Wrap Around Visual Supports

By: Stephanie Costantino, M.S. CCC-SLP

Visual Supports

- “Visual supports are tools used to increase the understanding of language, environmental expectations, and to provide structure and support” (Harris, 2012).

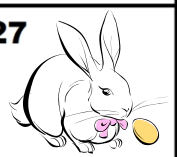
Visual Supports

- They allow us to plan, be organized, and be independent!
- Do you agree that you benefit from visual supports? Here are some examples of how we use visuals everyday.

Calendar

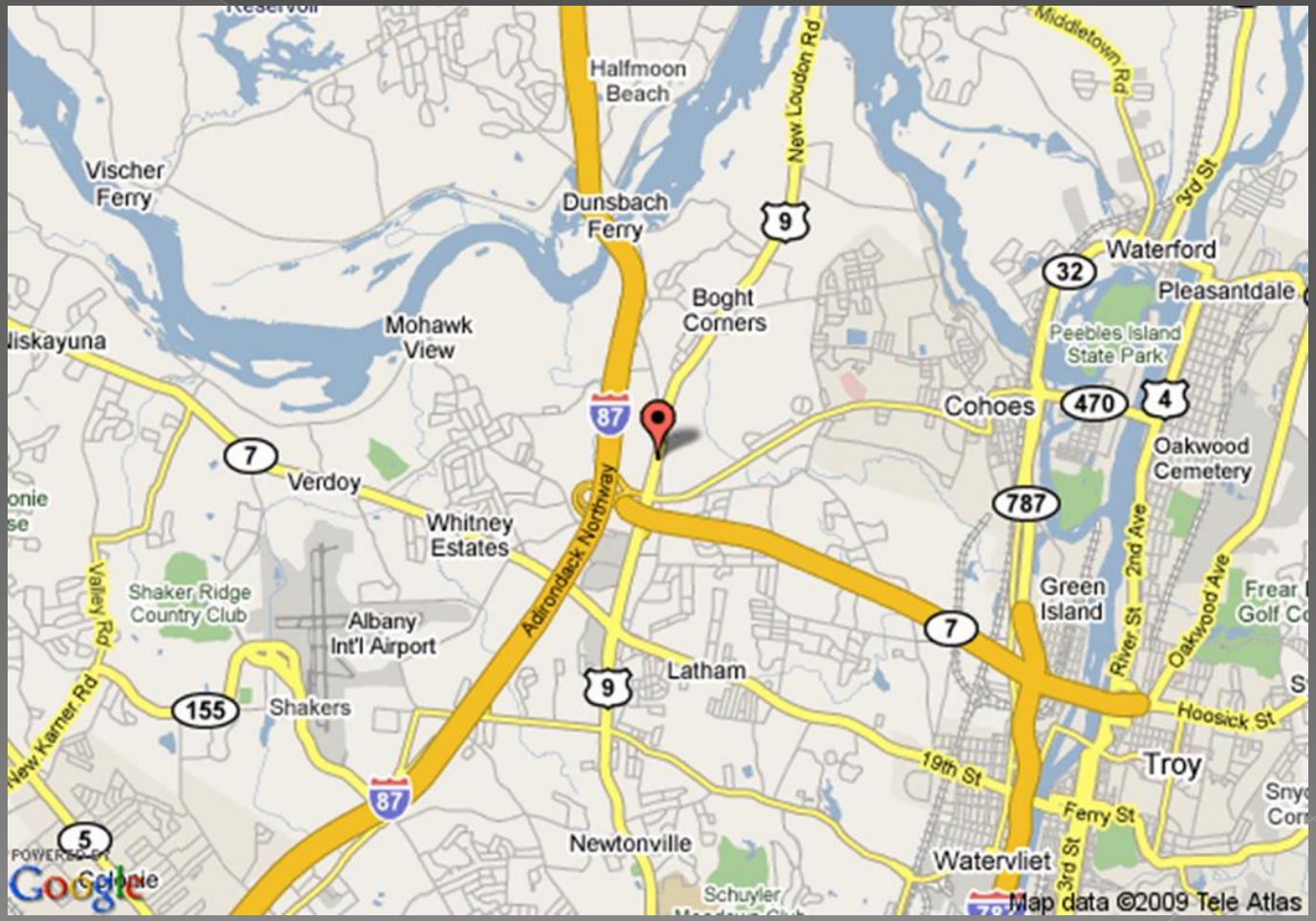
MARCH 2016

24calendars.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 	28	29	30	31		

Download Free Printable March 2016 Calendar from **www.24calendars.com**

Latham Map


Halfmoon
Beach
Vischer
Ferry
Dunsbach
Ferry
New Loudon Rd
Middletown Rd
3rd St
Waterford
Pleasantdale
Peebles Island
State Park
Boght
Corners
Mohawk
View
Niskayuna
Cohoes
Oakwood
Cemetery
Verdoy
Whitney
Estates
Adirondack Northway
Shaker Ridge
Country Club
Albany
Int'l Airport
Valley Rd
New Karner Rd
Shakers
Latham
Green
Island
2nd Ave
River St
Oakwood Ave
Hoosick St
19th St
Troy
Ferry St
Watervliet
3rd St
Newtonville
Schuyler
Google
Map data ©2009 Tele Atlas

Recipes

CORNBREAD

Colvin Run Mill Corn Bread

1 cup cornmeal
1 cup flour
½ teaspoon salt
4 teaspoons baking powder
3 tablespoons sugar
1 egg
1 cup milk
¼ cup shortening (soft) or vegetable oil

Mix together the dry ingredients. Beat together the egg, milk and shortening/oil. Add the liquids to the dry ingredients. Mix quickly by hand. Pour into greased 8x8 or 9x9 baking pan. Bake at 425 degrees for 20-25 minutes.

Pinterest

Who Benefits from Visual Supports?

- Children
- Teachers
- Therapists
- Parents
- Grandparents

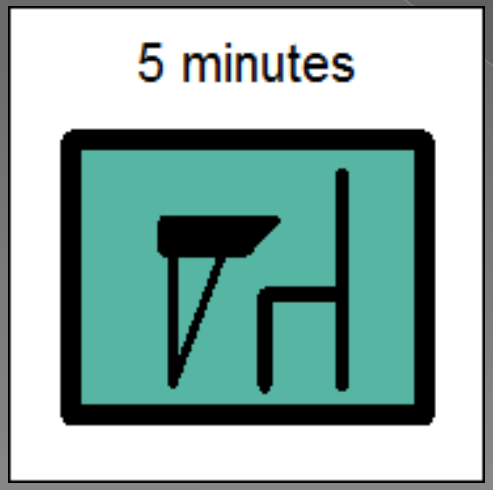
- We all benefit from visual supports!

What can visual supports be used for?

- Visual supports can assist with:
  - Successful transitions
  - Encouraging safety
  - Making choices
  - Using appropriate social skills
  - Teaching rules and appropriate behavior
  - Decreasing inappropriate behavior
  - Showing sequences for events and activities
  - Instructing when to begin and end activities

Transitions

- Visuals can be used to make individuals aware that it is time to switch from one activity to another. Visuals can act as a pre-set.



Safety

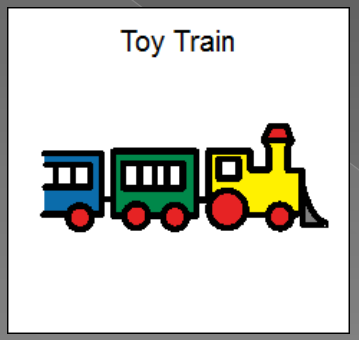
- Visual symbols are placed on different objects and places to make people aware of things that may be dangerous.

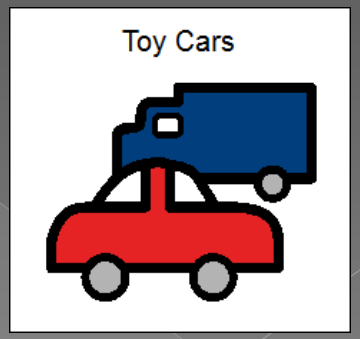
Making Choices

- Visuals can allow a person to see what their options are before they make a choice.

Pets

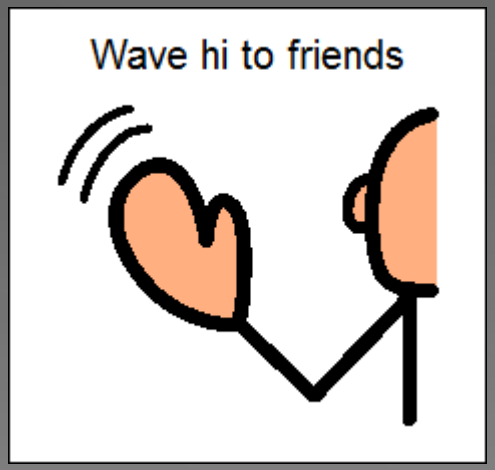
Toys

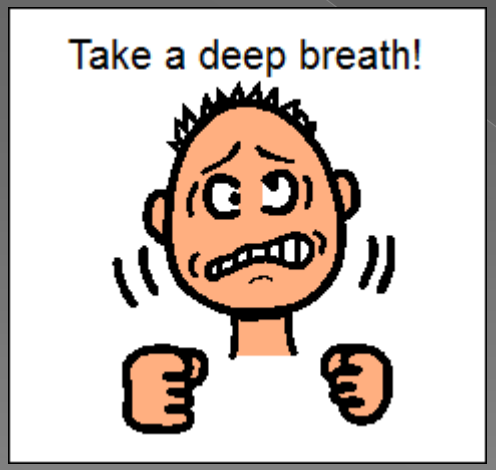




Social Skills

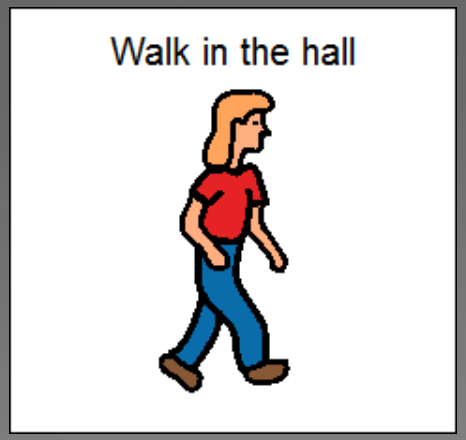
- Visuals can provide reminders of how to interact appropriately in social situations.

