**AFIRM**

**Autism Focused Intervention Resources & Modules**

# Visual Supports (VS)
## ---Parent's Guide---

This parent introduction to VS was designed as a supplemental resource to help answer basic questions about this practice.

To find out more about how VS is used with your child, speak with:

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**For more information visit:**
www.afirm.fpg.unc.edu

This introduction provides basic information about visual supports.

## What is VS?

- VS is an evidence-based practice for children and youth with autism spectrum disorder (ASD) from 3 to 22 years old.
- Visual supports provide key information in the form of objects, photographs, drawing, or print to help learners with ASD.
- Visual boundaries (visually defining a space where an activity occurs), visual cues (graphic organizers and visual instructions), and visual schedules are types of visual supports.

## Why use VS with my child?

- Visual supports provide expectations for the learner, increase on-task behavior, and promote independence.
- Research studies have shown that visual supports have been used effectively with many age groups to achieve outcomes in the following areas: behavioral, cognitive, communication, play, social, academic, adaptive, motor, and school readiness.

## What activities can I do at home?

- Develop a schedule for a routine (such as going to bed or getting ready for school) or an activity (such as taking a shower or going to the bathroom) using pictures, words, or an app.
- Take pictures of your child's favorite activities and then place on a board. Your child can select an activity from the choice board.
- Several apps are available to help create visual supports:
    - Pictello - http://www.assistiveware.com/product/pictello
    - iPrompts - http://www.handholdadaptive.com/StoryMaker