**Customizable Visual Schedule for the Tobin Center**

What is a visual schedule?

A visual schedule is a sequence that uses pictures. It shows a person what to expect during their day, routine, or a specific event. This allows people to organize themselves, sequence through activities, prepare for transitions and increase their independence.

What are the benefits of a visual schedule?

* Reduce worry, nervousness or anxiety about a specific event or routine
* Increase a person’s independence
* Promote self-confidence after success
* Consistent
* Can be used across all age ranges and abilities
* Offer opportunities to build executive functioning skills

How to use a visual schedule:

* Break down a task, routine or event
* Create pictures or brief descriptions of each step
* Cut out and secure pictures and/or brief descriptions of each step
* Spend time familiarizing the person with the visual schedule and pictures
* Use lots of positive encouragement and praise, especially while learning to use

Tips:

* Use real life pictures to create easier association to task, event or person
* Laminate the visual schedule to increase its durability
* Secure the pictures using Velcro. Then your visual schedule template can be reused, but the pictures can be easily changed out
* Be patient – visual schedules need to be learned. It will take time for the person to associate the meaning with the pictures and incorporate into their routine
* Visual schedules do not work for everyone. Be patient and trial it several times before trying a different strategy, but understand if it doesn’t work that’s okay, different people respond best to different things.

**Going to the Tobin Center Schedule**

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**Starting Pictures:**

Fidgets

 

Sensory Supports

Day of Event

