

Ideas for resources

Visual supports



Free symbols

www.do2learn.com
www.visualaidsforlearning.com
www.pdictionary.com
www.usevisualstrategies.com
www.photosymbols.com
www.straight-street.com

Symbols that cost

www.pecs.org.uk
www.widgit.co.uk
www.makaton.org
www.ebay.co.uk – type ‘autism’ into the search to find lots of people selling visual supports.

PECS Visual Support Set

www.pecs.org.uk/shop or 01273 609555
 Contains wait cards, break cards, help cards and reward counters.



Wait symbol

www.pecs.org.uk/shop or 01273 609555

Break cards

www.pecs.org.uk/shop or 01273 609555

Help symbol

www.pecs.org.uk/shop or 01273 609555

Or you can make your own!



‘First and Then’ or ‘Now and Next’ Visual Schedule

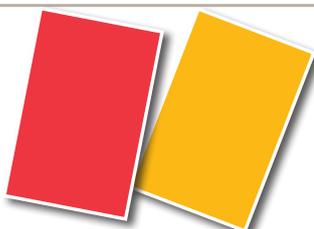
You can add more as and when needed, and make a simple visual prompt for helping children with autism to understanding two-step sequences.



Traffic Light Systems

Useful for:

- > Checking emotions
- > Asking for help
- > Warning of finish
- > Whose turn is it?
- > Door notices



Red card / Yellow card system

Useful for:

- > Warning system
- > How to ask for help
- > Warning of finish

Ideas for resources

Visual supports	
	<p>After school cards For example:</p> <ul style="list-style-type: none"> > No homework card > After school I can... > Mystery tour in vehicle card
	<p>Help me cards For example:</p> <ul style="list-style-type: none"> > How to ask for help > If I get stressed, I can...
	<p>Whose turn cards For helping to learn about taking turns and sharing. You can make cards for all the family!</p>
	<p>Arrow card Whose turn is it? – For learning to share. Emotions – Happy, sad, unsure.</p>
	<p>Catch me card Been caught doing something good? This is a visual prompt for a reward.</p>
	<p>Speech and thought bubbles Useful for:</p> <ul style="list-style-type: none"> > helping to explain social situations > being a good sport / bad sport > explaining unwritten social rules
	<p>Good choice / Bad choice cards These show consequences for making different choices.</p>
	<p>Sticky notes Great for writing notes, reminders, what to do if... They are very cheap from supermarkets or discount stationers.</p>

Ideas for resources

Time



Time Timer

A timer which shows time passing by the red section slowly disappearing. Available in small or large size or as an app for iPhones or iPod Touch (visit iTunes).
www.taskmasteronline.co.uk or 0116 270 4286
www.nas.org.uk/shop - follow link to NAS Amazon affiliate store.

Time Timer Watch

A watch which shows time passing by the red section slowly disappearing.
www.ed-solutionsdirect.com or 020 8690 6995

Talking Watch

A variety of watches that have a voice that says the time.
<http://onlineshop.rnib.org.uk> or 020 7388 1266

Time Tracker

A timer which can be set for each light to come on for a different length of time, and has optional sounds to accompany the lights changing. Useful for demonstrating how long an activity is lasting.
www.brightminds.co.uk or 0844 41 222 50

Sand Timers

You can buy five and ten-minute timers or more.
www.sensetoys.com or 0845 257 0849
www.brightminds.co.uk or 0844 41 222 50
and various other Special Needs catalogues / shops.

Sensory resources

Sense Toys

www.sensetoys.com or 0845 257 0849

Sensory Toy Warehouse (was Novelty Warehouse)

