

Structuring Our Days: Visuals and Strategies to help individuals with ASD during the COVID-19 pandemic

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April 1, 2020 at 12:00 PM -1:00 PM

This meeting is free and open to the public. It will take place as a zoom meeting. We will provide a short presentation and then leave time for individuals to ask our providers questions.

Join Zoom Meeting

<https://us04web.zoom.us/j/308184841>

Meeting ID: 308 184 841



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Agenda

- Introductions
 - Michelle Gorenstein, Psy.D.
 - Jessica Zweifach, Ph.D.
 - Pilar Trellis, M.D.
- Structuring Our Days and Environment
- Using Visuals
- Question and Answer Using Chat Feature



Creating Structure- Routine

- Keep as many parts of your child's routine consistent. Maintain a similar schedule.
 - Morning routine, mealtimes, Bedtime routine
- Utilize teleconferencing and virtual learning if offered
- Schedule in fun activities!!!!
- Stick to your new routine.



Creating Structure - Environment

- Create a workspace for your child.
 - Think about noise, lighting, and any other sensory issues when choosing a location
- Organize supplies and materials
 - Example: place worksheet's to be completed in a folder to the child's left and then have a folder on the child's right for completed worksheets.



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Social Story

- Consists of short sentences and images
- Often written in first person and are individualized
- The purpose of a social story is to present information in a simple and clear way
- Can be effective in helping individuals with ASD prepare for changes or learn new routines



Social Stories Resources Related to COVID-10

- Coronavirus Social Story, Little Puddins The Autism Educator <https://littlepuddins.ie/coronavirus-social-story/>
- My Story about Pandemics and the Coronavirus, Carol Gray <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- Autism and Coronavirus: Helping Students Understand, Linda Hodgdon Use Visual Strategies for Autism <https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>



Visuals to Support New Routine

- Visual Schedules

- Keep it simple

- Post-its
- First → Then Board
- Morning Routine



- You know your child best!



- Include information he/she needs

- (e.g. steps to get dressed, who will be present)

Image Credit: Do2learn.com



Visual Support Resources

- [Autism Speaks Toolkit:](#)
 - <https://www.autismspeaks.org/tool-kit/atnair-p-visual-supports-and-autism>
 - For more details on how to use
- https://www.do2learn.com/picturecards/printcards/activities_everyday.htm
 - For free printables
 - Great examples of each kind of visual (visual schedule, first-then board, reminder steps)



Transitional Warnings to Support Routines

- Utilize Transitional Warnings
 - Simple, clear language (e.g. *In two minutes, it will be time to put your toys in the box*)
 - Time Timers
 - Smartphone App “Time Timer”
 - <https://www.online-stopwatch.com/countdown-timer/>
 - Stop watch
 - Visual count down
- Offer choices when possible
- Reward with preferred activity and provide that reminder



- Thank you for your attention!
- Questions?
 - Let us know additional topics you would like to see covered during this series
 - Please write into the chat feature
- Please reach out to michelle.gorenstein@mssm.edu if you would like copy of slides