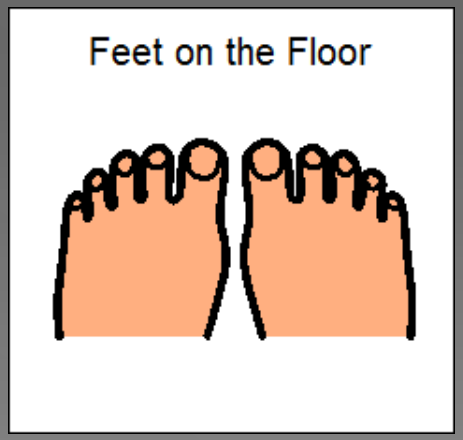


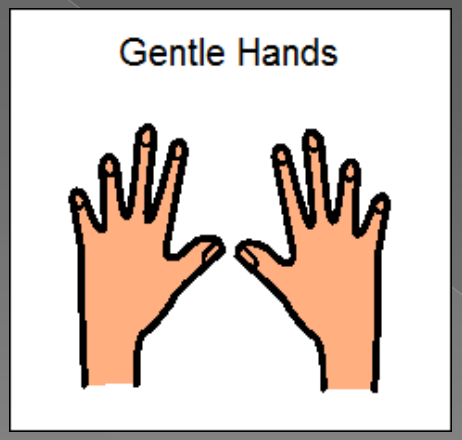


Teaching Rules and Appropriate Behavior

- Visuals can provide reminders of the rules and how to behave appropriately in different situations.

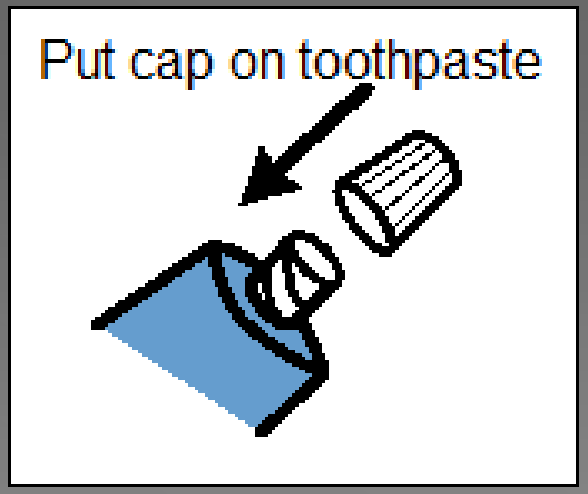


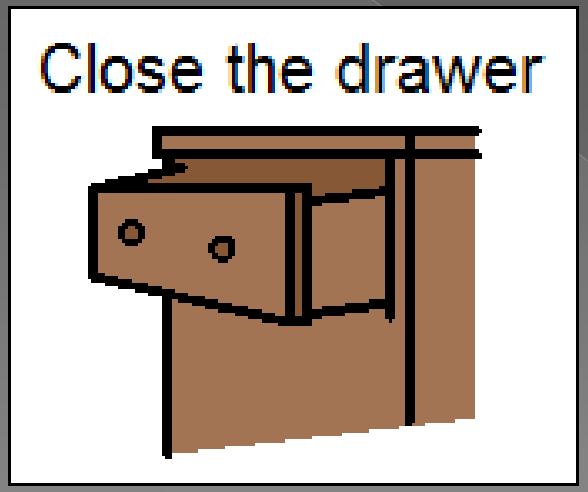


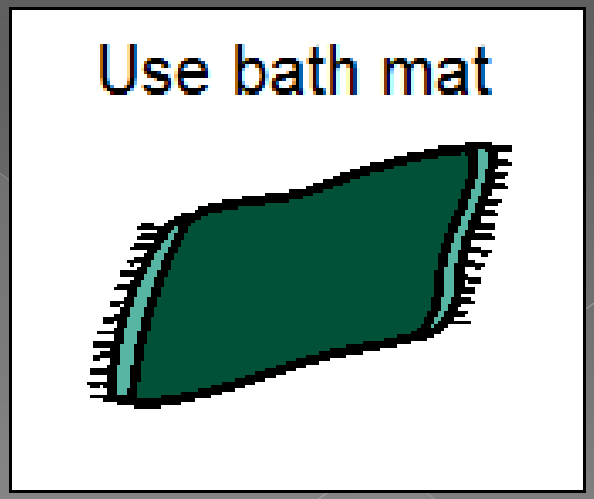


Sequences and Routines

- Visuals can serve as a means to establish routines or to be a reminder of routines that should be followed.



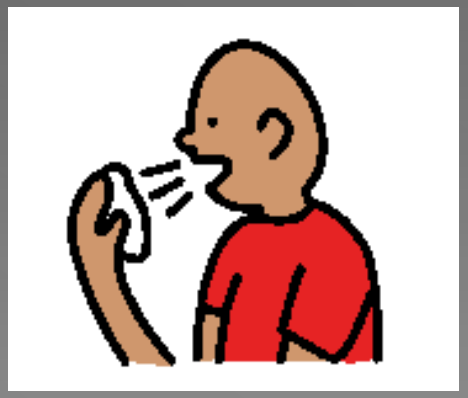


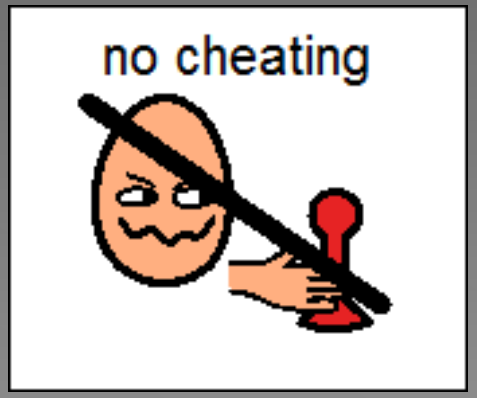


Inappropriate Behavior

- Visuals can be used as a reminder of how to behave appropriately to discourage inappropriate behavior.

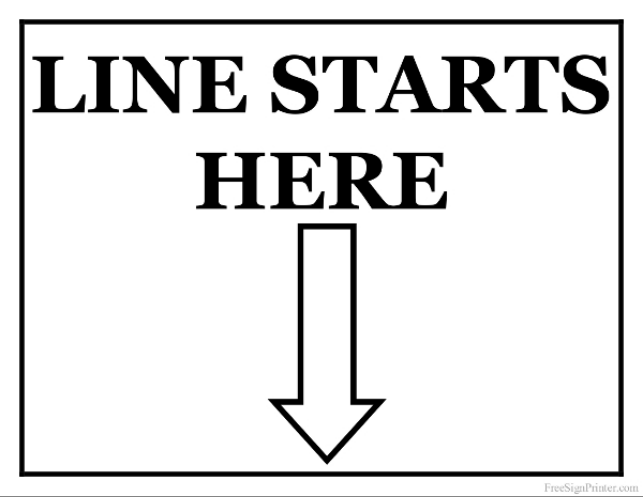
- Visuals can also be used to praise good behavior.

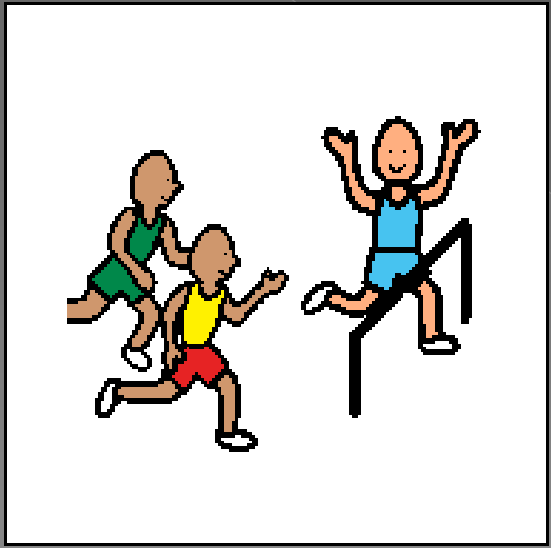




Indicating Beginnings and Endings

- Visuals can be used to notify individuals when he/she can begin an activity or when to end an activity.





Why Use Visuals?

- According to Rao and Gagie (2006):
  - Visuals are part of everyone's communication system.
  - Visuals can focus and keep attention.
  - Visuals can reduce anxiety by allowing the focus to be on the information being presented.
  - Visuals make abstract concepts more concrete.
  - Visuals can assist individual's to express their own thoughts .
  - Visuals can help assist in establishing structure, routine, and sequencing skills.

How Do Visuals Help?

- They allow time for processing information.
- They let children know what will happen next.
- They remain present after the spoken word is gone.
- They help encourage smooth transitions.

More Reasons Visuals Help

- Visuals can increase the understanding of words expressed verbally.
- Visuals can aid in providing additional reminders to help children understand what is occurring in their environment.
- Visuals support the learning of new words and vocabulary.
- Visuals can discourage challenging behaviors.

How to Make Visual Supports

- Pen/Pencils/Marker
- Paper/Card Stock/Poster board
- Paint
- Computer Pictures/Magazine Cut-outs
- Drawings
- BoardMaker Symbols
- Laminate for durability/use Velcro
- Pick a size and weight that encourages accessibility

Things to Remember When Making Visual Supports

- The visuals must have meaning to the child.
- This visuals should be age appropriate.
- The visuals and word pairings should be consistent with words used in the environment.
- The same vocabulary should be used in different environments for carryover.

More Things to Remember

- They should be unique to the child- What works for one may not work for others.
- Results may take time-Keep with it!
- May be able to decrease use over time.
- The visuals should be created at the child's "visual stage."

Visual Stages

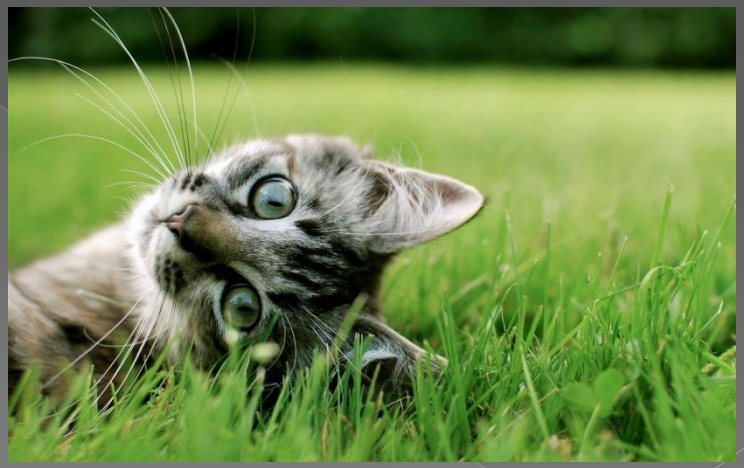
- Object Stage
- Photograph Stage
- Picture Stage
- Line Drawn Stage
- Text or Written Stage

Object Stage

- The use of items or objects as a visual for communication purposes.