www.sensorytoywarehouse.com

Sensory Direct

www.sensorydirect.com or 0800 0837 212

tink 'n' stink

www.tinknstink.co.uk

Sensory Plus

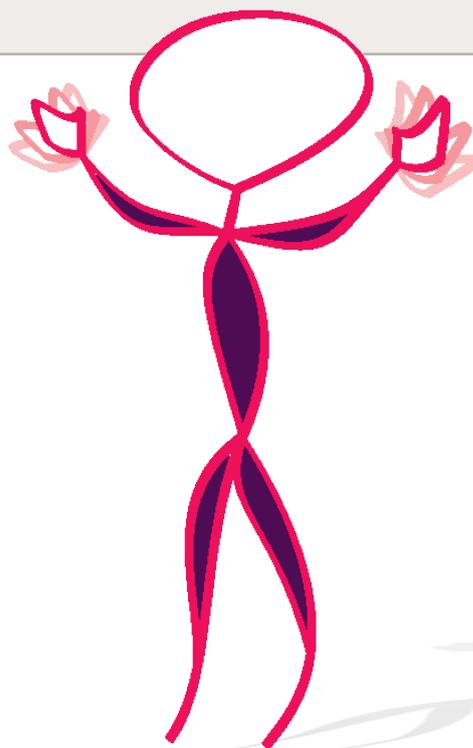
www.sensoryplus.co.uk or 0800 212709

Hawkin's Bazaar

www.hawkin.com or 0844 557 5261 or visit one of their shops
(they tend to open more around Christmas).

Special Direct

www.specialdirect.com or 0800 318 686



Ideas for resources

Sensory resources

Rompa

www.rompa.com or 0845 230 1177

eBay

<http://stores.ebay.co.uk/Autism-Awareness-UK>

<http://stores.ebay.co.uk/sensorytoysshop>

Tangle Toy

A tangle is a series of curves which move and pivot. Can be used for distraction, fiddling, stimulation, etc.

www.stores.ebay.co.uk/sensorytoysshop

and various gift shops.

P & Q Chewy Tube

Sometimes used for children who like to bite or chew things.

www.sensorydirect.com or 0800 0837 212

www.kapitex.com or 01937 580211

Often available on eBay.

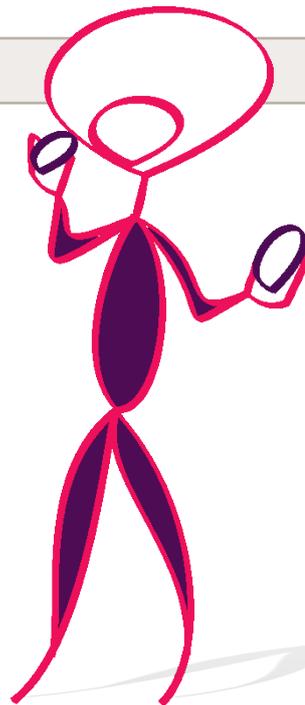
Chewy Tubes or ChewBuddy

It can be used for children who like to bite or chew things.

www.sensorydirect.com or 0800 0837 212

www.kapitex.com or 01937 580211

Often available on eBay.



Chew'lerly

A non-toxic colourful chewy bracelet and necklace that can be worn when a child needs to chew on something rather than clothing or other items.

www.sensetoys.com or 0845 257 0849

Big Bug Massager

The legs vibrate, so useful for those with sensory integration problems. Also useful for relaxation or distraction.

www.rompa.com or 0845 230 1177

www.stores.ebay.co.uk/BestValueZone

www.hawkin.com or 0844 557 5261 or visit one of their shops (they tend to open more around Christmas).

HoMedics Atom Handheld Massager

The legs vibrate, so useful for those with sensory integration problems. Also useful for relaxation or distraction.

