

The Importance of Routine and Planning Transitions

Establishing routines can help minimize anxiety and stress for persons with Autism Spectrum Disorder (ASD). It can make the day more predictable and provide advanced notice for certain events. Some potential times to establish routines can include morning, after school, or night time. Routines can even be helpful to plan leisure time when a person is not in school or at a day program.

How to support a routine

1	Get up	
2	Make bed	
3	Brush hair	
4	Wash face	

USE VISUALS TO OUTLINE THE ROUTINE

This can help the person know what the expected steps of the routine are, and promote independence in completing them.

How to support transitions



USE AUDITORY CUES

An alarm can be a signal to move onto the next step and help keep the person on track with their schedule.



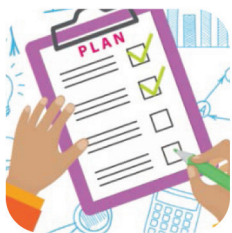
PROVIDE ADVANCED NOTICE OF THE ROUTINE

This can help ease anxiety about uncertainty if the person knows their routine in advance.



PROVIDE TIME LIMITS AND TRANSITION WARNINGS

Let the person know how long an activity will last, and provide 1-2 warnings before it ends. Let the person know when they can do the activity again.



PREPARE WHAT YOU CAN AHEAD OF TIME

This will help the routine run smoothly. Make the schedule together and provide choice in activities.



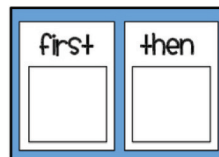
USE A VISUAL TIMER

Allow the person to see how much time is left for an activity. There are many options for timers; if one doesn't work, feel free to try another kind!

Get up		✓
Use washroom		✓
Get dressed		✓
TV time		
Breakfast		
Coat and boots		

PROVIDE A WAY TO KEEP TRACK OF THE ROUTINE

Consider having the person check off activities, removing them from the schedule, or moving to an "all done" area. This will help stay on task and show what is left to do.



USE A 'FIRST THEN' APPROACH

Require the person to first complete a non-preferred activity then access a preferred activity (e.g., first clean up toys, then go to the park).