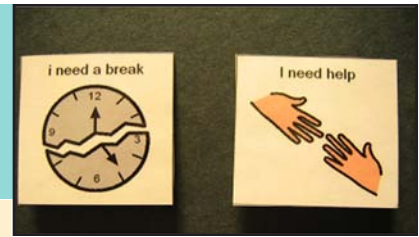


How-To Templates

Help and Break Cards



Sometimes an individual with an autism spectrum disorder (ASD) may know that s/he needs a break or requires help but may be unable to appropriately (i.e., without behavior) indicate that need to others. By placing break cards or help cards within reach and teaching their use, the likelihood of individuals indicating their needs may be increased. Keep cards that say "break time" and "I need help" in any room where individuals may be asked to complete demands (i.e., any area that is not a break or free play area). Cards can be attached to a table or shelf in each area of activity or directly on the switch or other augmentative device system, where they can be easily accessed. If an individual appears confused, agitated, or overwhelmed, point to the cards and prompt the individual to indicate his/her need without giving direct attention to the behavior itself. It is best to use these tools when the first signs of confusion or agitation are noted, not after behavior is at full scale.

Because the individual may need to access the card in other environments, consider creating a portable card system with the help and break cards. The portable system could include small cards (generally 2"x2") cards that have been hole-punched and clipped together on a wearable pulley clip. These cards would ideally be worn by the individual with an ASD. The cards can then be prompted and accessed as needed, by the individual.



www.handsinautism.org
hands@iupui.edu
Tel: (317)278-7839

To Make:

1. Cut out the pictures presented here (or create your own, if desired).
2. Laminate the cards, if possible.
3. Velcro the cards to an area accessible by the individual (e.g., a wall in the various work areas at school, a mobile clipboard or small notebook, at the dinner table, or on the pulley system noted above).

Templates

Small




Riley
Hospital
for Children
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Christian Sarkine
Autism Treatment Center

Christian Sarkine Autism
Treatment Center
Department of Child
and Adolescent Psychiatry
702 Barnhill Dr., Rm. 4300
Indianapolis, IN 46202
For referrals, call 317-274-8162
For research, call 317-274-8162
Other resources: call 317-278-7839
www.iupui.edu/~psycdept/autism/

rileyhospital.org

Materials provided are samples only!
They may need to be individualized to meet the particular needs of a person with an ASD!

Large

