

# ACCOMMODATIONS FOR STUDENTS WITH AUTISM

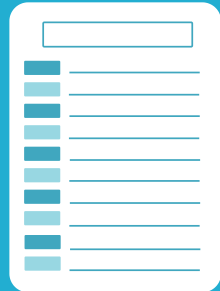
Each student with autism has unique needs, so there is not a one-size-fits-all approach. School can feel overwhelming due to the noise, shifts in focus, listening, socializing, completing work and more. Many children with autism will need accommodations to allow them to thrive in the classroom and meet their needs. Accommodations should be focused on providing support, empowerment, predictability and reducing stress and anxiety for the students.



## Visual Supports

Visual information is fixed and allows for predictability. It also helps to create structure and improve understanding. Some examples of how visual supports can be incorporated into the classroom are:

- Messages (ex. going to the washroom, snack time, recess)
- Schedule and order of activities
- Time (ex. 10 minute timer)
- Breaking down an activity into steps (ex. dressing for recess)



## Flexible Seating

Some students thrive when given the opportunity to move, stand or change seats. Flexible seating gives students the opportunity to learn in a classroom that meets their needs. Some examples of flexible seating options are:

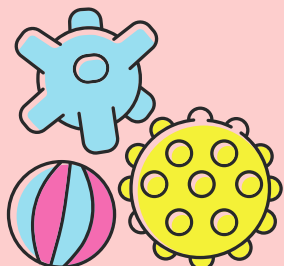
- Bean bag chair
- Yoga ball for moving while seated
- Balance cushions on chairs
- Wiggle stool



## Sensory Breaks

Sensory breaks are a great opportunity for students to refocus their energy during the day and regulate sensory input. Some options for sensory breaks are:

- Fidget toys
- Yoga
- Going for a walk
- Listening to music
- Dancing



## Target Learning Styles

Students with autism may have specific learning styles that work for them. Some options to target different learning styles are:

- Tactile learners:
  - Games, building, experiments
- Visual learners:
  - Videos, pictures, posters
- Auditory learners:
  - Audio books, role playing, conversations



Centre de ressources

# connexions

Resource Centre

Created by Emma Harvie for Connexions Resource Centre

**The CISSS de l'Outaouais offers diagnostic and support services for families who have a child, youth or adult with autism. To access services through their centralized ID-PD-ASD access point, please call 8-1-1, option #2 to speak to a social worker to discuss the next steps.**