www.amazon.co.uk

www.johnlewis.com or 08456 049 049

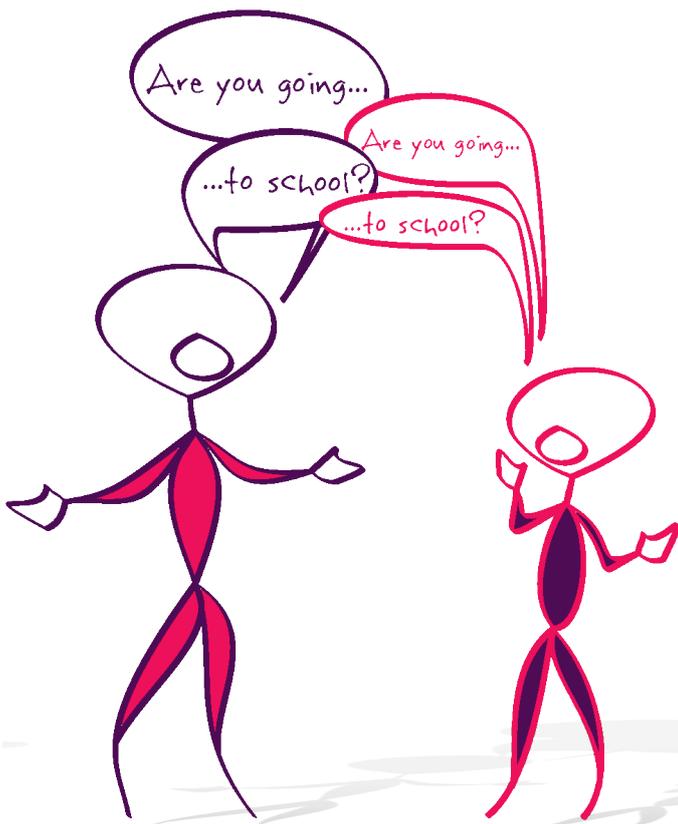
Ear defenders

For helping to block out noise. They can help with sensory integration problems.

www.sensorydirect.com or 0800 0837 212

www.idalearning.com or 0845 120 4776

You can also try your local DIY store.



Ideas for resources

Sensory resources

Ear plugs

For helping to block out noise. They can help with sensory integration problems.

www.allhearplugs.com or 01582 794171

You can also try your local chemist for ear plugs that mould to your ears.

Links to sensory-related therapies



British Association of Occupational Therapists / College of Occupational Therapists

www.cot.org.uk

020 7357 6480

The College of Occupational Therapists Specialist Section - Independent Practice

www.cotss-ip.org.uk or 0800 389 4873

British Society of Music Therapy (BSMT)

www.bsmt.org

020 7837 6100 or info@bsmt.org

British Association of Behavioural Optometrists

www.babo.co.uk

01242 575107 or admin@babo.co.uk

Institute of Optometry

(Specific Learning Difficulties Clinic)

www.ioo.org.uk

020 7234 9641 or admin@ioo.org.uk

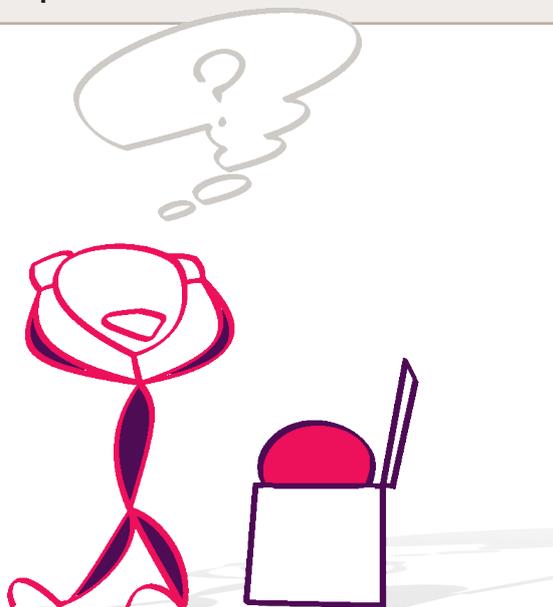
The Irlen Institute

(Information site about the Irlen Method)

www.irlen.com or www.irlenuk.com

or Midlands number is 01536 761597

Sleep and personal care



Temperature regulating bedding

Shop that sells a variety of temperature regulating bedding, including Dermatherapy, Bamboo or Alpaca.

www.welovesleep.co.uk or 0800 170 7288

Seam-free Socks

Helpful for children who find socks very uncomfortable.

www.sensory-smart.co.uk or 01425 674712

www.cosyfeet.com or 01458 449035

Revolution Underwear

Garments range from vests and T-shirts with alternative fastenings to all-in-one suits that cannot easily be removed by the child.

www.revolution-underwear.toucansurf.com

or 0116 2775316

Ideas for resources

Sleep and personal care

Weighted blankets or lap pads

Provide deep pressure to the child to help with sensory integration problems.

www.sensorydirect.com or 0800 0837 212

www.weight2goblankets.co.uk or 0191 4821986

Chillow

The chillow can be filled with water which is absorbed into the foam core and it can help keep people cool at night, regulating body temperature.

www.chillow.co.uk or www.amazon.co.uk

Snuggle Sacs

A range of bedding (like sleeping bags) which is useful for children who like the feeling of being wrapped up in bed.

