

# **VISUAL SUPPORTS:** INTRODUCTION POWERPOINT

# AGENDA



**1**

**IDD Education  
Center Overview**

**2**

**Overview of  
Visual Supports**

**3**

**Importance of  
Visual Supports**

**4**

**Four Types of  
Visual Supports**

# IDD Education Center

## Mission

To create meaningful, life-changing experiences for people with IDD through innovative research, education and services.

## Core Values

1. We inspire positive change.
2. We promote self-determination and self-advocacy.
3. We build relationships of trust.
4. We are dedicated to research and evidence-based practice.
5. We see and value each other's humanity.

## Vision

To promote inclusive communities where people with diverse abilities can thrive in all aspects of their lives supported by innovative programming driven by research and collaboration.

## Programs:

1. IMPACT: Adult Day Program
2. TAP: Inclusive college certificate program
3. CEES: High school vocational program
4. RAAC: Community resource program



# WHAT ARE **VISUAL SUPPORTS**?

# WHAT ARE VISUAL SUPPORTS?

\*The main goal of visual supports is not to take away the support, but for the individual to be independent in using them.

Visual supports can include pictures, icons, written word, or a combination of text and pictures.

Visual supports serve as communication and teaching tools to help people to process messages and understand tasks or expectations.

Anything can be adapted to be a visual support!

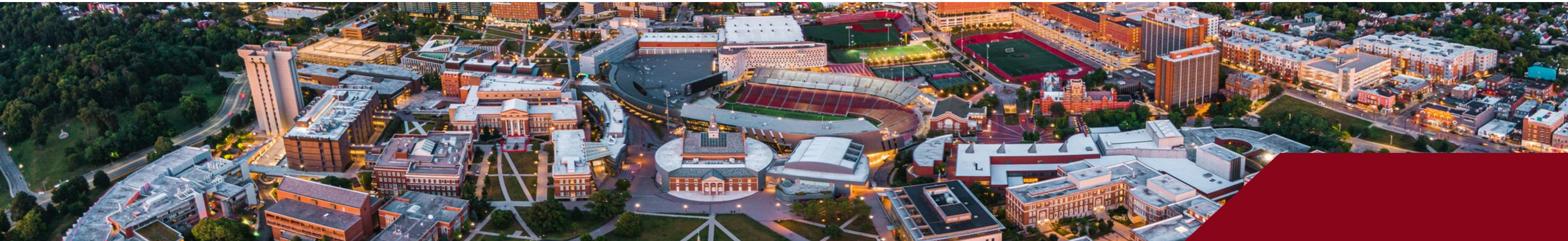
# WHY USE VISUAL SUPPORTS?



Any individual can be taught to be the driver of utilizing the visual support encouraging self-determination and independence.

Easily adaptable for people of all ability levels.

Visual supports help people understand schedules, expectations, and communication among other things.



# VISUAL SUPPORTS HAVE BEEN SHOWN TO...



Reduce Anxiety  
and Frustration



Build Confidence



Encourage  
Independence

# VISUAL SUPPORTS...

PROVIDE  
STRUCTURE  
FOR THOSE  
WHO NEED IT.

HELP WITH  
CHANGE AND  
TRANSITIONS.

HELP PEOPLE  
MAKE THEIR  
OWN CHOICES  
AND EXPRESS  
THEIR NEEDS.

ARE PORTABLE  
AND UNIVERSAL.





# IMPORTANCE OF **VISUAL SUPPORTS**

# **VISUAL AIDS SUPPORT IN...**

**COMMUNICATION**

**SELF-REGULATION**

**LEARNING ROUTINES**

**SOCIAL INTERACTIONS**

# IMPACT OF VISUAL SUPPORTS ON COMMUNICATION AND BEHAVIOR

Information is being presented free of judgement and help people understand their world.

There's a tangible, consistent representation of expectations that allows individuals not to be reliant on words or other people.

Visuals help people understand the expectations of their environment.