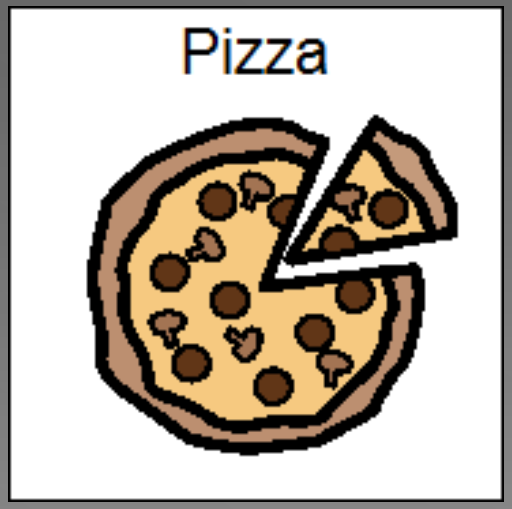
Photograph Stage

- The use of real photographs for communication purposes.



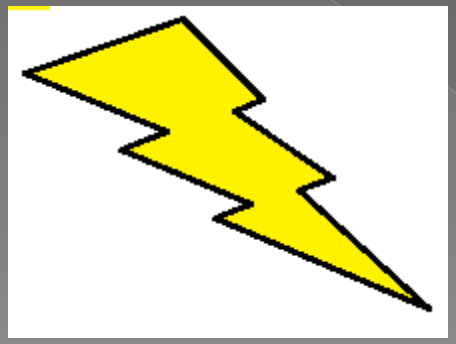
Picture Stage

- The use of picture symbols to represent objects, places or people.
  - (i.e. Boardmaker symbols, PECS Symbols)



Line Drawn Stage

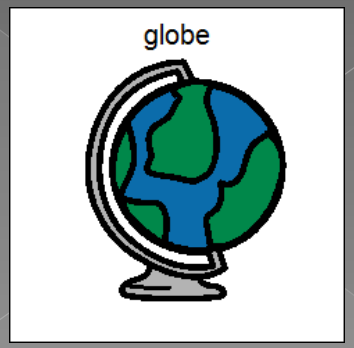
- The use of drawn pictures to represent wants and needs.
- Simple drawings with pencil or marker will work at this stage.



Written Text Stage

- The use of text along with an image to encourage language learning and reading

- The same words that label a picture should be used by everyone to reinforce the vocabulary.



Where can Visuals be Used?

- Classroom
- Home
- Community
- Work
- Visuals can be used **everywhere**!

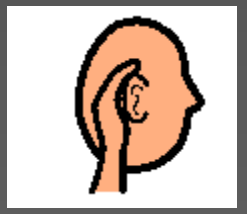
CLASSROOM

The Classroom Environment

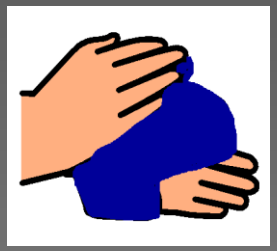
- Teachers use different methods to help children learn.
  - Examples
  - Routines/Schedules
  - Demonstrations
  - Words
  - Actions
  - Visuals
- Teachers provide instruction to all different kinds of learners.

Types of Learners

- Auditory Learners
  - Benefit from learning information through lecture and speaking aloud with others.



- Kinesthetic Learners
  - Benefit from hands on learning, doing activities, making models, and touching materials.



- Visual Learners
  - Benefit from seeing information, watching demonstrations, viewing words presented with pictures, visual schedules, and looking at a model of an assignment.

Classroom Rules

Classroom Rules

Quiet Mouths

Raised Hands

Quiet Bodies

Walking Feet

Helping Hands

Nice Friends

Visuals in the Classroom

- Teachers use visuals in the classroom on a daily basis.

- Visual Strategies that we will focus on:
  - Color Coding
  - Venn Diagrams
  - Graphic Organizers

Color Coding

- A simple visual cue that can be very effective.
- Colors create pictures in our minds.
- Color coding can aid individuals in becoming organized.
- It can be used to create boundaries.
- Can assist in arranging the environment to encourage learning.

Color Coding Examples

- To assign seats on a rug.
- To create boundaries.
- To promote positive behavior.
- To provide or to deny access to activities.
- To create organization-color folders/notebooks for different subjects (i.e. science is red, math is green).

Noise Level Chart

0	Whispering Voices
1	No Voices
2	Speaking Voices
3	Loud Voices
4	Shouting/Screaming Voices

Classroom Behavior Chart

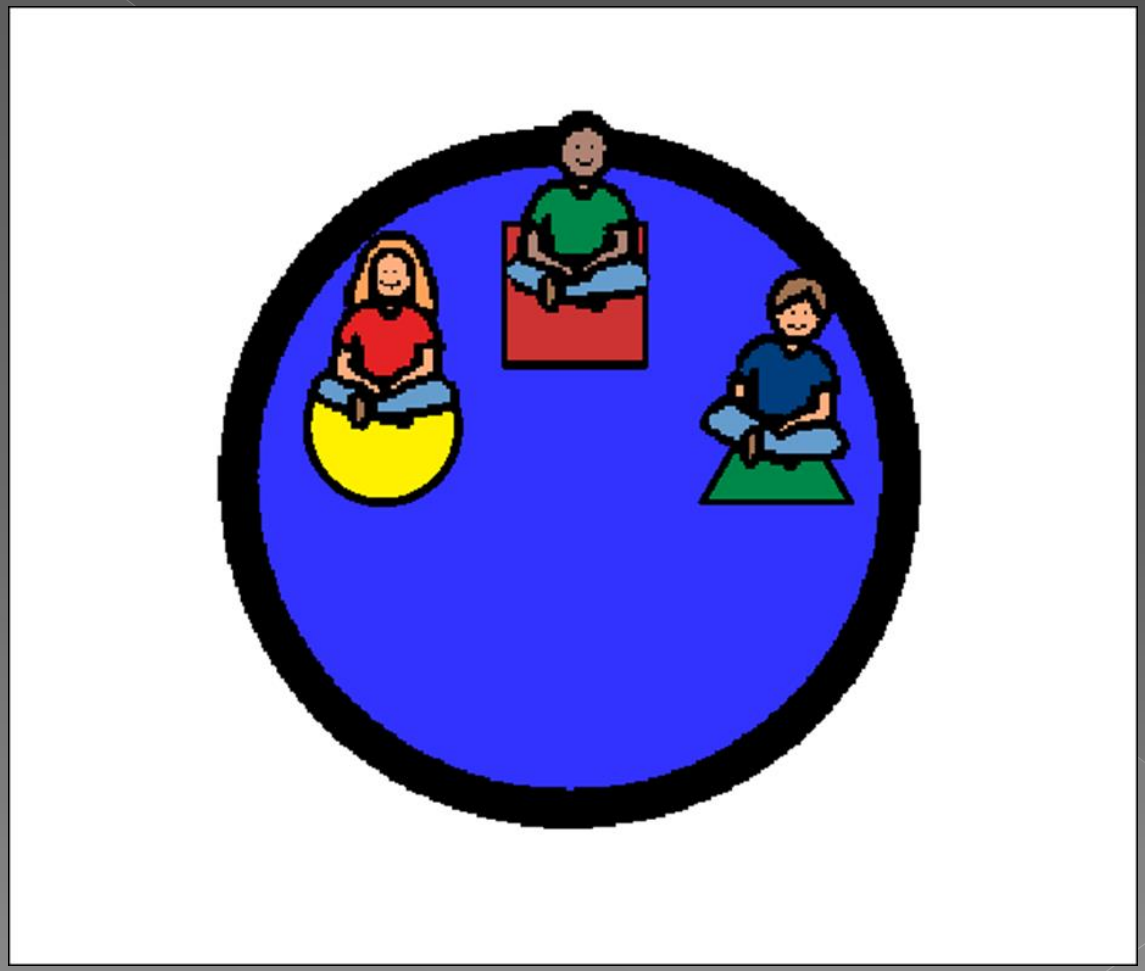
Green= Great Listening!

Yellow=Difficulty listening!

Orange=Warning

Red= Call home

Color Coded Seating Example



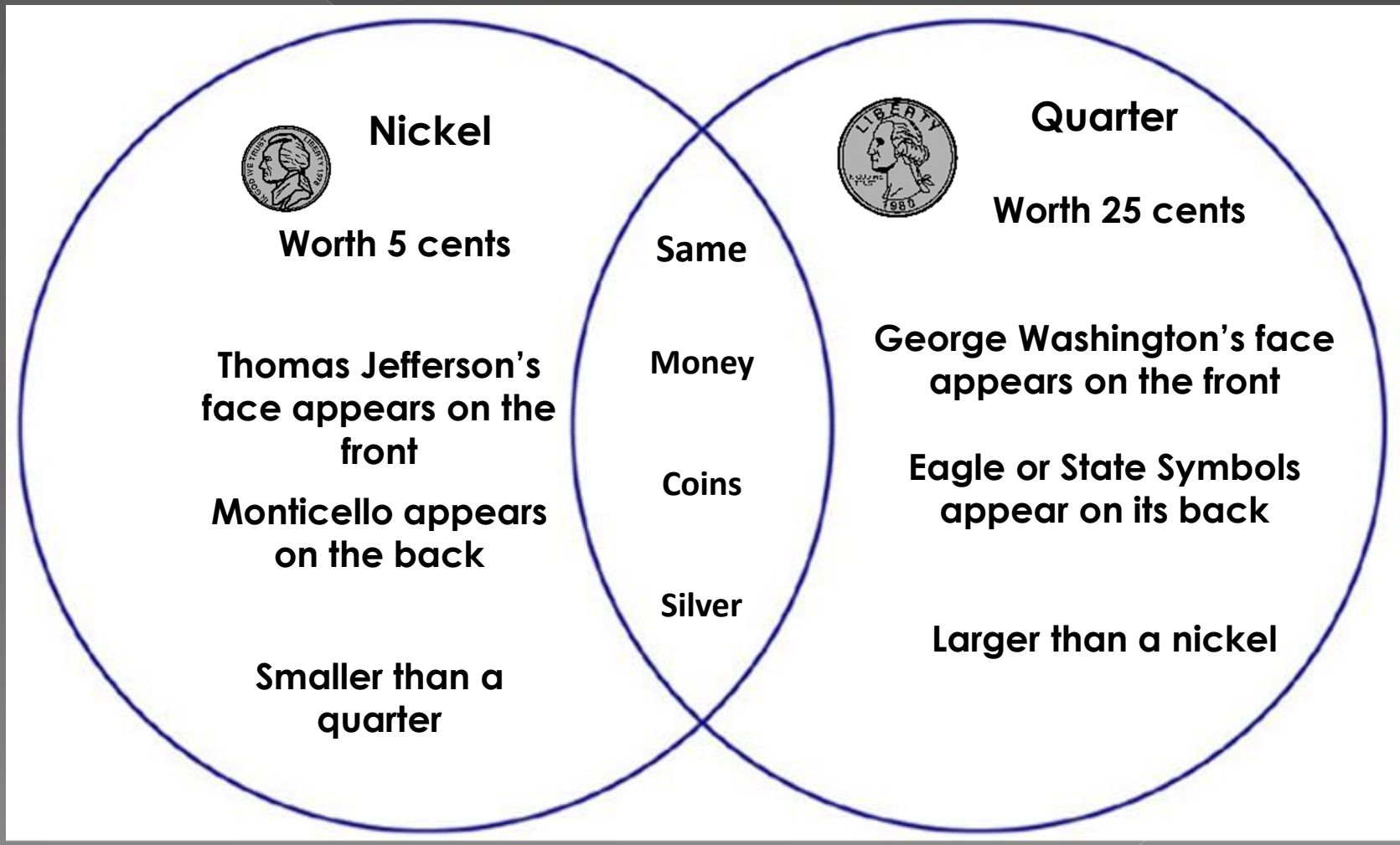
Color Coded Accessibility

Venn Diagram

- Venn Diagrams are a visual support used for comparing and contrasting information.

