

ASSESSMENT TOOL FOR PARENTS/CARERS AUTISM CONSULTANT $\ensuremath{\mathbb{N}}\xspace^{\ensuremath{\mathbb{N}}\xspace}$

Routine Kit

This is a guide for PARENTS/CARERS to support them with putting together a new routine during these strange times. The idea is for parents to assess what activities are a priority and when they should be carried out. I will provide further details through the week regarding sensory activities, play activities, life skills, schedules etc. But for now this focuses on Routines. Use these tools for yourself as well as your children to support you with putting together new routines for yourself, not just your child/young person.

*When using this tool think about the needs of your child. If they can only cope with 20 minutes of school activities per day, that is ok. If they can cope with 60 mins split into six 10 minute chunks that is ok. There is no right or wrong. Well-being and mental health now more than ever needs to be prioritised. Keep following my social media for more information through the following weeks.

Assessment Routine

- 1. First establish list of activities
- 2. Next decide how often they should be carried out.
- 3. Then decide priority
- 4. Last when best to carry out chore (morning, afternoon, evening)

Activity List

Establish an activity list for each and all of the activities to be completed, this can be school or home activities (e.g. play a game, free time, spellings, reading etc.).

I've added a template for the activities. Think about fun family activities, sensory activities, solitary activities as well as school activities. Also take note of the activities (particularly school activities that are independent and dependent as you will need to ensure the child has assistance when and where required).

Activity List

School Activities	Fun Activities
Life Skills	Other
Sensory Activities	Family Activities

ROUTINE ASSESSMENT

•			
Activity	How often	Priority 👗	Time to carry out
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

Assessment Results

- 1. First establish list of activities
- 2. Next decide how often they should be carried out.
- 3. Then decide priority
- 4. Last when best to carry out chore (morning, afternoon, evening)

How Often?

Each and all of the activities to be completed, this can be school or home activities (e.g. play a game, free time, spellings, reading etc.) A) Daily

- B) Every other day
- C) Weekly
- D) Other

Rate how often each activity should be done. *Note - don't worry if it needs to change or doesn't work out how you intended, this is about setting new routines to give a sense of security which is vitally important for everyone.

E.g. Spellings - Daily Make Bed - Daily Play Time - Daily ICT - Weekly

Priority

Now it is time to look at the priority of each activity on the list of activities. Go through each activity and assign each a number from 1 - 5. *Top Tip Highest priority is always well-being. What makes your child feel good? Art? Outside? Sensory tasks? These should always be prioritised to the top of the list!

Priority

- 1 highest priority
- 2- high priority
- 3 medium priority
- 4 low priority
- 5 very low priority

ROUTINE ASSESSMENT SCHOOL WORK

School Work Activity 1	How often Daily/Every other day/Weekly/Other	Priority 🛓	Time to carry out AM/Afternoon/ PM
School Work Activity 2	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
School Work Activity 3	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
School Work Activity 4	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
School Work Activity 5	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
School Work Activity 6	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
School Work Activity 7	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
colour condinate	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
CO Or civities			

Assessment Results

- 1. First establish list of activities
- 2. Next decide how often they should be carried out.
- 3. Then decide priority
- 4. Last when best to carry out chore (morning, afternoon, evening)

When?

Okay, so now you should have

- A list of activities to be completed
- An idea of how often they need to be completed
- How much of a priority each item is on the list

So now you need to decide WHEN is the best time to complete each of these activities. *Don't worry this is NOT set in stone. It is ok to change this if the new routine doesn't work. This is all about adapting, trial and error.

• Morning, Afternoon, Evening - When is best for each task to be completed?

*Top Tip - Most people reach their cognitive peak at around Midday maybe the best time to tackle new or tricky tasks?

I find this can be the bit of the process that needs adapted the most... Tasks that our kids find tiring or tricky should be followed by a break either a natural break such as lunch or snack ALWAYS encouraging movement/sensory type task or alone time may be needed. Or a 'Movement/Brain Break that should be purposely scheduled onto their schedule. We will look more at these through the week.

You should now have an idea of when these tasks need to be completed. Use the template provided to schedule in activities for the week. See example.