www.snugglesac.co.uk or 07799 863466

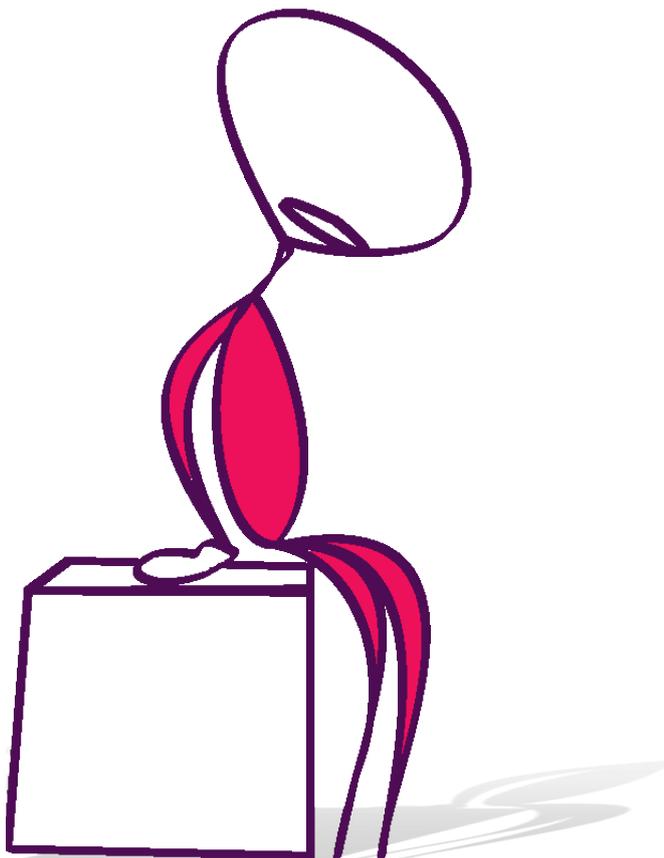
Tangle Teezer Hairbrush

Detangling hairbrush which is excellent for long hair.

www.tangleteezer.com

www.amazon.co.uk

Also available in Boots and other chemists.



Vibrating hairbrush

Hairbrush that also vibrates. Some children have reported finding this good for hair brushing.

www.amazon.co.uk

Flashing toothbrush

Gives a visual cue for a certain length of time Available from chemists or supermarkets.

Tooth Tunes Toothbrush

Plays a tune when you use it that can only be heard by the individual. The harder you press the louder the music. Available from Argos, Disney store and various supermarkets and chemists.

Collis-Curve Toothbrush

A toothbrush that has curved sides which massage the gums as well as clean – has very good recommendations from other parents.

www.colliscurve.co.uk or 01934 862 415

Natural Skincare products

A range of natural skincare, toothpaste and cleaning products.

www.tinknstink.co.uk

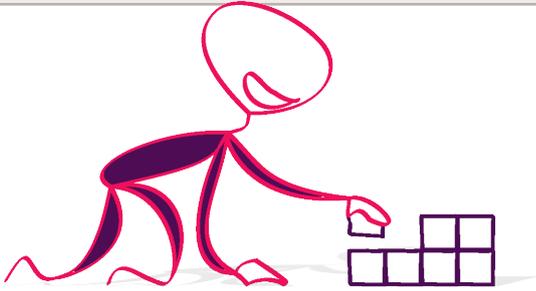
Resources for periods

Two different resources for explaining about periods to children with additional needs.

www.me-and-us.co.uk/ppg/ichangemydad

Ideas for resources

Sleep and personal care



Dry Like Me Toilet Training Pads

A disposable toilet training pad that fits in a child's own pants, designed to capture small accidents, and help parents and children manage the stress and mess of toilet training. Also useful for children who have problems with constipation and overflow.

www.drylikeme.com – for information and stockists

www.eric.org.uk – to buy

Available in Wilkinson, Morrisons and Asda Living.

Talking about autism



Autism Alert Card

www.autism.org.uk/shop

Information cards on autism or Asperger Syndrome

www.autism.org.uk/shop

I'm not naughty badge

www.autism.org.uk/shop

I'm not naughty T-shirt

www.autism.org.uk/shop

Similar items are available from:

www.autismawarenessuk.com

You can find other sellers on eBay.

