

# Skill Building Practice: Schedules, Routines, and Flexibility



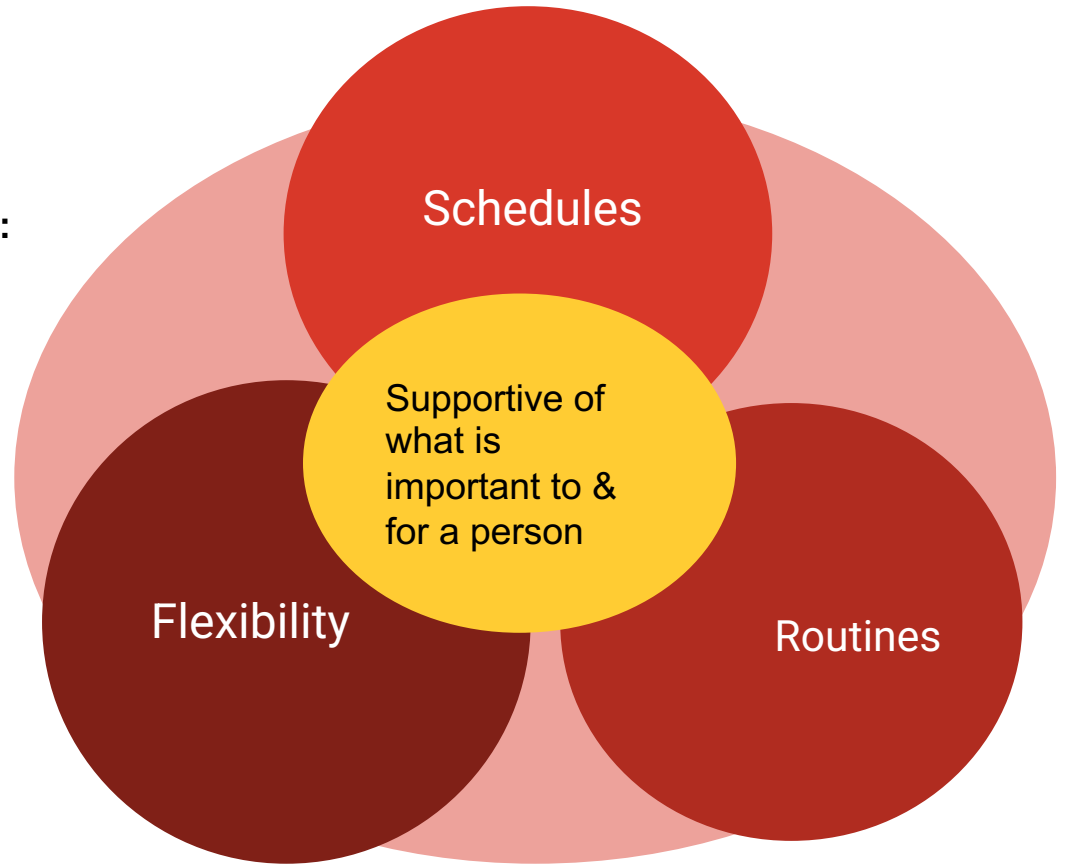


What is your morning routine? What helps you remember your routine or makes it easier to follow?



# Considerations

- **What is important to the person for:**
  - Comfort,
  - Enjoyment,
  - Relaxation,
  - Wellness,
  - Social connection,
  - Belonging,
  - Pursuit of happiness and things they enjoy



# Choices and Preferences

- What does your downtime look like?
  - Downtime is important to all of us
  - Evenings and weekends may look different
    - Showering on a weekday may consistently happen at 7:30 am due to staffing, shifts, getting ready for work
    - Could showering happen at a later time on weekend to allow sleeping in?
- How can we center choices and preferences for others' schedules, when possible?



# Ideas

- Base routines on preferences
  - Time
  - Duration
  - Frequency
- If a known change is coming, let the people affected know in advance.
- Consider helpful ways to engage in routines
  - Timers
  - Visuals
  - Flexibility when appropriate
- Resources
  - [Family Routine Based Support Guide 4-8 yo](#)

