



# 使用視覺輔助

Traditional Chinese - Visual Supports

## 視覺輔助是甚麼？

視覺輔助無處不在，我們每天都在使用。這些包括路標、餐廳標誌和菜單、日曆、雜貨清單等。

我們還使用文字、標記、符號、照片和各種物體輔助來瞭解我們生活的世界。

手勢和面部表情也是視覺輔助的例子。

## 怎樣使用視覺輔助

盡量減少分享時使用的口語詞彙數量。

在家庭和學校都使用視覺效果並保持兩處一致。

確保年輕人隨時可以使用視覺輔助工具並定期審查更新。

教導年輕人如何使用視覺輔助工具。如果你不確定該怎樣做，請諮詢你子女的老師或治療師，瞭解有些甚麼訣竅。

## 為甚麼使用視覺輔助？

視覺輔助可幫助你和子女溝通，也幫助你的子女和你溝通。

如果可以對孩子以說話配合實物，可幫助他們的理解和學習。

視覺輔助是一種永久的提示，可以支持自閉症人士學會獨立。

視覺輔助可以減少挫敗感，鼓勵個人交流和表達自己並作選擇。

以口頭語言分享想法、問題和指示時，視覺輔助工具可以給予協助。

研究顯示，使用視覺輔助**並不會阻止**孩子學習說話。事實證明，**視覺輔助鼓勵**說話和語言的發展。

## 人人都可以製作和使用視覺輔助，以下是一些建議：



利用物品展示孩子要做的事情，例如讓孩子知道跟著會發生甚麼事情



利用肢體動作、面部表情，語音高低變化和手勢



拍攝地方和人物的照片

瀏覽 [positivepartnerships.com.au](http://positivepartnerships.com.au)

The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



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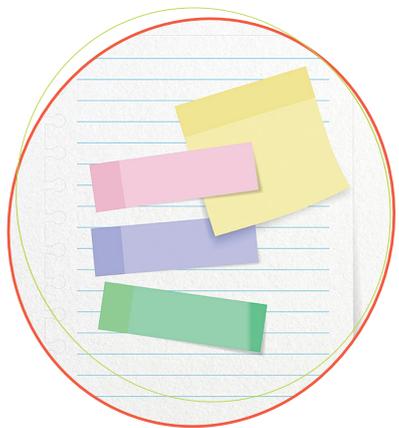
圖文並茂並鼓勵你的  
子女作選擇



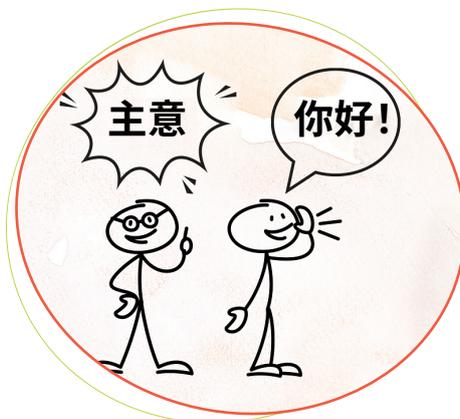
製作清單



搜索網絡圖片



利用顏色為慣常程序和  
說明分類



製作漫畫劇本：使用火  
柴人和對話框，一邊繪  
畫，一邊說故事



電話的應用程式，即：  
計時器，日誌



社交故事——使用你子女或你子女最喜歡的角色製作一個社交故事，讓你的  
子女為新的活動或計劃做好準備

如果你擔心子女的發展，請諮詢可以協助你子女的醫生或專業人士。  
最好與別人多交流，不要只是採取‘觀望’的態度。



# Using Visual Supports



## What are Visual Supports?

Visual supports are all around us and we use them every day. These include road signs, restaurant signs and menus, calendars, grocery lists etc.

We also use words, signing, symbols, photos and objects to understand the world we live in.

Gestures and facial expressions are also examples of visual supports.

## How to use visual supports

Try to reduce the amount of spoken words you use when sharing them.

Use visuals across home and school and be consistent.

Keep them in place and available to young people and review regularly.

Teach young people how to use them. If you're unsure about how to do this, chat to your child's teacher or therapist for some ideas.

## Why use visual supports?

Visual supports can help you to communicate with your child and help your child to communicate with you.

If children hear and see things at the same time it can support them to understand and learn.

Visual supports are a permanent reminder and can support people to be independent.

They can reduce frustration and encourage individuals to communicate and express themselves and make choices.

They support ideas, questions and instructions that are shared verbally and allow for processing time.

Research shows that the use of visual supports **does not** stop children from learning to speak. It has been shown **they encourage** the development of speech and language

**Anyone can make and use visual supports. Here are some ideas for you:**



**use objects to show your child what to do e.g. to let your child know what's happening next**



**use body movements, facial expressions, voice range and gestures**



**take photos of places and people**

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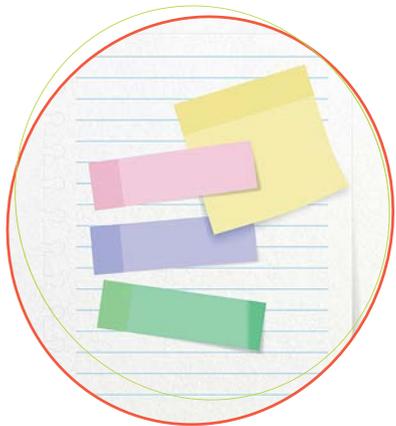
**put words with pictures and encourage your child to make choices**



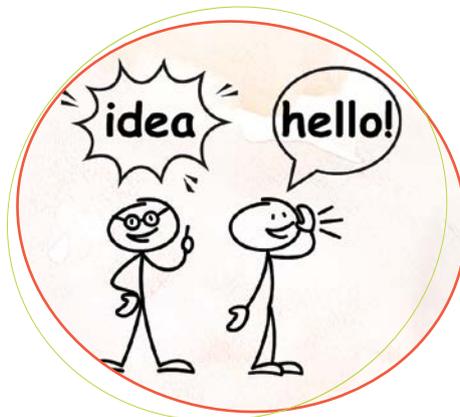
**make checklists**



**find images on the internet**



**colour code routines and instructions**



**make a comic book script: draw and tell the story as you go, using stick figures and speech bubbles**



**apps on phones, i.e. timers, schedules**



**social stories – make one using your child or your child's favourite character to prepare your child for a new activity or a plan**

If you are concerned about your child's development, see your doctor or a professional that helps your child. It is better to talk to someone than to 'wait and see'.