- Venn Diagrams are used in the classroom to:
  - To assist with organization of thoughts.
  - To identify relationships between concepts.
  - To teach how to describe and define attributes.
  - To teach similarities and differences.

Venn Diagram Example



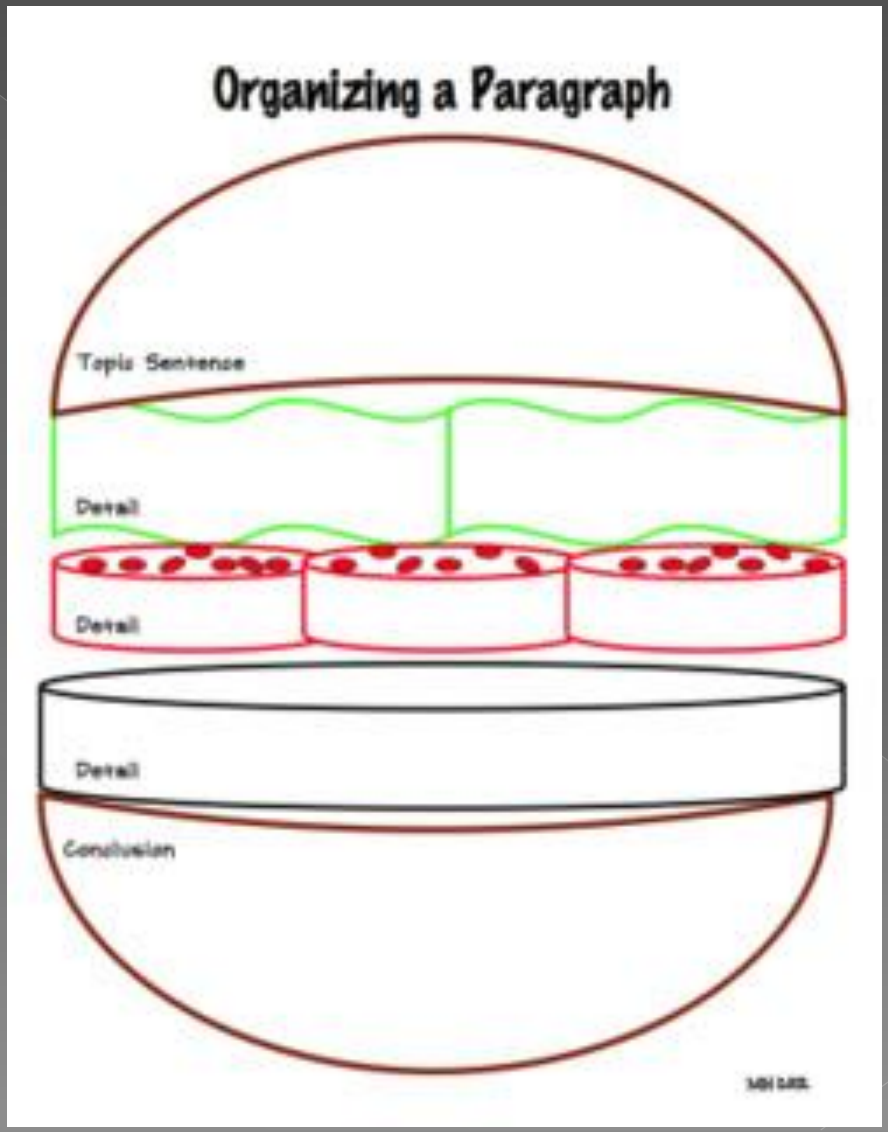
Graphic Organizers

- Graphic organizers are visuals supports used to demonstrate relationships between concepts or ideas.
- They are used to encourage learning and understanding of concepts.
- Graphic organizers help to guide the learner's thoughts as they fill in the organizer and build upon ideas.

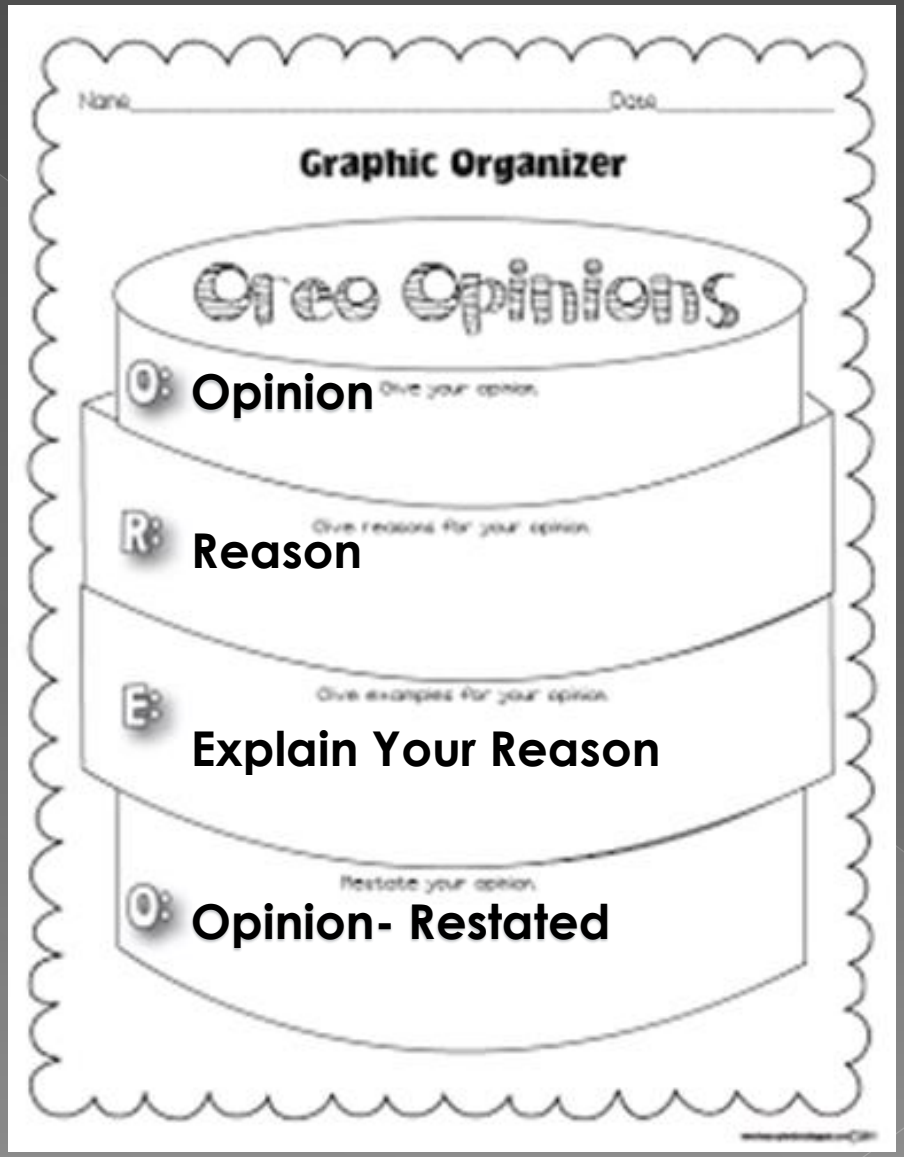
Why Graphic Organizers?

- They help students to organize their thoughts for writing.
- They assist with creating categories.
- They help increase reading comprehension.
- They help students sort out a writing project.

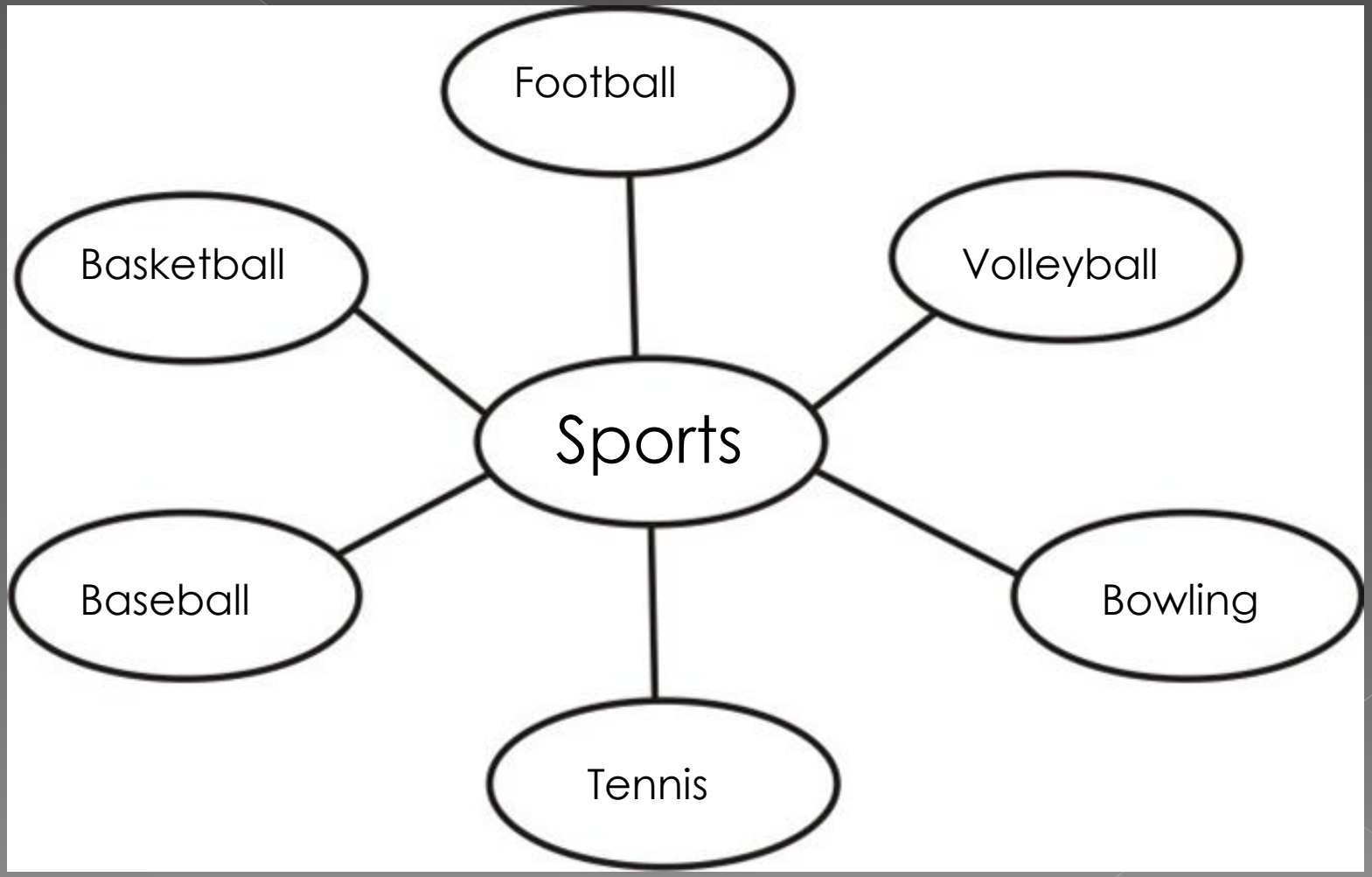
Graphic Organizer- Organizing a Paragraph



