

Visual Supports: Choice Boards

What are choice boards?

Choice boards use pictures and/or words to show a person their options (Rutherford et al., 2020).

Why use choice boards?

- They increase understanding of available choices.
- They promote independence when communicating a preference.

Examples of choice boards

- Free time activities
- Playground activities
- Television shows
- Movies to watch
- Mealtime options

How do I use choice boards ?

Identify the option

Identify the options (items, tasks, or activities) that will be on the choice board available during a time or event. Options should match the person's preferences and needs.

Plan

Decide how the choice will be selected. Choices can be selected by pointing, moving an icon, handing an icon to a person, or putting an icon on a spot.

Make choice board

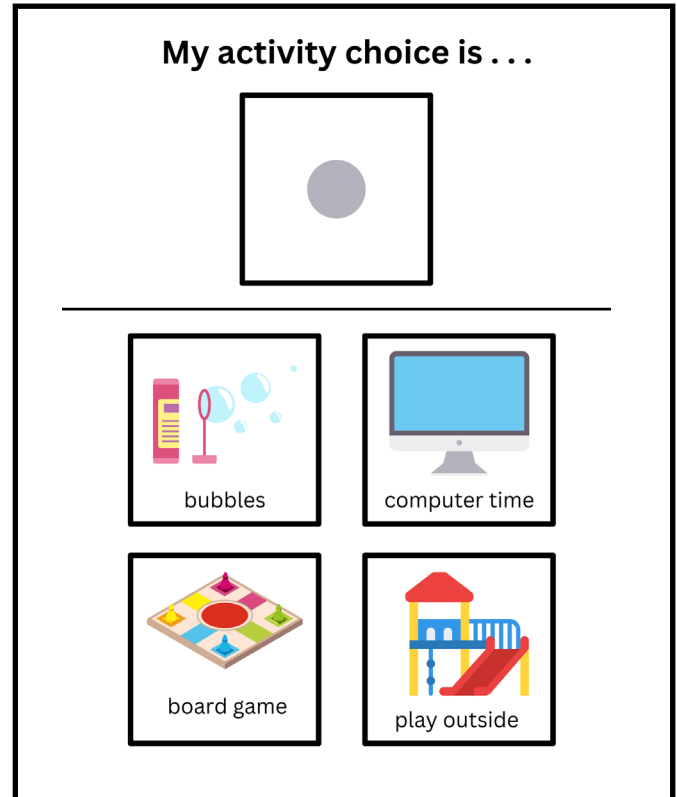
Consider how the options will be presented and arranged on the board.

Show how to use

Model how to use the choice board to select their option.

Prompt

When it is time to make a choice, prompt the person to make a selection on the choice board.



Reinforce

When the person uses the choice board to make a selection, use positive reinforcement (such as praise) to reinforce the use of the choice board. Immediately give the person the item they requested.

Adapt as needed

Change the options on the choice board as the person's preferences and needs change.

Additional resource guides at <https://www.delawareautismnetwork.org/>.

Reference: Rutherford, M., Baxter, J., Grayson, Z., Johnston, L., & O'Hare, A. (2020). Visual supports at home and in the community for individuals with autism spectrum disorders: A scoping review. *Autism: The International Journal of Research and Practice*, 24(2), 447–469. <https://doi.org/10.1177/1362361319871756>

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