



Communication and Autism Team (CAT) Setting up a Workstation/area

Workstation/areas

Setting up a quiet working area (a work station) helps support children with autism to focus on work and activities they need to complete.

- Find an area in your home that has minimal distractions, reduce sensory input as much as possible. Make sure they have all the equipment they need to complete the task.
 - Put up a (visual) timetable/agenda of work /activity up for your child to see and work through. They may need support to use this initially. Have a clear indication of when their activity is expected to finish.
 - Use a clock or timer to indicate when the activity is coming to an end.
- Adding more structure to a workstation/area.
- Trays or folders containing activities are placed on the table on your child's left side. The timetable can include the numbers or colours to show order of work to be done.
 - Your child then completes the tasks and places them completed into a tray or folder on the right side of the table
 - A reward symbol/picture can be placed at the end of the timetable/ that directs them to their reward.

