

How-To Templates

Pulley Cards



Although it is helpful to keep a variety of pictures available for communication with individuals with an ASD, it can be difficult managing so many cards. By creating pulley cards, you can keep a few commonly needed cards with you at all times. Pulley cards are small (generally 2"x2") cards that have been hole-punched and clipped together on a wearable pulley clip (see image). These cards can be worn by the people working with an individual with an ASD and accessed as needed, by either the person with an ASD or by the support person.

One common card to include is a "please wait" card. Oftentimes, individuals with ASD have a tendency to engage in maladaptive behaviors when their caregiver's attention is divided to gain their attention. "Please wait" cards can be used to prevent disruptive behaviors. Once it is recognized that the individual is displaying signs of becoming agitated, the support person can select the "please wait" card from the pulley, put it in the line of vision of the individual, and point to it. In addition, when the individual is waiting appropriately, verbal praise such as, "good job waiting" should be provided. Such praise should be given every few minutes to encourage the individual to continue displaying appropriate behavior. It may also help to continue to show him/her the "please wait" card at regular intervals to remind the individual that s/he is still waiting.

Other common cards might include, "yes" and "no", which can both be shown to the patient when s/he is asked a question to prompt that now is an opportunity for the individual to make a choice. Alternatively, the cards can serve as a cues as to which specific options exist. Additional options for cards are included.

To Make:

1. Take photographs or cut out the images available here to represent appropriate concepts.
2. Hole punch an upper corner.
3. Use a clip-on nametag holder or round ring clip or other device to attach the cards together.
4. Wear the pulley cards so they are accessible whenever needed.



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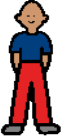
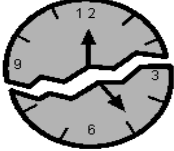



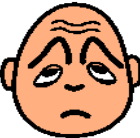
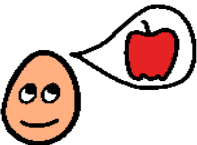

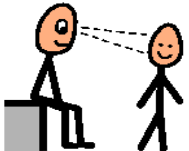






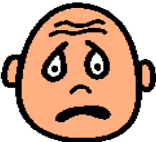



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rileyhospital.org

Pulley cards - Continued

Card Template

<p>please wait</p> 	<p>stand up</p> 	<p>breaktime</p> 	<p>quiet</p> 	<p>time to work</p> 
<p>sit</p> 	<p>tired</p> 	<p>hungry</p> 	<p>bathroom</p> 	<p>look at me</p> 
<p>finished</p> 	<p>walk</p> 	<p>I need help</p> 	<p>no</p> 	<p>yes</p> 
<p>sick</p> 	<p>scared</p> 	<p>more</p> 	<p>quiet hands</p> 	<p>come here</p> 