

WHY VISUAL SUPPORTS?

Visual supports are part of our every day lives, but how do visuals support people of all ages and abilities?



INCREASE PREDICTABILITY

Knowing what's coming next helps people feel safe and prepared. Visual supports make routines more predictable, easing stress and uncertainty in everyday situations.



SKILL DEVELOPMENT

Step-by-step visuals help build independence with daily tasks like brushing teeth, packing a bag, or completing schoolwork – supporting learning over time.



SUPPORT COMPREHENSION

Visuals help explain ideas, instructions, and language – especially when spoken words are confusing or too fast. They give the brain something concrete to work with.



ENHANCE COMMUNICATION

Visuals give people more ways to express their needs, feelings, and choices – especially if talking is hard. This can reduce frustration and increase connection.



MORE PERMANENT

Words come and go – but pictures stay. Visuals can be looked at again and again, giving people more time to process and respond.



SUPPORT INDEPENDENCE

When people can follow a visual schedule or task on their own, they rely less on prompts – building confidence and self-agency.