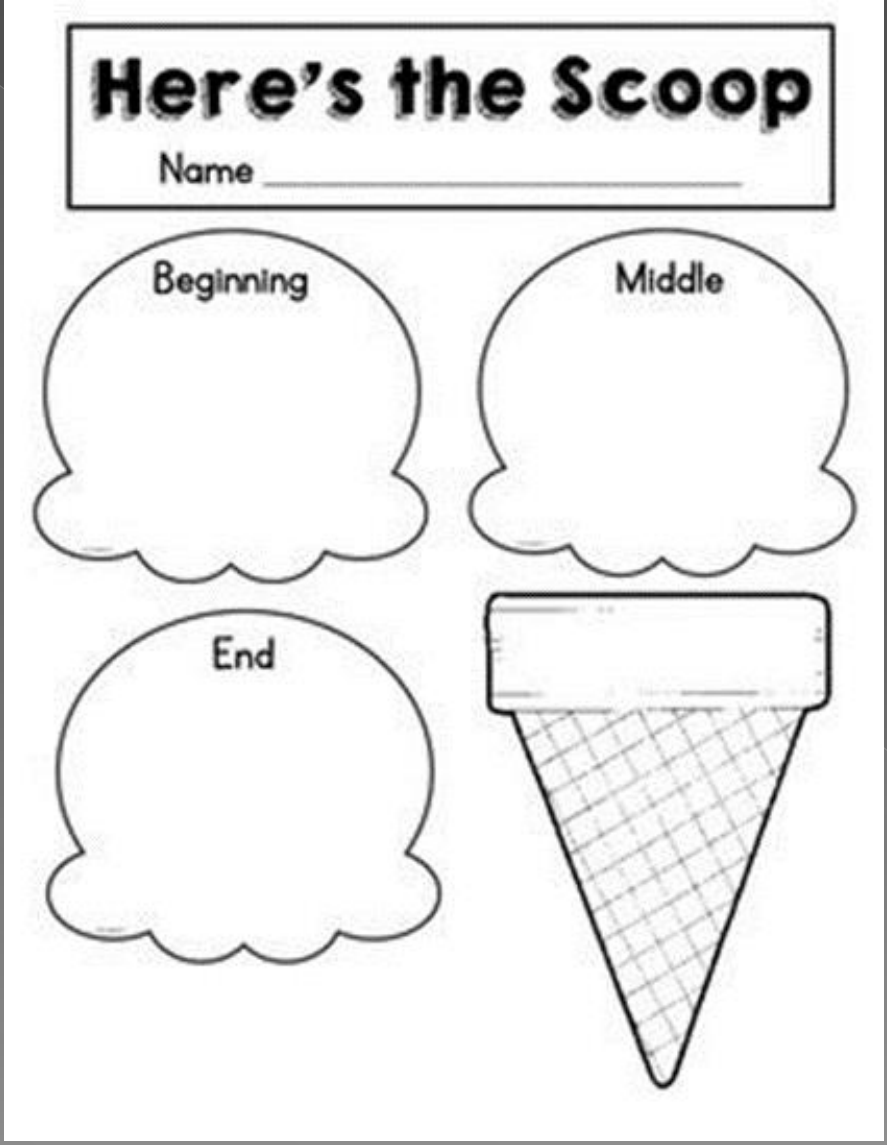
Graphic Organizers-Oreo Opinions



Graphic Organizer Example



Graphic Organizer for a Story

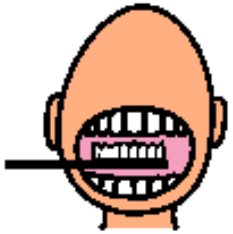


Home

Activities of Daily Living

- Visuals supports can help individuals carryout activities independently that they may normally need assistance with:
  - Brushing teeth
  - Doing Laundry
  - Getting ready in the morning
  - Using the bathroom
  - Washing Hands
  - Cooking a meal
  - Transitions

Sequencing Example

Get your toothbrush.	Get the toothpaste	Put toothpaste on your toothbrush.	Brush your teeth. 	Rinse your mouth.

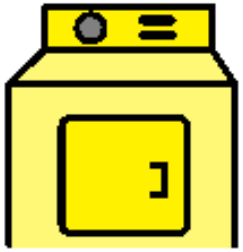
Brushing Your Teeth!

How to Do Laundry

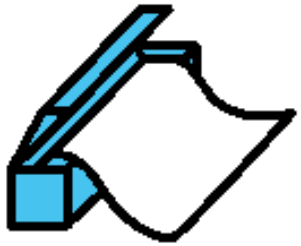
Get dirty clothes

Add detergent

Put clean clothes in dryer

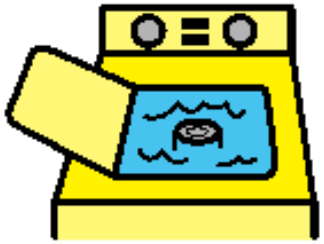


Add a dryer sheet

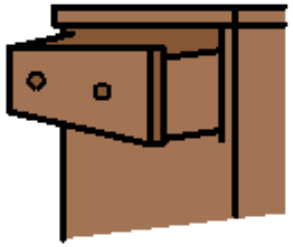


Fold clean clothes

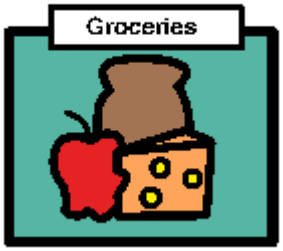
Put clothes in washer



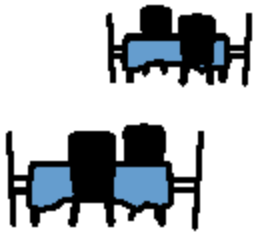
Put clothes away



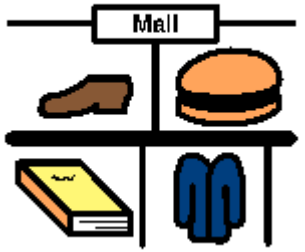
grocery store



restaurant

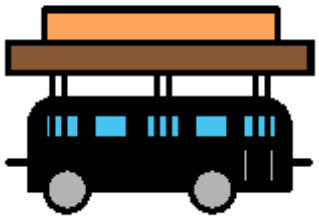


mall



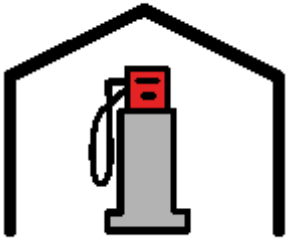
COMMUNITY

bus station



store

gas station



Community

- We use visual supports in the community everyday:
  - When ordering food in restaurants
  - While locating landmarks
  - While reading street signs and house numbers
  - When navigating the aisles at the grocery store
  - While looking for the restroom, elevator, or exit
  - When driving the thruway
  - While choosing the right bus route

Visuals Supports in the Community

- Visuals supports can aid in navigating where you're going to travel.
- Visuals supports can assist with transitions (i.e. a visual schedule).
- Visual supports can be used to encourage learning the rules and expectations for behavior in the community.

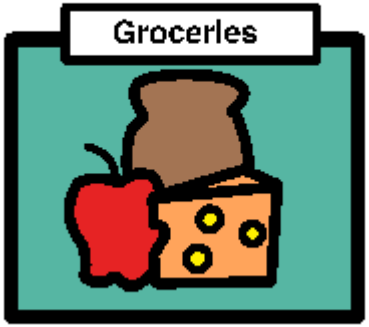
Using Visual Supports in the Community cont.

- Visual supports can be used to explain how to behave when in different settings (i.e. the library vs. McDonald's play place.
- A social story can be used to explain activities and locations, and encourage accurate social skills while visiting different locations.
- Visual supports created for use in the community should be portable, durable, and age appropriate.

Schedule for Outings

I am going...

Grocery Store

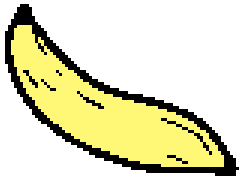
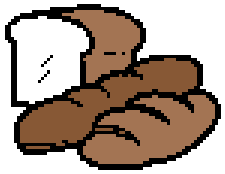
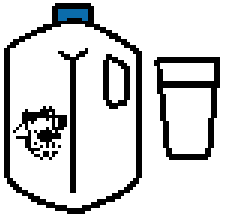


Clothing Store

Shoe Store

Grocery List

My Grocery List:

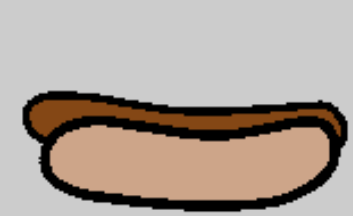
beef	rice	bananas 	broccoli
bread 	yogurt	milk 	apple
◯	◯	◯	◯

Visual Menu

Menu

Hamburger $5.00

French Fries $2.50



Hotdog $3.00

Salad $3.50

Chicken $4.00

Drink $1.50

WORK

teacher

police officer

cashier

waiter

mail carrier

nurse

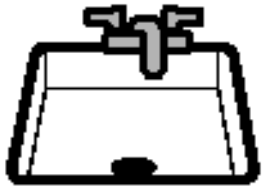
Visual Support at Work

- Visual Supports can be used to promote a positive and successful work environment:
  - Displaying the company name
  - Posting encouraging messages
  - Labels for files and folders
  - Location of people and places
  - Identification of machines
  - Descriptions/explanations for how to use machines
- We see visuals everyday in the work environment.