Assorted badges

www.autismawarenessuk.com or

www.stores.ebay.co.uk/Autism-Awareness-UK

Education

Write Angle Desk Top Writing Aid

Allows children to set up their work at a better angle for looking at and writing on. Has a non-slip surface and the angle can help with posture and comfort.

www.specialdirect.com or 0800 318 686

Move' n' Sit cushion

Helps children feel more grounded in their seat. Good for overcoming sensory integration problems.

www.sensorydirect.com or 0800 0837 212

Vidipro UK (fitness equipment): 01299 829400

www.backinaction.co.uk/move-n-sit

Disc'o'Sit

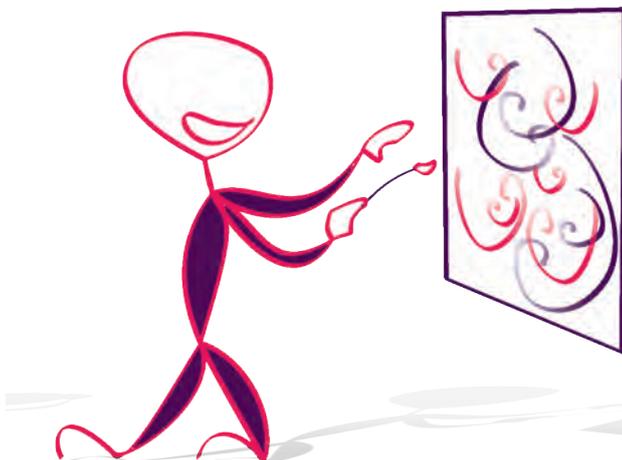
Helps children feel more grounded in their seat.

Good for overcoming sensory integration problems.

www.sensorydirect.com or 0800 0837 212

Vidipro UK (fitness equipment): 01299 829400

www.welcomemobility.co.uk or 0203 195 1356



Ideas for resources

Education

Autism Education Trust

Resources for teachers, including a transition guide, that are free to download.

www.autismeducationtrust.org.uk

Schools links

Resources for teachers which are free to download.

www.schoolslinks.co.uk

TES

Resources for teachers which are free to download if you register with the site.

www.tes.co.uk/resources

A guide to my child

An idea that involves writing important things for other people to know about your child on one small sheet. To request an example, please email:

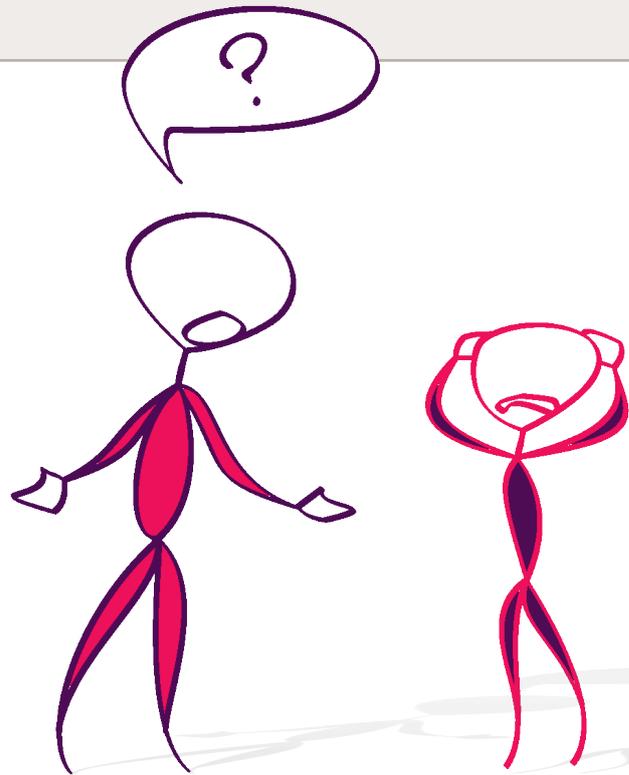
help@nas.org.uk

SEN Code of Practice

To request a free copy:

Phone **0845 60 222 60**

www.education.gov.uk – type 'SEN code of practice' into the search box and this will take you to a page where you can order or download the document.



SEN Code of Practice for Wales

To request a free copy:

Phone **029 20826078 / 0870 000 228811**

www.wales.gov.uk - type 'SEN code of practice' into the search box and this will take you to the downloadable version.

