

Visual Supports

Resource Pack for Parents and Carers

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Overview

The Positive Behaviour Support Service has put together this collection of visual support components that may be useful to support families/carers of people with learning disabilities.

The people we support in the community, at home and within residential settings may experience disruption and changes to their usual routines, meaningful activities and social interactions. It is therefore important we start being creative in the way we support the individuals we work with to promote physical and mental wellbeing. The pack covers multiple visual support components, including visual aids and schedule templates to help structure time and activities throughout the day.

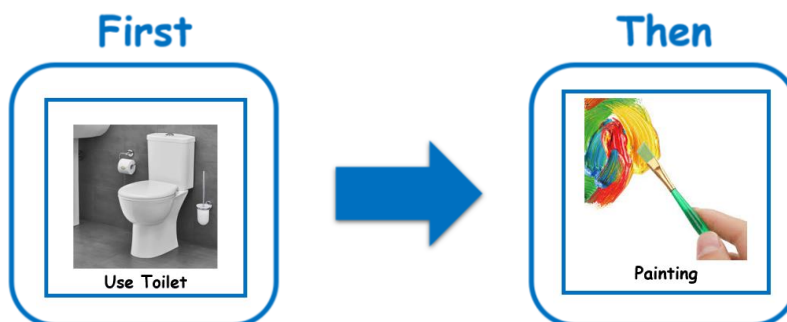
We hope you find this resource pack helpful. Any feedback would be greatly appreciated. Thank you.

The Positive Behaviour Support Team

How to Use Guide

1. First and Then / Now, Next and Then

Allows people who may have language delays to understand routines, expectations, and reward systems in more accessible ways. Can be used to support any challenging transition or for new routines. These visual supports are helpful for new concepts, new language and for explaining how to get from one activity to another, i.e. “First toilet, and then painting!”



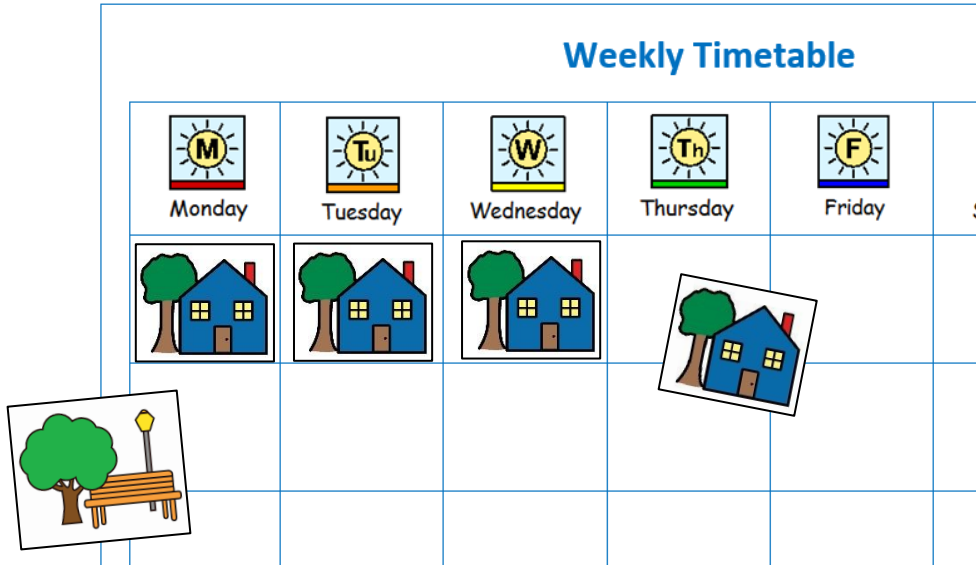
2. To-Do Daily Schedule

Allows for increased structure for those who may have difficulty with unstructured activities and routines. The To-Do Daily Schedule can be used to keep track of tasks and activities and moving the completed task to the finished column (you may also want to break down a task into smaller steps). This visual support can be helpful to keep focus at the task at hand.