Visual Supports at Work continued

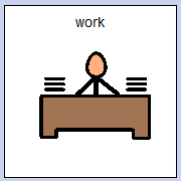
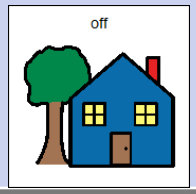
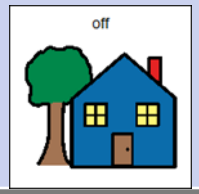
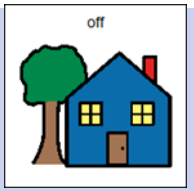
- Some visuals are used or can be created to help individuals perform successfully while at work:
  - Calendars
  - Schedules
  - To-Do Lists
  - Labels
  - Sequences for completing activities
  - Manuals
  - Scripts

Steps for Cleaning the Bathroom

1	2	3	4	5	6
Get cleaner	Clean the toilet	Clean the sink 	Sweep the floor	Mop the floor	Take out the trash

Work Schedule

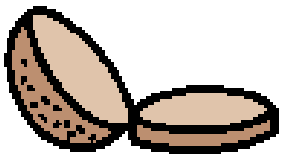
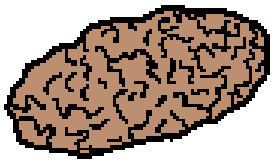
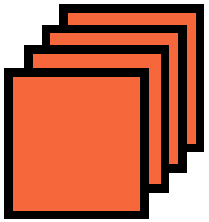
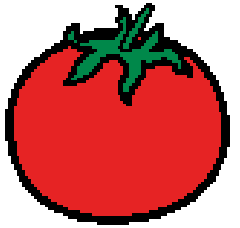
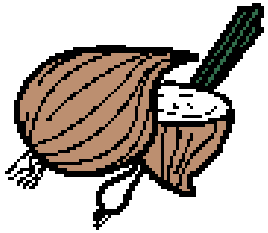
- A schedule is a visual used to remind an individual when he/she is working and for how long.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:30	Off	5:30-9:30	Off	5:30-9:30	9:00-5:00	Off
						

- Stickers or stamps can used to designate different days on the calendar.

Work Sequence Example

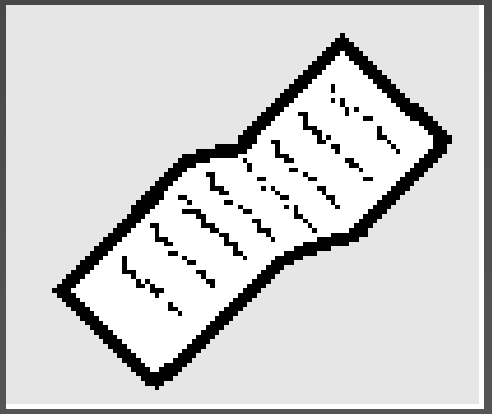
Making a Cheeseburger

bun 	patty 	cheese 	lettuce	tomato 
onions 	ketchup & mustard	bun		

Scripts

- Scripts are written narratives that can be used to remind individuals of information to share with customers while working.
- Scripts can be used to decrease anxiety by making a person feel secure because they do not have to remember the information they need to share.
- Scripts can encourage successful communication interactions.

Script Example



- Good Morning!
  - My name is Joe. I run my own business. I collect soda cans and bottles from people who would rather have someone else complete their returns. I am saving the money that I make to have extra spending money for when I go out with my friends.

Types of Visual Supports

- Some visual supports can be used successfully in multiple locations:
  - Choice Boards
  - Visual Schedules
  - Token Systems
  - Labels
  - Setting Parameters
  - Social Stories
  - First-Then Boards
  - Help Card

Choice Boards

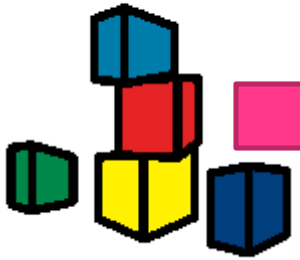
- Choice boards can display options for choosing activities, telling preferences, and expressing feelings.
- Individuals indicate their choice based on the visuals that are provided for them.
- Start with only a few choices and add more once the child demonstrates they are able to use the board successfully.

Choice Board for Activities

- Choice boards for activities allows individuals to increase their independence by choosing the activity they would like to participate in:
  - For a classroom: Clothespin names onto the activity
  - For individual: Use Velcro to take activity off of a board.

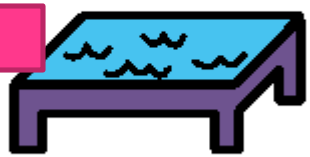
Paint

Blocks



Maddie

Water Table

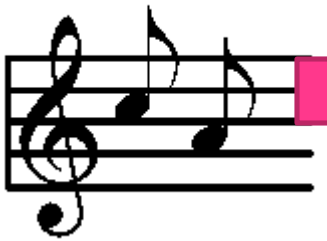


Jamie

Arts & Crafts

Computer

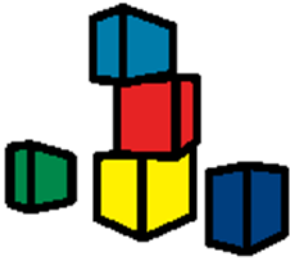
Music



Tess

Paint

Blocks

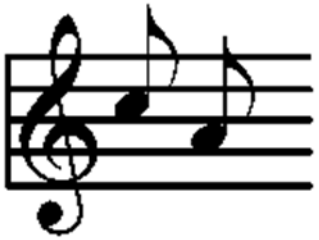


Water Table

Arts & Crafts

Computer

Music



Choice Board Examples

- Choice boards for preferences allow an individual the ability to indicate what they like to do or what their favorite of something is(i.e. clothing, colors, art activity).

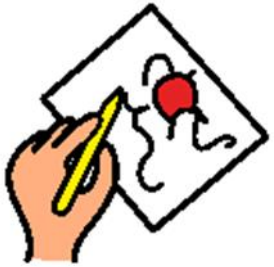
- Could be a few or many choices depending on the individual's level of ability.

Art Activity Choice Board

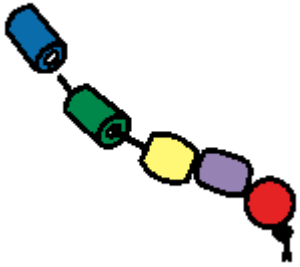
Paint

Color

Draw



Bead



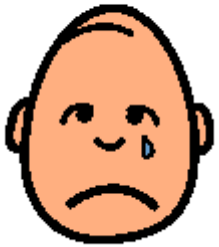
Choice Board Examples (cont.)

- Choice boards can be used to show how a person is feeling.
  - A picture board can be created with several different facial expressions allowing the individual to point to how they are feeling or imitate the chosen facial expression.

Feelings Board

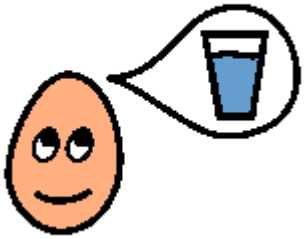
Happy

Sad

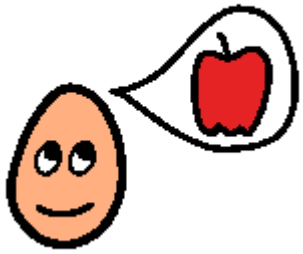


Mad

Thirsty



Hungry



Tired

Why use Choice Boards?

- Give control and independence over actions.
- Give the freedom to express their own feelings and preferences.
- Gives the person responsibility to choose and to participate in their chosen activity.

Visual Schedules

- A visual schedule uses images to demonstrate orders of activities.
- Visual schedules can be used to document a day, an event, or an activity.
- Visual schedules provide a visual representation for what will happen next.
- Visuals schedules can help increase independence.

Advantages of Using Visual Schedules

- According to Mesibov et al. in 2005, Visual Schedules:
  - Use a person's visual strengths to increase understanding
  - Assist in the learning of new things
  - Provide tools that allow individuals to use skills in different environments
  - Increase flexibility
  - Help to reduce inappropriate behaviors
  - Aid in the development of independence

How to Create a Visual Schedule

- 1. Decide who the schedule is for.
  - One person or a group
- 2. Decide on the design of the schedule.
  - Pictures, objects, photographs, written
- 3. Decide on the length of the schedule.
  - Whole day, half day, one activity
- 4 Decide where the schedule will be used.
  - Home, Work, Community

More Steps in Creating Schedules

- 5. Decide how to focus attention on the schedule.
  - Show the schedule, hand an object, show schedule card
- 6. Teach how to use the schedule.
  - Assist, verbal explanations, demonstrations
- 7. Monitor use.
  - Assistance needed, independent use

Last Steps in Creating Schedules

- 8. Make Changes.
  - Check for understanding
- 9. Be Consistent.
  - Teaches flexibility
- 10. Make Changes as needed.
  - Increase complexity once independence is reached

Making a Visual Schedule

- Several different mediums could be used to create a visual schedule:
  - Paper
  - Objects
  - Computer/Magazine cut outs/drawings
  - Laminate Pictures for durability
- It may seem time consuming at first, but could save you time in the long run!

Visual Schedule Example

The First Grade Parade

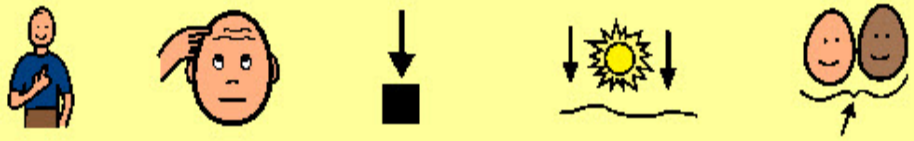
Visual Schedule-Object Stage

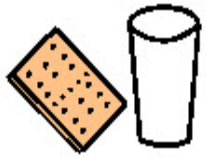
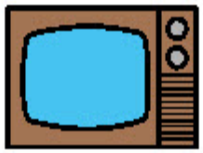
Visual Schedule Example

http://woodallkids.org/

Visual Schedule for Home

I think this afternoon we will...



go to the library	have a snack	do homework	watch TV	eat dinner
				

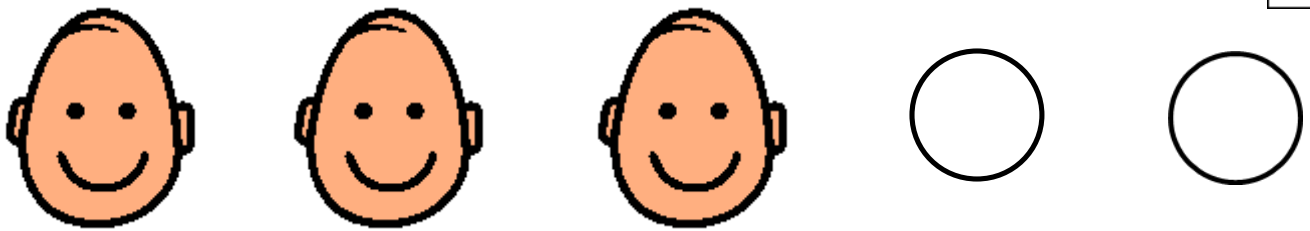
lynndeniseparsons.blogspot.com

Token Boards

- Some people need extra reinforcement to complete undesired activities.
- A token board is a visual that shows a person the desired activity or object he/she is working towards and how many trials he/she must complete in order to receive reinforcement.
- Token boards should start with only a few trials to ensure success.
- To make token boards work reinforcement needs to be immediate.