Equality and Human Rights Commission Code of Practice for Schools

To download a copy, visit:

www.equalityhumanrights.com (and go to: Publications and Resources>Disability>Education)

To request a copy to be posted:

0845 604 6610 – England

0845 604 8810 – Wales

0845 604 5510 – Scotland

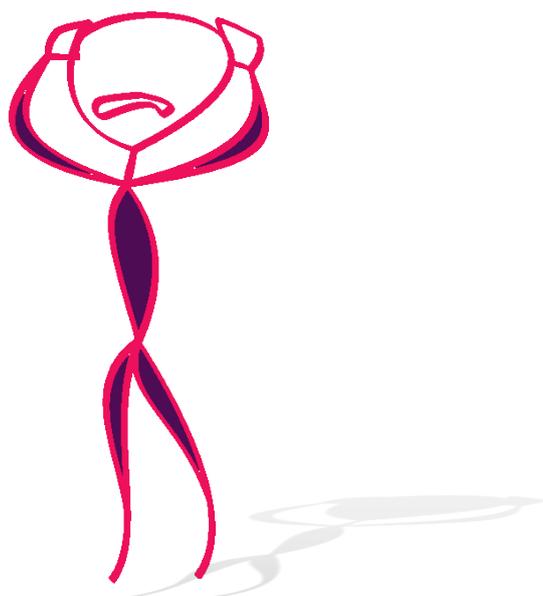
Box of Ideas website

The Discovery Centre in Wales has put together a website as a 'one stop shop' for nurturing children, including thousands of ideas, guidance and information on everything from early years to further education – covers England and Wales.

www.boxofideas.org

Ideas for resources

Pens



Yoropen

Pen which gives finger support and makes it easier to see what is being written. Comes in right or left handed versions.

Yoropen: www.yoropen.co.uk

WHSmith (at larger stores): www.whsmith.co.uk

Amazon: www.amazon.co.uk

Stabilo Move Easy Pen

Pen which is easier to grip.

www.whsmith.co.uk

www.ryman.co.uk

www.anythinglefthanded.co.uk

Light-Up Pens

Pens which light up when pressure is put on them.

www.idalearning.com or 0845 120 4776

www.sensetoys.com or 0845 257 0849

Fidget Pencils

Pencils which have things to fidget with at the ends, which may help concentration.

www.idalearning.com or 0845 120 4776

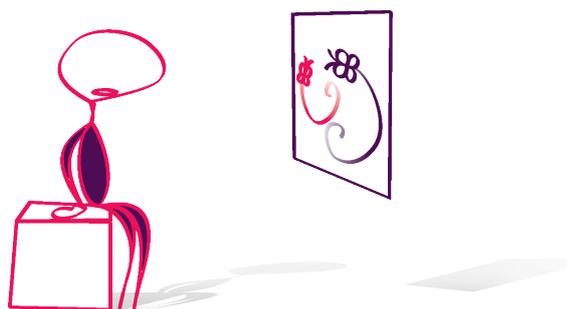
Berol Hand Hugger Pencils and Pens

May help with giving better grip.

www.whsmith.co.uk

www.amazon.co.uk

Community help and facilities



Cinema Card

Allows a carer to go in free with the cardholder. You need to be in receipt of DLA to get a card, which costs £5.50 for one year.

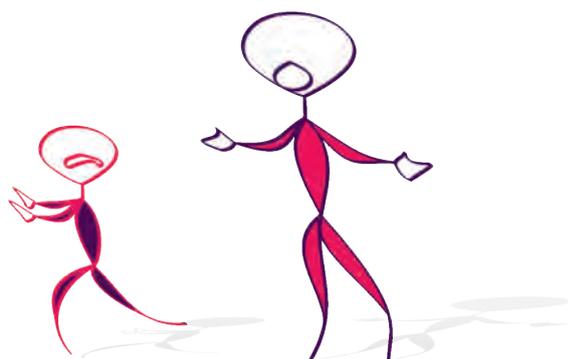
www.ceacard.co.uk or 0845 123 1292

Radar Key

Gives you access to disabled toilets nationwide. You can get one through Radar or various local charities.

www.radar.org.uk or 020 7250 3222

Home furnishing and safety ideas



Tough Furniture

A range of furniture that is built to withstand tough treatment.

www.toughfurniture.com or 01588 674340

Soft furniture/rooms

A range that can be used for chill-out rooms, sensory rooms, or sleeping areas.

www.safespaces.co.uk or 01706 816274

Ideas for resources

Child safety devices

Shatterproof mirrors

A wide range of acrylic mirrors that are shatterproof and safe.

www.sendmeamirror.com or 01923 800801

Plug lock electrical safety cover

A cover for plugs that means they can't be pulled out.