# FOUR TYPES OF **VISUAL SUPPORTS**

# VISUAL SCHEDULES

Have you ever needed to write out a to-do list to make sure you got everything done? If so, you have used a visual schedule!

- **Visual schedules** are a series of images, pictures, photographs, or line drawings used to depict a sequence of events.
- **Purpose:** To visually prepare an individual for the next activity or next step within an activity or chain of activities.
  - This leads to a reduction in anxiety and an increase in understanding of expectations.

**Knight et al., 2015**



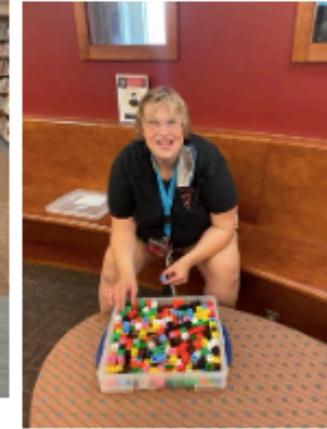
	Arrival Routine
	Unpack
	Restroom
	Review UC rules and levels
	Social Stories Contracts
	Set up daily schedule
	Meditation
	Leisure Break
	Check schedule

# VISUAL REHEARSALS

Have you ever practiced what you are going to say to someone before you say it? If so, you may know a visual rehearsal!

- Visual rehearsals are personally tailored, brief, and written from the perspective of the person using them.
  - Write in first or third person, NEVER second person.
- Visual rehearsals may describe who is involved and the sequence of events that need to occur to successfully navigate a social situation.
- They may describe the thoughts and feelings of others in the setting.

When I am in the library, I like to use the books and other materials.



It is very important for me to use **kind hands** and be **safe** to all the books and toys.



When I am finished reading or using a material, I keep the library clean by putting what I used back on the **reshelving cart**.



# VIDEO MODELING

**Have you ever needed to look up how to do something on Youtube? If so, you have used a video model!**

- Video modeling is a behavioral technique that uses video recordings rather than live scenarios for a person to observe, thus allowing the focus of attention to be concentrated on the stimulus tape.
- Video modeling is the procedure of recording targeted behaviors in order to expand the learner's capability to memorize, imitate, and generalize or adapt targeted behaviors.