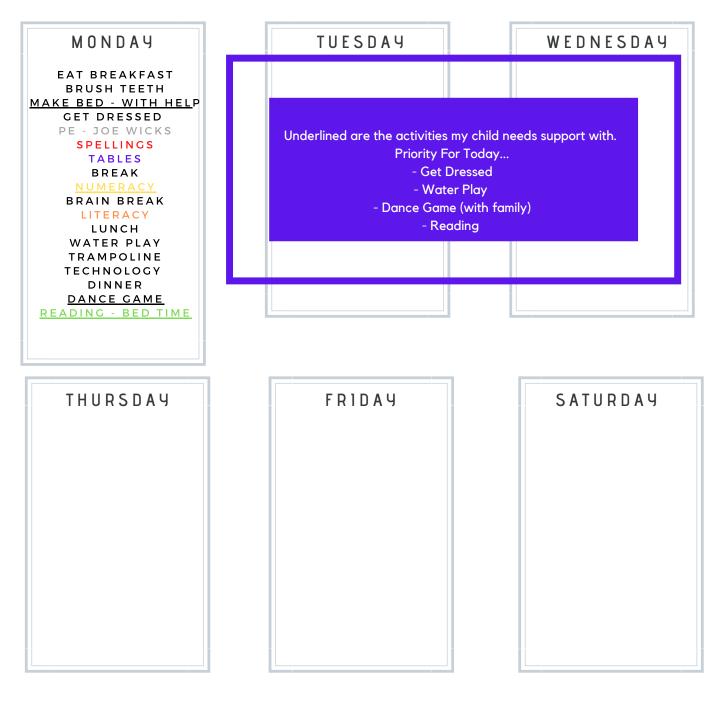
EXAMPLE ROUTINE ASSESSMENT SCHOOL WORK

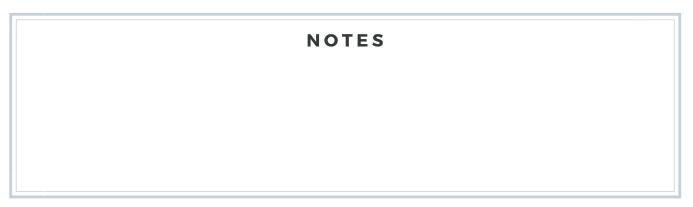
Activity	How often	Priority 👗	Time to carry out
Spellings	Daily	1	AM Before Break
Tables	Daily	1	AM Before Break
Literacy Task	Daily	3	Afternoon (after lunch)
Numeracy Task	Daily	3	AM Before Lunch
Reading	Daily	3	PM Bedtime
Art	Weekly	4	Afternoon (after lunch)
ICT	Weekly	5	Afternoon (after lunch)
PE	Every Other Day	3	AM Before any work

EXAMPLE WEEKLY SCHEDULE

	KLJ SCHLL	
MONDAY	T U E S D A Y	W E D N E S D A Y
PE	SPELLINGS	PE
SPELLINGS	TABLES	SPELLINGS
TABLES	NUMERACY	TABLES
NUMERACY	LITERACY	NUMERACY
LITERACY	ART	LITERACY
READING	READING	READING
T H U R S D A Y	FRIDAY	S A T U R D A Y
SPELLINGS	PE	
TABLES	SPELLINGS	
NUMERACY	TABLES	
LITERACY	NUMERACY	
ICT	LITERACY	
READING	READING	
TARGETS FOR THIS	NOTES	LIFE SKILL
WEEK	GAME FOR THE WEEK	• TEACH MAKING BED
• SCHOOL WORK: ONE	• LEGO - LET'S BUILD	INDEPENDENTLY
HOUR PER DAY	TOGETHER	
 MESSY PLAY X1 THIS WEEK 		

WEEKLY SCHEDULE





ROUTINE ASSESSMENT CHILD - LIFE SKILLS

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Activity	How often	Priority 👗	Time to carry out
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - FUN ACTIVITIES

Activity	How often	Priority	
Activity	Daily/Every other day/Weekly/Other	12345	Time to carry out AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - SENSORY ACTIVITIES

Activity	How often	Priority	Time to carry out
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - FAMILY ACTIVITIES

Activity	How often Daily/Every other day/Weekly/Other	Priority 📕	Time to carry out AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

ROUTINE ASSESSMENT CHILD - SOLITARY (ALONE) ACTIVITIES

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Activity	How often	Priority	Time to carry out
Activity	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM
	Daily/Every other day/Weekly/Other	12345	AM/Afternoon/ PM

- I've added in a checklist here this can be for you the parent or for the child (if appropriate).
- Use a schedule for everyday
- You will see I have also added in a little traffic light system. We will go through these in more detail through the week.
- You can use the traffic light system or your child can to identify how easy/difficult they found the task.

How to use

- Place all activities for the day onto the checklist. Add in breaks/snacks/lunchtime etc onto this list.
- Check off activities as you/child completes them
- Check the difficulty level (green-easy, Orange-tricky, Red-difficult)

We will look at appropriate schedules through the week. We will also look at how to put a schedule together WITH your child through the week - How to give choices and how to make changes. This is particularly important for children with a PDA profile.

Daily Schedule

DATE:

ACTIVITIES			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10	gemma@aut	ismconsulta	intni.com

Any Questions? Please like and share on Facebook/instagram

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