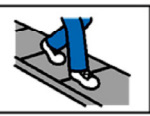

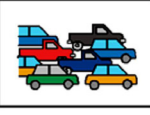







## Schedules + Prompts


- Can help to increase independence and life skills – for example if a person struggles with getting dressed or brushing their teeth, consider using a schedule that guides them through the process step-by-step.
- May help individuals who forget to do things such as flushing the toilet or washing their hands, or who lose and forget things frequently.
- Remember that some people may need real life photographs rather than drawings or symbols, so if you are supporting someone to brush their teeth independently, you may need to use photos of their own toothbrush and toothpaste etc. when doing a visual schedule to help them to brush their teeth.

### Example 1: Crossing the road


#### Crossing the road

1	Walk to the edge of the pavement	
2	Stop	
3	Look out for cars and other traffic	
4	Listen out for traffic	
5	If there are traffic lights, press the button.	
6	Wait for the green man	
7	Check there is no traffic	
8	Cross the road	


# Example 2: Getting dressed




Get Dressed




boxers on




done




trousers on




done




t-shirt on




done




socks on








jumper on




# Example 3: Things I need

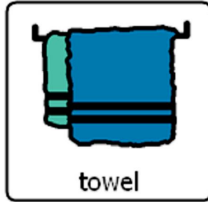
 Things I need for swimming 




swimming bag



swimming costume




towel




goggles


[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)


## Example 4: Using the toilet





toilet


- 

1  
pull down  
underwear
- 

2  
sit on toilet
- 

3  
do a wee/  
poo
- 

4  
wipe
- 

5  
pull up  
underwear
- 

6  
flush
- 

7  
wash hands

## Example 5: Washing hands

### Wash hands

1



Tap on

2



Rinse hands

3



Get soap

4



Rub hands together

5



Rinse hands

6



Tap off

7



Dry hands