**McCoy & Hermanson, 2007**

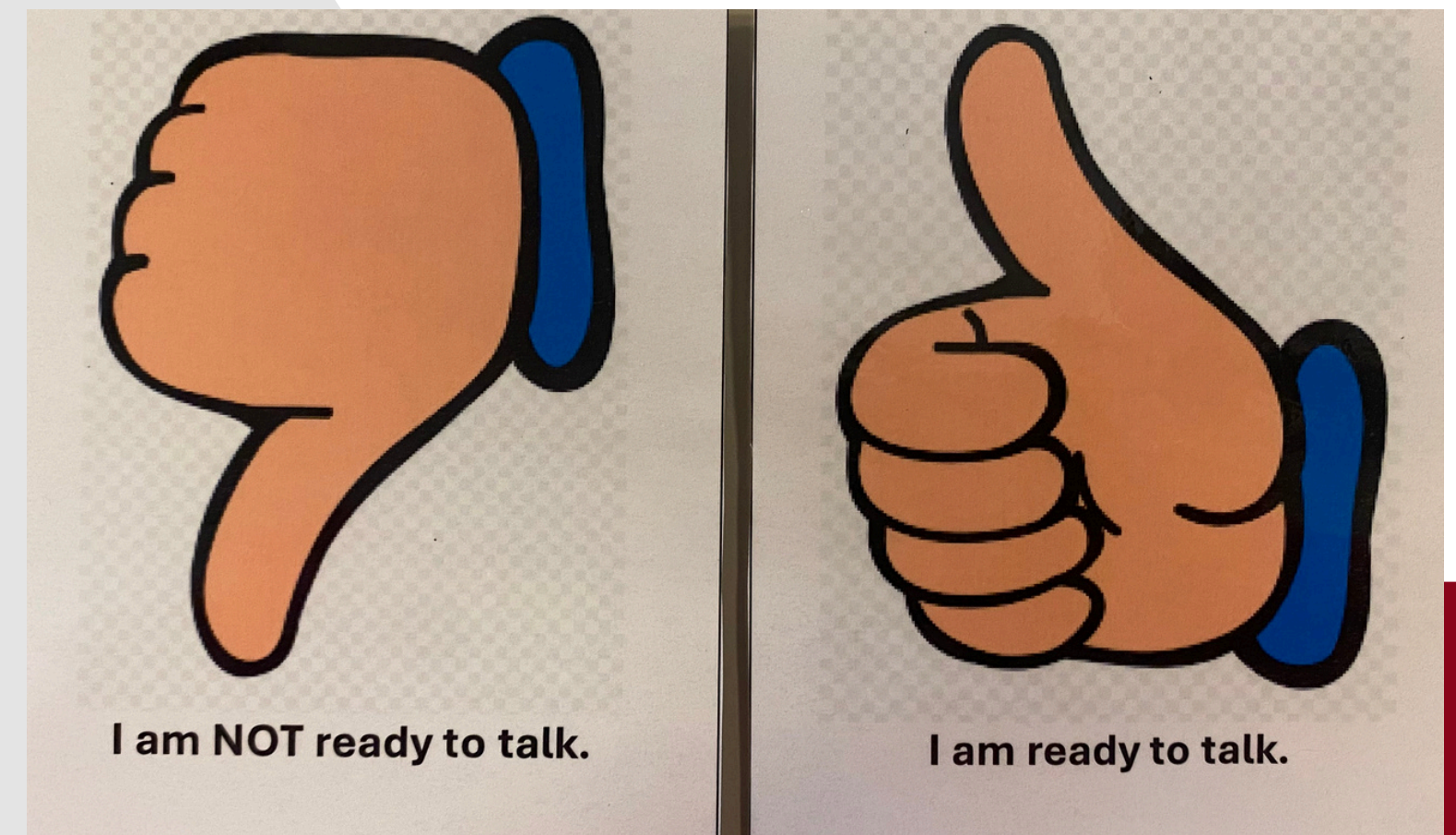


# CHOICE BOARDS

Have you ever looked at a list of restaurants to choose where to eat? If so, you have used a choice board!

- A choice board gives the person a visual menu of activities that are allowed and expected at a given time.
- Choice boards can be adapted for any activity, and give individuals the opportunity to practice choice-making and gain more autonomy.
- Always provide the option “something else” in case a preferred choice has not been presented.

Macoskey, 2023







# **SUMMARY**

- **Visual supports increase independence, help maintain focus, and reduce anxiety and frustration.**
- **Visual supports can be used across settings, and can be adapted to fit any situation.**
- **You do not need specific materials to adapt something into a visual support.**
- **Different visual supports compliment each other well to make them more effective.**

# RESOURCES

## Cheat Sheet:

[https://mailuc.sharepoint.com/:b:/r/sites/g\\_ATSTeam/Shared%20Documents/General/Grants/DODD%20Innovating%20Inclusive%20Supports/Open-Access%20Materials/Visual%20Supports/Soft%20Scripts%20and%20Additional%20Resources/Visual%20Support%20Cheat%20Sheet.pdf?csf=1&web=1&e=FbiMop](https://mailuc.sharepoint.com/:b:/r/sites/g_ATSTeam/Shared%20Documents/General/Grants/DODD%20Innovating%20Inclusive%20Supports/Open-Access%20Materials/Visual%20Supports/Soft%20Scripts%20and%20Additional%20Resources/Visual%20Support%20Cheat%20Sheet.pdf?csf=1&web=1&e=FbiMop)

