities)
- Select activities/toys with a clear beginning and end, easy to manipulate
- Include at least one social initiation in schedule
- Schedule should end with a preferred toy, game or snack



SELECTING ACTIVITIES •

- Shape sorters
- Picture lotto
- Insert puzzles
- Color matching games
- Beadthreading
- Books on tape
- Dot to dot
- Cup of popcorn, chips, or candy
- Picture books

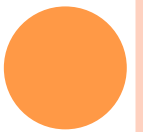


PREPARING THE ENVIRONMENT

- Use natural locations if possible for materials
- Have materials always in the same location and within reach (perhaps on a shelf or on the floor in a specific location)
- Set the schedule up in close proximity of the materials initially
- Activity schedule is always placed in the same location on the work surface
- Rewards are within easy reach of the work area



○ Questions?



REFERENCES

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