



Visual Timetables



A visual timetable is a chart which has pictures of activities that happen during each day. They can be useful for people with autistic spectrum conditions and people who have difficulties understanding.

Visual timetables help a person know what is going to happen and when. They can also help people to understand that an activity has finished.



How to make a Visual Timetable



1. Select the length of time you want to show activities for, it could be a morning, afternoon, whole day or a week. Make a visual timetable with spaces to stick on the pictures for activities. Laminate the chart and put velcro in the spaces.

2. Make a list of things that happen regularly during these times, such as:

- Bath, shower
- Mealtimes
- Activities e.g. dancing, T.V., shopping, pub, bowling, cooking
- Bedtime

Think of all the activities that the individual does regularly.

3. Make picture cards of the activities you have listed. These could be photos or symbols depending on their understanding of pictures. Laminate each one and put velcro on the back. Store the picture activities together e.g. in an envelope or box.



How to use a Visual Timetable



1. At the beginning of the day stick the activities that will happen onto the visual timetable. Go through it with the person that will be involved, pointing to each one and saying the word.
2. Do the first activity on the visual timetable.
3. When the activity is finished take the picture off the visual timetable. Make sure the person who has been doing the activity is involved in this. This will help them know that the activity is finished.
4. Show the individual that now you will do the next activity, do it and remove the picture together after you have finished.