www.pluglock.co.uk or 01535 646071

Nutshell Natural Paints

Non-toxic paints made from natural materials.

www.nutshellpaints.com or 01392 823760

Child Wander Alarm

Transmitter and receiver, with an alarm that goes off if the child wanders beyond nine feet.

www.mypreciouskid.com (USA-based, will ship worldwide)

www.lostmefindme.co.uk

www.ebay.co.uk

Buddi

A miniature GPS and tracking device which can track people's locations at any distance. Costs £299 and a monthly fee.

www.buddi.co.uk or 0800 978 8800

Child-safe tags

You can put your own emergency contact details on the tag in case your child becomes lost.

www.familysafepius.co.uk or 08700 62 49 19

Child safety tattoos / transfers

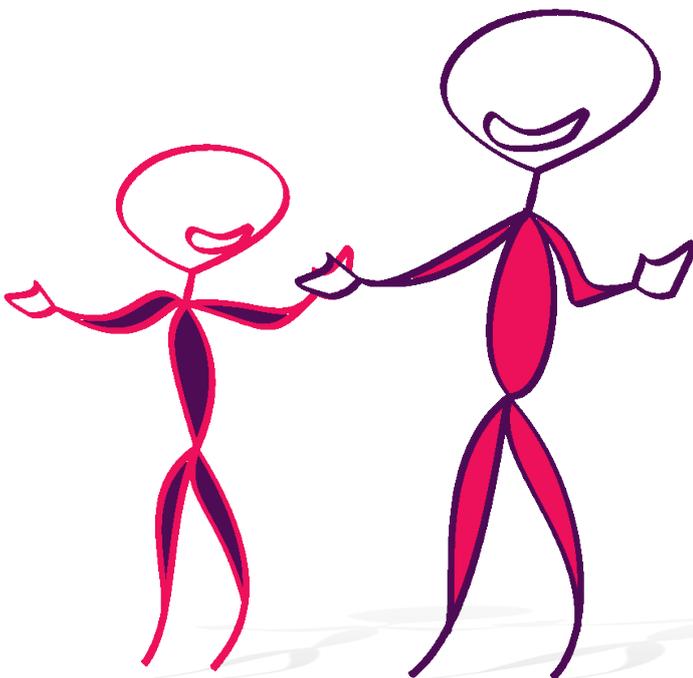
These cheerful child safety tattoo transfers are personalised with your mobile number to quickly reunite you with a 'lost' child. The temporary transfers are waterproof and ideal for holidays and days out.

www.cooltransfers.com/pleasecallmum

Emergency contact zip pulls

Add details of emergency contact details for your child.

www.ebay.co.uk - type 'emergency contact zip pulls' in the search box. Supplied by Shakaida's Visual Aids.



Car safety

Safety harnesses

Range of safety harnesses for cars, airplanes or walking.

www.crelling.com or 01253 852298

Ideas for resources

Publishers



The National Autistic Society

Sells books published by the NAS but also has a list of recommended books and a link to an Amazon affiliate shop.

www.autism.org.uk/shop

Jessica Kingsley Publishing

Publishes a wide range of books on topics including autism, ADHD, and learning disabilities.

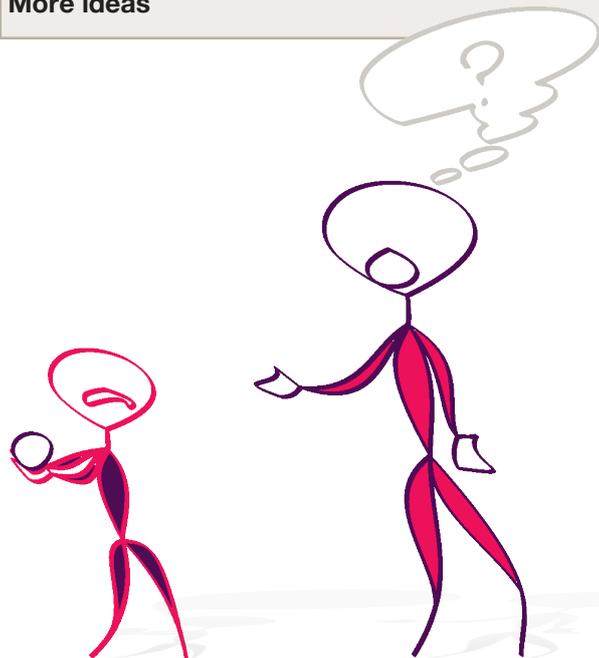
www.jkp.com or 0207 833 2307

Autism Asperger Publishing Company

Has some very good books. This is an American Company so may be expensive to order from directly, but it's good for ideas and you can usually order the books elsewhere.