3. Weekly Timetable

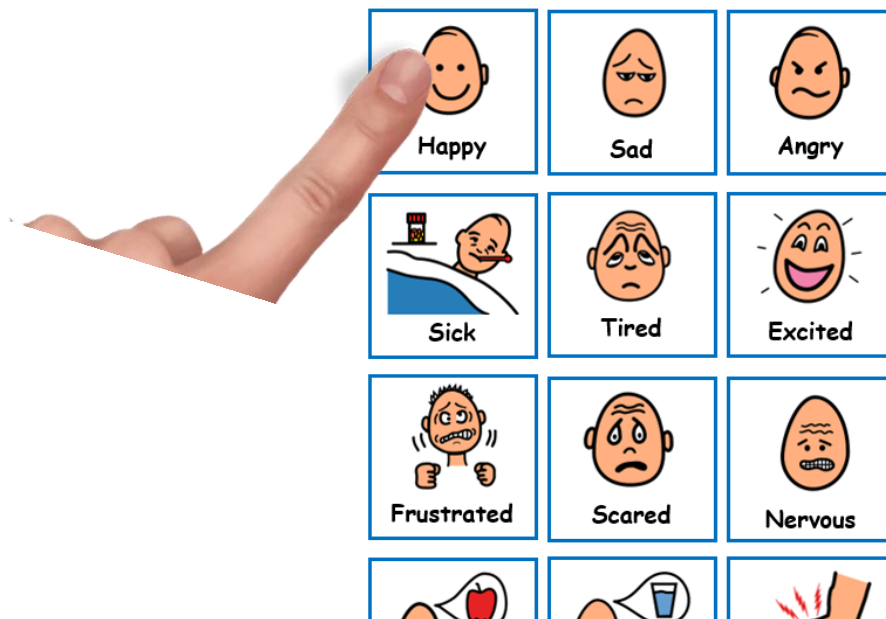
Good way of introducing change, helping during periods of transition and help people to become more open to the idea of change. Situations where visual supports could be useful include: Moving between different work activities, moving from one location to another or going on holiday. *Note: You may want to print the 'Weekly Timetable' onto A3 paper.*



4. How Do You Feel Today?

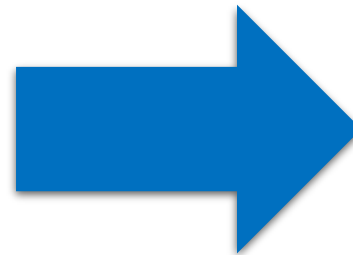
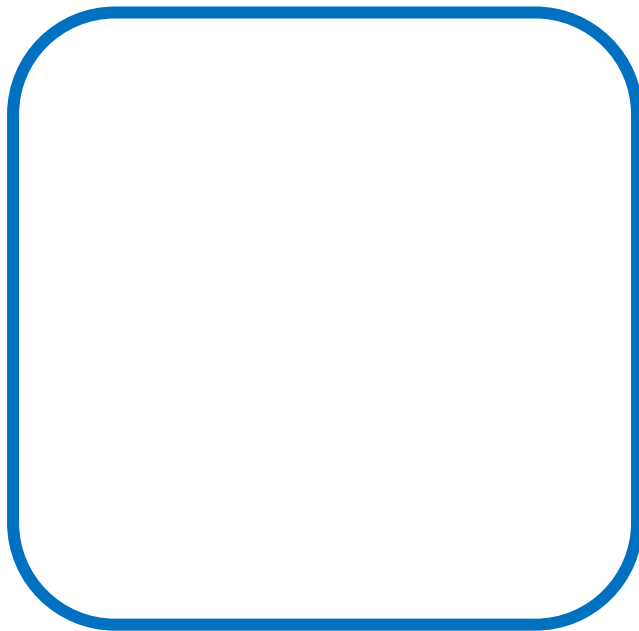
Allows people to express and explore feelings and emotions. They may point to a feeling or verbally express their own feelings. This opens for further opportunities for meaningful social interaction and appropriate support and actions.

How Do You Feel Today?