Token Board Example

I am working for



Labels

- Labels are simple visual supports that are part of our daily life.
- Labels can be used to identify items in the environment.
- Labels can help us to make the right choices and act appropriately in our environment (i.e. use the correct restroom, drive the right way of the highway).
- The use of labels can establish independence.

How to use Labels

- Place labels in spots that are easy to see.
- Show the child the label.
- Read the label to the child.
- Reinforce the label by naming the item while using it.
- Point to signs and labels while you see them around school or in the community (i.e. EXIT, USE OTHER DOOR).
- Teach the meaning of the label across different contexts (i.e. home, school, community).

Labels in the Classroom

- Can help students locate items in the room (i.e. their desk, classroom items such as scissors or glue).
- Can let students know where to put their belongings.
- Can assist students in learning new vocabulary
- Can help students locate different rooms in the building (i.e. boys vs. girls room)

Labels Classroom Example

http://www.mrsbeattiesclassroom.com/2013/11/word-work-centers-go.html

Labels in the Home

- Labels can be used in the home to encourage:
  - Organization (i.e. toys, utensils)
  - Literacy development (i.e. the child can associate the object with the name label)
  - Independence
  - Following directions
  - Following rules

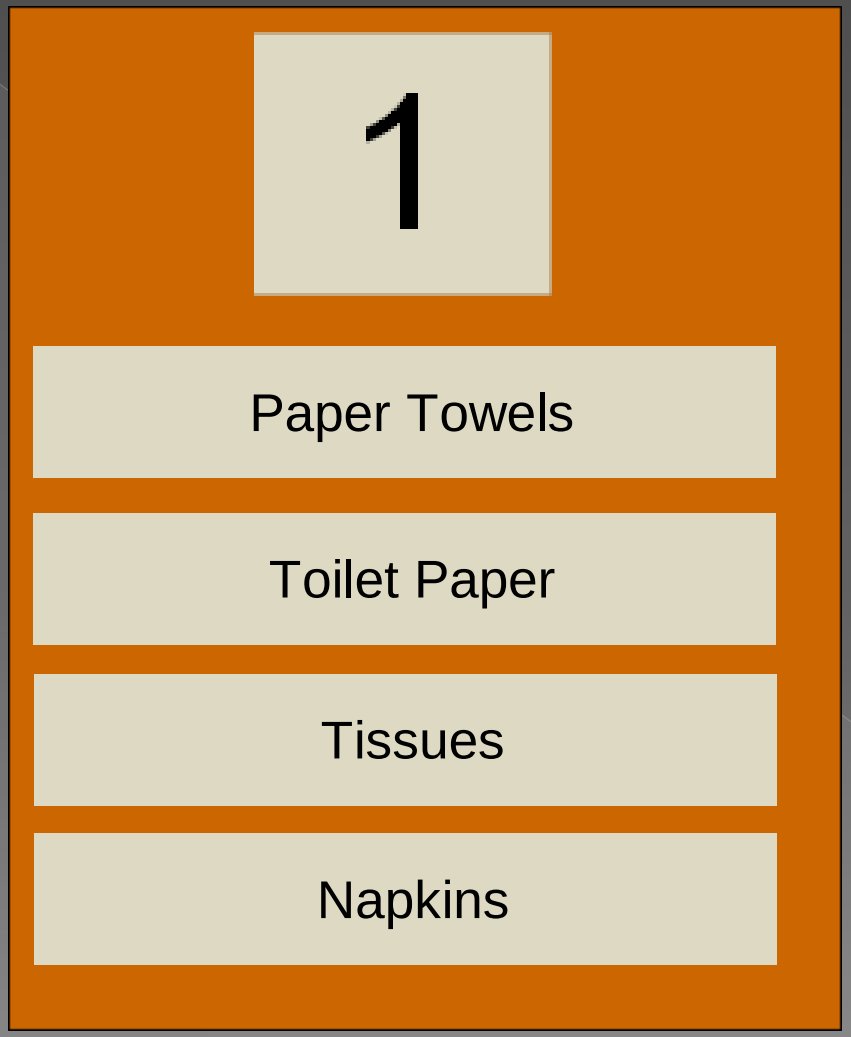
Labels in the Home Example

Labels in the Community

- Labels can be used in the community:
  - While grocery shopping
  - While at the library
  - While at the gym
  - While leaving (i.e. Exit Signs)
  - While driving
  - While taking the bus or the train
  - While going to a concert

- We can find labels **everywhere**!

Labels in the Community Example



Grocery Store Aisle Label

Labels at Work

- Labels can be used in the work environment:
  - For organization
  - For locating places, items, or people
  - To correctly follow protocols
  - For safety
  - To notify of a change or an item of importance

Visually Setting Parameters

- Setting Parameters involves using visuals to set limits in regards to actions, objects, or activities and to express expected behaviors.

- It is important to clearly express limits for activities, actions, or areas to encourage understanding.

How to Set Parameters

- Begin with activities that are short and have clearly defined limits.
  - Allowing play in 5 minutes using a timer that counts down.
- As understanding of visuals improves you can increase the length of activities and include more abstract concepts
  - Allowing play in 5 minutes pointing to the clock

Examples of Ways to Set Parameters

- Physical Boundaries
- Limited Availability
- Wait Time

Boundaries

- When setting boundaries a visual is placed upon an object that you can refer back to once the rule is followed.
  - Put a stop sign on an orange cone at the end of the driveway while a child is riding a bike.
  - Putting a flag on a tree in the schoolyard to let students know where they can free play.

Boundaries Example

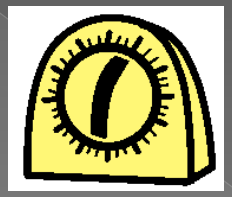
The Computer is Closed!

Boundaries Example

The Bathroom is Open!

Limited Availability

- Sets a time limit for how long an activity, item, or object is available (i.e. setting a timer for computer play, allowing ten minutes of toy play then giving a peer a turn)



Limited Availability

- Allows a person to have a certain number of trials with an item or activity
  - You can have 3 glasses of juice today or you can have ice cream for snack two days this week.

Wait Time

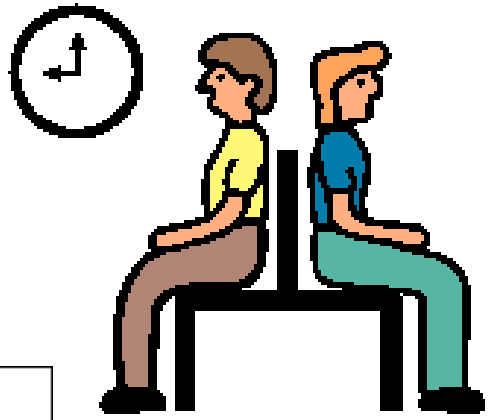
- We cannot always do what we want to do when we want to do it. Sometimes we need to take turns or wait for supervision.
- When learning about wait time visuals are used to teach a person to wait.
- The child is asked to wait using a visual before being able to do a desired activity (i.e. eat a snack, play a game, go outside).

Wait Time examples

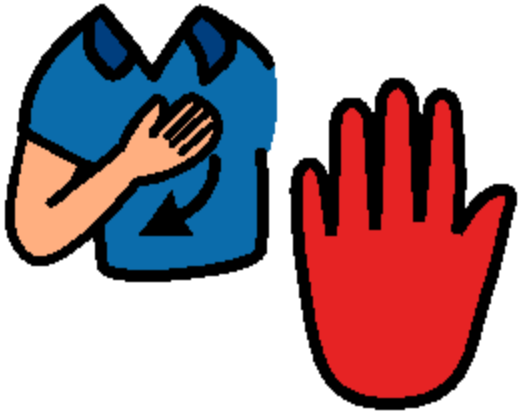
Wait a minute

1

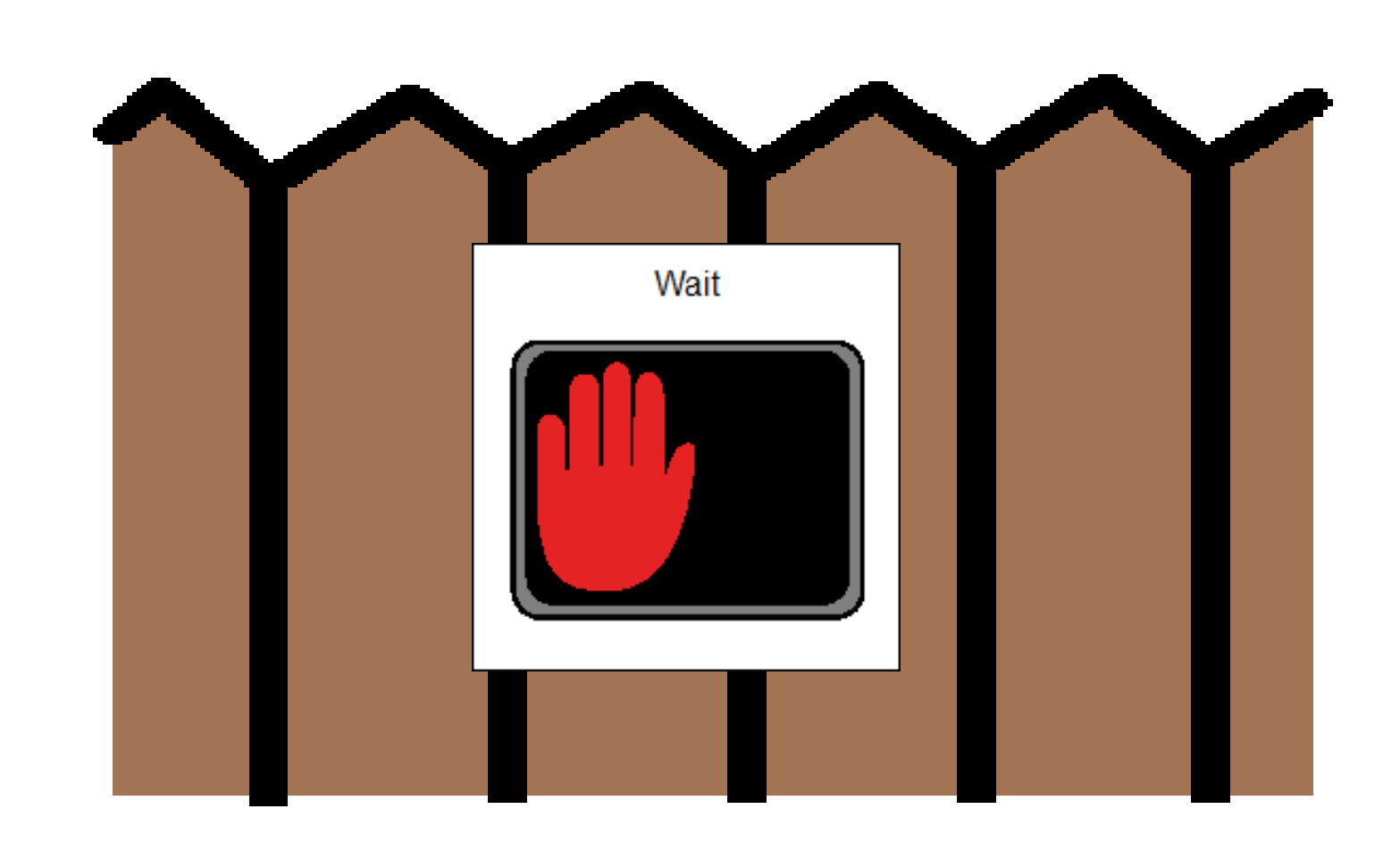
Wait 5 Minutes!



