



Planning a Routine During COVID-19

Providing a Consistent Routine

- Write down your routine;
- Review it daily and stick to it;
- Visually display the schedule to your family member with ASD;



Developing and Writing Down the Routine

- Keep bedtime and morning time consistent;
- Schedule meal times and try to remain consistent with them;
- Schedule play routines during time you may need to work or are occupied;
- Consider when a trip into the community will be needed;
- Plan your community trip to reduce wait times and maximize your needs;
- Plan pleasant activities to follow more difficult activities;
- Provide choices whenever possible.

Review and Revise the Schedule

- Which routines were easier and more difficult?
 - For those more difficult routines can we lower the expectation and provide more help?
 - Expect a little more independence during easier or more successful routines;
 - Don't forget to provide a reinforcer for the successful steps during the day.
- Plan for changes in routine?
 - What is the anticipated reaction?
 - How can we prepare for change?
 - How do we communicate change?
 - Encourage communication from your individual with ASD.

Visually Displaying a Routine

What Materials?

- What materials are available to create a visual schedule?
- How will you present the schedule?
- The schedule should be portable and durable.



Learning to Respond to a Visual Schedule

- Start with presenting 1 icon/or photo;
- Prompt the individual to start the task or routine (if needed);
- Gradually fade this prompt and expect the individual to start routine/task independently over time;
- Once the task/routine is completed deliver a reinforcer;
- Once the individual independently responds to the presentation of the visual begin to chain two routines together;
- Continue to add routines to this chain as needed.

Scheduling Play/Leisure

- Consider the difference between close-ended versus open-ended play skills;
- What can your individual with ASD do independently and safely while you are occupied;
- Can these routines be mediated with a visual schedule so the individual remains productive;
- For older individuals how can daily living skills such as chores and meal prep be part of their routine.