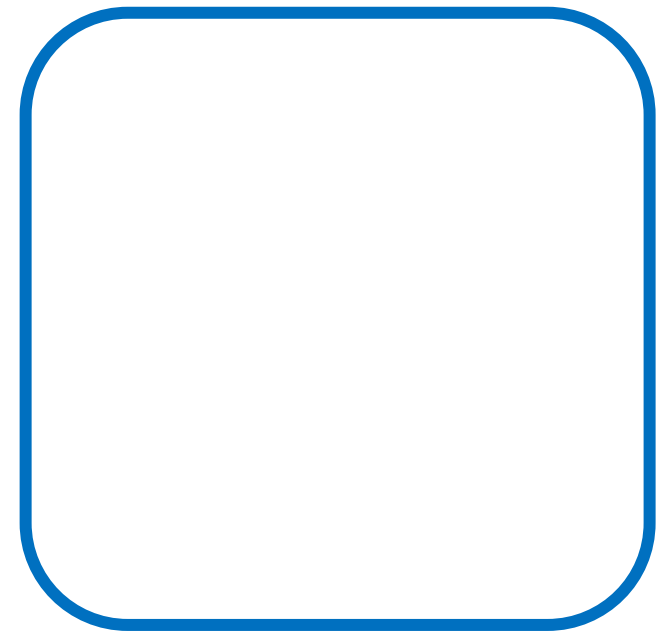


First and Then Board

First



Then

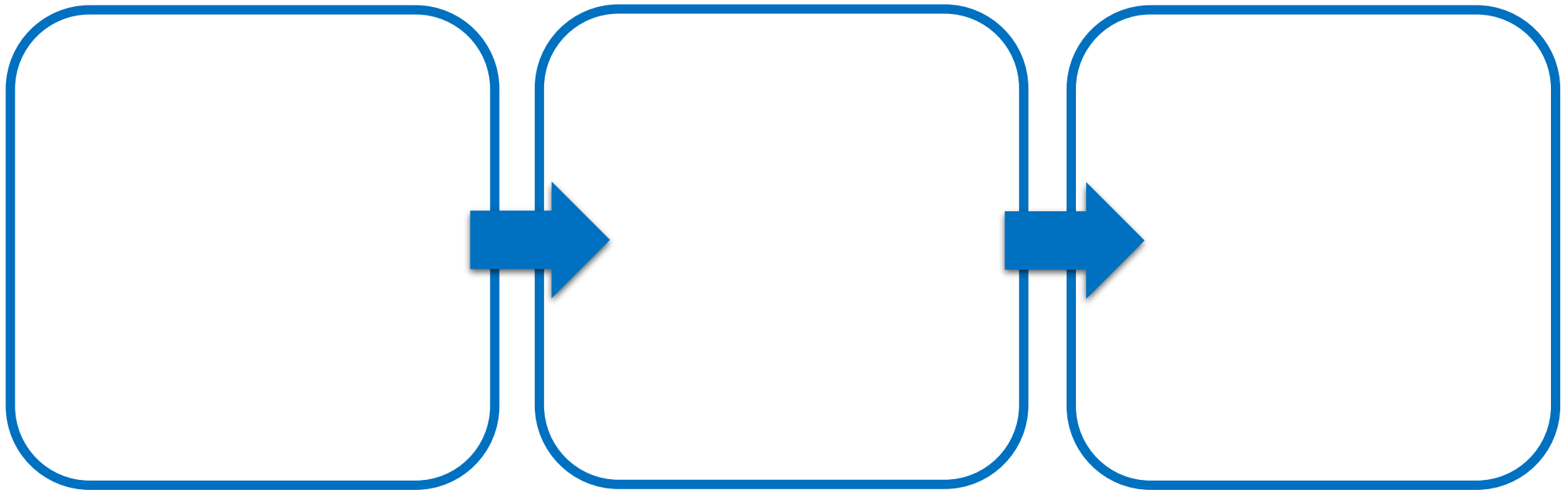


Now, Next and Then Board

Now

Next

Then



To-Do Daily Schedule

To-Do

Finished

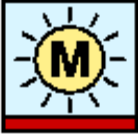
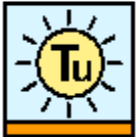

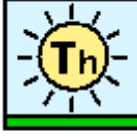
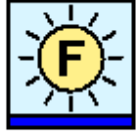

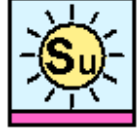
1

2

3

4

Weekly Timetable

 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday

Visual Aids (At Home)

Here are some ready to use home-based visual aids that can be cut out and laminated:



Breakfast



Lunch



Dinner



Drink



Snack



Bedtime



Take a Bath



Brush Teeth



Use Toilet



Change Clothes

Visual Aids (At Home)

Here are some ready to use home-based visual aids that can be cut out and laminated:



Watch TV



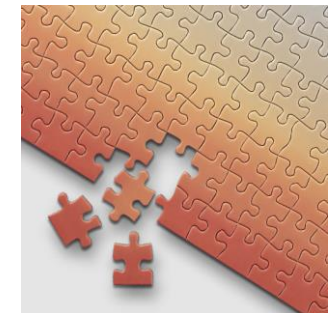
Use Computer



Colouring



Reading



Puzzle



Music



Garden



Painting



Cooking



Walk

How Do You Feel Today?



Happy



Sad



Angry



Sick



Tired



Excited



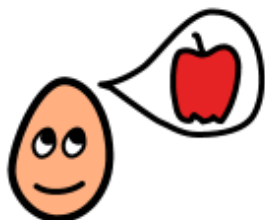
Frustrated



Scared



Nervous



Hungry



Thirsty



In Pain

Contact Information

Hounslow Adult Learning Disability Health Team

Positive Behaviour Support (PBS) Service

Tel:

020 8614 5410

Email:

hrch.haldht@nhs.net

(no urgent or emergency email messages to be left)

Address:

Hounslow Adult Learning Disability Health Team
Heart of Hounslow Centre for Health
92 Bath Road
Hounslow
TW3 3EL

Service Hours:

Monday to Friday: 9 AM – 5 PM

Positive Behaviour Support (PBS) Team:

Lily Stadlober (Senior PBS Practitioner)

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Stephan Amaranath (PBS Practitioner)

Useful Links:

- [Visual Supports \(Strategies & Approaches\)](#)
- [Visual Resources on Twinkl](#)
- [Visual Schedules on do2Learn](#)