Please Wait!



Wait Time Example



Social Stories

- According to Carol Gray, "a Social Story accurately describes a context, skill, achievement, or concept according to 10 defining criteria. These criteria guide Story research, development, and implementation to ensure an overall patient and supportive quality, and a format, "voice", content, and learning experience that is descriptive, meaningful, and physically, socially, and emotionally safe for the child, adolescent, or adult with autism"

Social Articles

- Commonly used with adolescents and adults
- Follow the same rules and criteria of a Social Story, but are developed at a more age-appropriate level and format

When to use a Social Story

- To share information about a social skill or certain topic (i.e. choosing appropriate topics for conversations)
- To address a situation (i.e. an assembly)
- May assist in reducing a certain negative behavior (i.e. interrupting)

Reasons to use a Social Story

- To identify social cues in a situation
- To show another's point of view or a point that is not visible
- To explain a new rule or routine
- To explain the reason behind expectations
- To provide a pre-set for future event
- To provide praise for achieved skills

Goal of a Social Story

- To increase the independence of the audience
- To encourage use and generalization of a skill across contexts
- To praise a behavior or skill that is being done correctly

Why do Social Stories Work?

- Provide visual examples
- Provide accurate information
- Provide insight into other's feelings, beliefs, and thoughts
- Describe appropriate behavior
- Allows learning in a patient and comfortable way

Social Story Example

First-Then Board

- It is a visual display with two pictures that helps a child to complete a task.
- The “first” picture is of a non-preferred activity while the second picture “then” is of a preferred activity.
- The child must complete the first activity before being able to complete the second activity.

When Can it be used?

- To manage behaviors
- To teach new skills
- To create a routine or a schedule
- During the school day, during routines, during play, and/or during meal times

How to Use a First-Then Board

- Choose two activities. Place them on the board.
- The "then" activity should motivate your child.
- Provide brief verbal instructions.
- Refer back to the board after completion.
- Provide immediate reinforcement.

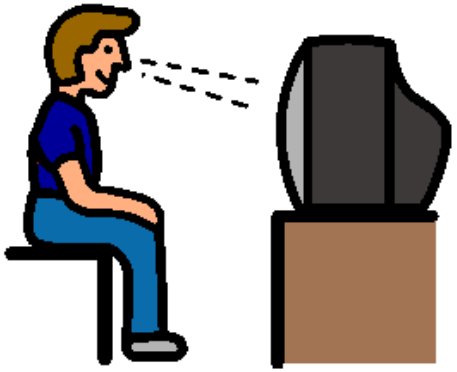
First-Then Home Example

First

Eat Dinner

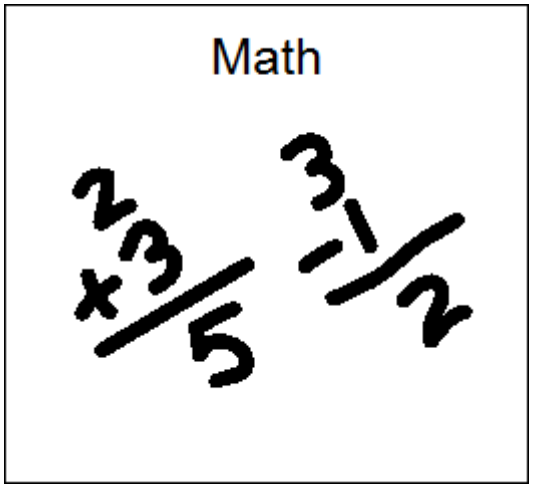
Then

Watch TV

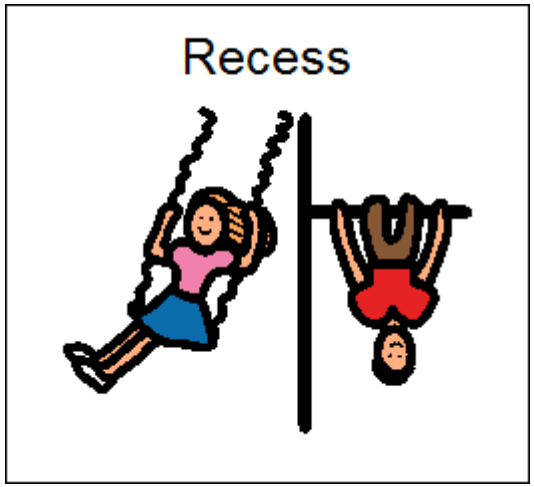


First-Then School Example

First



Then



First-Then Community Example

First

Grocery shopping

Then

McDonald's

How to Create Your Own

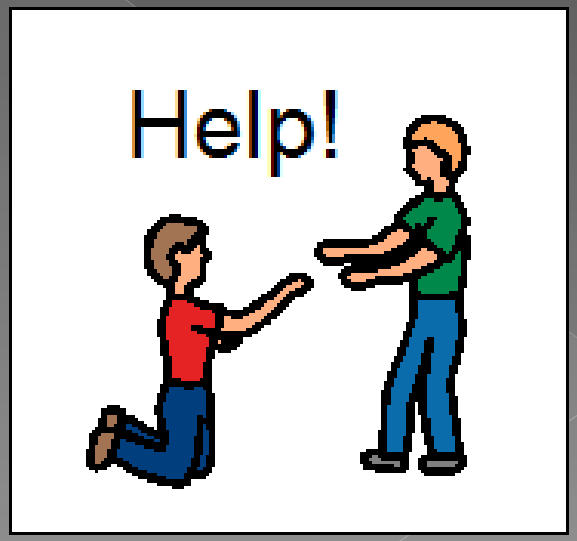
- Simple: Use a piece of paper where you write "first"-"then" on top. Print pictures from the computer, cut from magazines, or draw your own to use.

- More complex: Create a document with "first"-"then" typed on top. Print and laminate. Use printed/laminated pictures with Velcro to use more than once.

HELP Card

- A help card is visual support used to let others to know that help is needed.
  - Classroom environment- assistance with an activity
  - Home- getting dressed or with homework
  - Community-ordering at a restaurant or finding grocery items

HELP



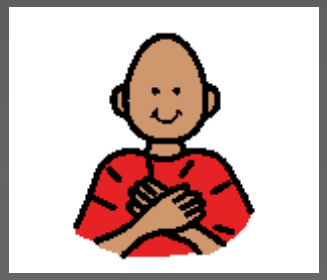
Getting Started with Visual Supports

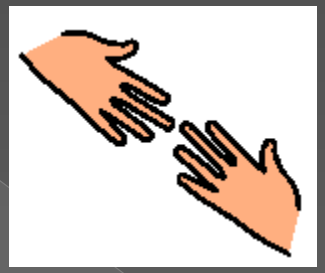
- Decide what strategy would work best for your child:
  - Think about the child's learning style-their strengths and their weaknesses
  - Think about your child's behaviors-what will be effective?
  - When would using supports be effective?

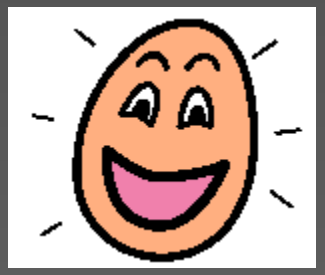
Important!

- Children must be taught how to use visual supports!
- Models, demonstrations, prompting, and explanations help!
- Encourage success with verbal praise!
- Giving the visual support is **not** enough!

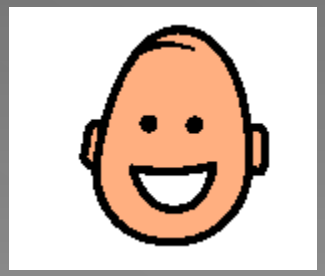
Why do we use visual supports in our daily life?

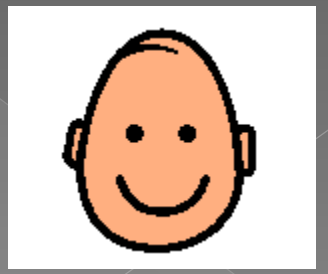






Visuals work!

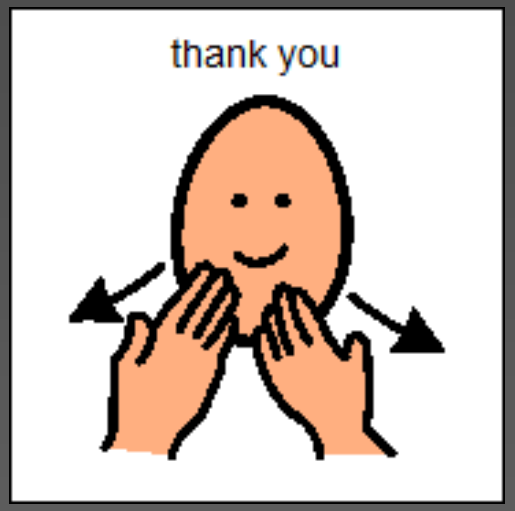




Resources

- http://www.visualaidsforlearning.com/free-sequences.html
- http://www.iidc.indiana.edu/?pageId=3304
- https://ccids.umaine.edu/resources/visual-supports/
- http://connectability.ca/visuals-engine/
- http://www.pictoselector.eu/

- Thank you!



- Does anyone have any questions?

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