www.asperger.net

More ideas



Cerebra

A charity that provides an information booklet on claiming DLA, a sleep service, grants, links to research and many other resources.

www.cerebra.org.uk or 01267 244200

or Parent Helpline on 0800 328 1159

Fledglings

A charity that helps parents of a child with special needs to find simple, affordable solutions to practical problems. If you are stuck for a solution to a problem, contact them and they may be able to help locate a solution. They also have a newsletter.

www.fledglings.org.uk or 0845 458 1124

NetBuddy

A website full of tips from people with first-hand experience of autism, learning disabilities and special needs.

www.netbuddy.org.uk

Ideas for apps

There are lots of useful apps available on smart phones. Some are listed here. You can also find apps by searching for specific topics such as 'autism', 'social skills', 'emotions', etc.

Top tip from a sibling – “Get a hard cover for your smart phone!”

Autism Apps - iPhone / iPad

Autism Apps is a comprehensive list of apps that are being used with and by people diagnosed with autism, Down syndrome and other special needs. It also includes links to any available information on each app. The apps are separated into over 30 categories, and the descriptions are all searchable, so any type of app is easy to find and download.

Time Timer - iPhone / iPad

This has a disappearing red disk that allows individuals to visualise time, making the passage of time obvious and tangible. Simply set the Time Timer to the length of your activity and as time elapses, the red disk gradually gets smaller.

Ideas for resources

Ideas for apps

Fluid - iPhone / iPad / Android

Turns your screen into a liquid surface. Totally interactive with your fingers, it will keep the kids busy for a while.

Fluid 2 - iPhone / iPad / Android

A relaxing application and less messy than the real thing! Features include:

- > Make a WISH! You can throw coins in the water.
- > Comes with optional Zen music.
- > Set the viscosity of the water.
- > Change the colour of the water to your liking.

Autism 5-Point Scale EP - iPhone / iPad

This Autism Help App assists people with autism and other disabilities to communicate in emergency situations. Utilizing the 5 Point Scale, individuals can easily communicate their level of anxiety and needs in a high-stress situation without the need to be verbal. Autism Help levels are color-coded with different facial expressions. Photos of different emergency responders can be taken with your local First Responders so that the individual will recognize them.

Whiteboard - iPhone / iPad / Android

Turns the screen into a virtual sketchpad, allowing you to quickly rough out images using your finger on the touch screen. Users can choose from a set of standard colours with the option of changing pen sizes. You can also use Wi-Fi to tether two handsets together and create a collaborative picture.

Word Magic - iPhone / iPad / Android

An excellent application for kids to have fun with words and learn to spell. A picture is shown and children need to select the missing letter for the picture. The picture for the word will be read out. There are three choices, based on level – you can choose the missing letter at the beginning, middle or the end of the word.

abc PocketPhonics - iPhone / iPad

abc PocketPhonics combines:

- > Letter sounds
- > Letter writing
- > 170 first words

Designed and reviewed by US and UK teachers who use phonics to teach children to read.

ABA Receptive Identification – FFC Combined iPhone / iPad

Kindergarten.com has a number of different educational flashcard apps.

Many children with emerging language skills do not think of things as having parts, attributes or fitting into categories but these are necessary for developing appropriate, functional conversation skills. Once a child can ask for, label and receptively identify a great many items, it's a good time to start teaching the feature, function and class of items, people and places. These lessons teach a child to talk about things rather than just labelling them. Features may be: doors, wheels, tails, ears, etc. Functions may be: cutting, driving, eating, sleeping, etc. Classes may be: zoo animals, vehicles, foods, clothing, etc.

Paper Toss - iPhone / iPad / Android

This game is oddly satisfying... much like tossing a real ball of crumpled paper into a metal bin.

Contact information

We have done our utmost to make sure that all the information in this resource sheet is correct at the time of going to press.

This resource sheet was updated in June 2012. If you find a contact no longer in use, please contact the NAS Family Seminar Team at:

FamilySeminar@nas.org.uk

