

Using Lists, Schedules and Stories



Description

Activities, tasks or routines are listed with words or pictures on a board, notepad, dry erase board or calendar. Pictures and words are used to demonstrate/explain what will happen in a new or unfamiliar event (e.g., having an X-ray).

Who May Benefit?

Visual lists, schedules and stories help people to understand and remember complex information. These visual supports often reduce anxiety for people.

People of all ages who may benefit include those who have:

- Difficulty understanding or expressing information
- Difficulty with memory or transitions
- Behavior challenges

Tips

- Use very simple line drawings. They don't need to be accurate depictions or photos.
- Make a list of tasks or activities that need to be completed.
- Use visual to explain what will happen next (e.g., "First you will eat your breakfast. Then you will get dressed.") Use a timer to help the person understand when something will happen (e.g., "You can go to the activity room when the timer rings.")
- Explain the person's daily schedule using numbers and arrows to show the order. Add specific time when appropriate. Refer back to the schedule throughout the day, crossing out the events that have happened and talking about what will happen next.
- Use several pictures or words in a story format to describe an unfamiliar event (e.g., X-ray).
- Offer them a notepad if they prefer to take their own notes.

MESSAGE IN

- The person can understand and remember complex lists and sequences of activities with visuals.

MESSAGE OUT

- People are able to take time to formulate questions when they review the written material.

CHECKING IN

- Point to each visual as you confirm that the person understands the information.