## Comparison Chart 1:

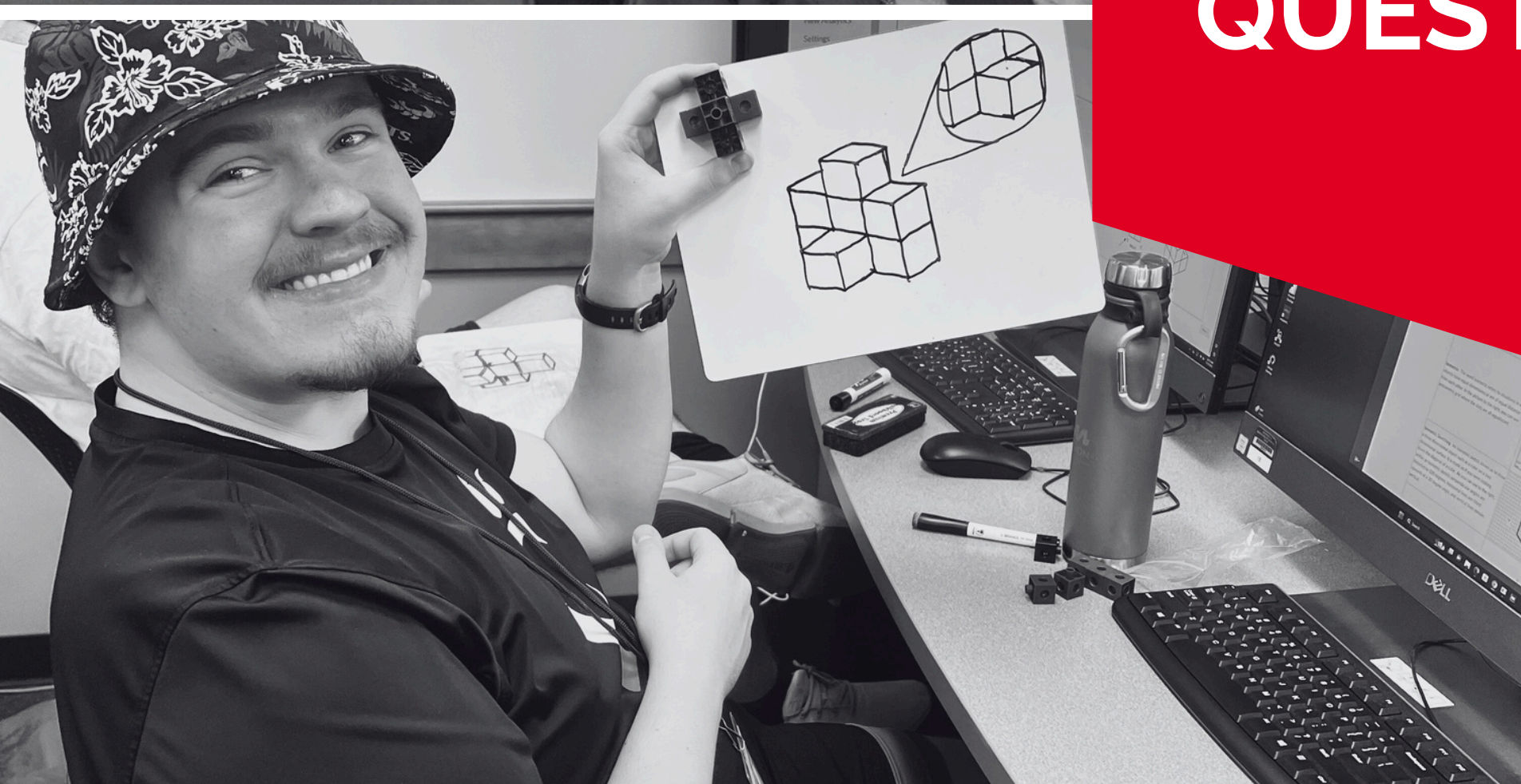
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## Comparison Chart 2:

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**QUESTIONS?**



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Knight, V., Sartini, E., & Spriggs, A. D. (2015). Evaluating visual activity schedules as evidence-based practice for individuals with autism spectrum disorders. *Journal of autism and developmental disorders*, 45, 157–178.

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