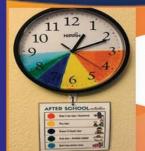
National Institute for Empowerment of Persons with Multiple Disabilities(Divyangjan)

DEPARTMENT OF THERAPEUTICS, OCCUPATIONAL THERAPY UNIT

Activity schedule and effectiveness



what is activity schedule:

Activity scheduling (AS) is an effective behavioural treatment that actively involves persons in increasing number of daily activities





shower



6 process to prepare your schedule:

- o Identify the time you have available.
- Block in the essential tasks you must carry out to succeed in your job.
- Schedule high-priority urgent tasks and vital "housekeeping" activities
- Block in appropriate contingency time to handle unpredictable events and interruptions.
- Schedule the activities that address your priorities and personal goals in the time that remains.
- Analyze your activities to identify tasks that can be delegated, outsourced or cut altogether



Visual Schedule

What is it?

A visual schedule is a visual representation of what is going to happen throughout the day or within a task or activity.

Benefits of Visual Schedules

- Increases Learning
- ° Turns Abstract Into Concrete
- ° Independence

DAILY SCHEDULE

5-7am Up 6	early for alone time & to work
7-8am	Kids up! Breakfast & independent play
8-9am Ma	forning activity (sensory play, activity box, toy rotation etc)
9-9:30am	Story Time
9:30-10am	Art or Cooking Project
10-11:30am	Snack & Outside
11:30-1pm	Lunch, clean up & calm down for nap
1-3pm	Nap (work) time
3-4:30pm	Snack & Outside or Afternoon Activity
4:30-5:30pm	n Screen Time / Cook Dinner
5:30-7pm	Dinner, Bath, Books, Bed

830-900 Arrival and Centers 900-930 Outside (or gym) 930-1000 Small (croups (includes snack)) 1130-1200 Lunch 1230-130 Rest Time 130-200 Quet Activities

2:00-2:15

Afternoon Snack Time

215-2:30

Effectiveness of activity schedule:

- It is a way to prompt behavior
- communicate clear expectations
- o guidance gradually decreases with time.
- · Activity Schedules can be modified to develop along with the learner

References:

10:00-11:00

11:00-11:30

https://www.autismspeaks.org, https://nursingandhealth.asu.edu/sites/default/files/activity-scheduling-for-depression-in-older-adults.pdf