



Positive Looking Everyday by Everyone Toolkit

Personal Care

1.Lights to label various “things”.

- Different colors

- Flashing, static

2.Lights in hollow tubing type towel rods to identify where the towels belong.

3.Music (recorded on audio button, etc.)

- Record on audio buttons a single song that represents an activity “tooth washing song”.

- Record an entire play list of activities, (toileting song, hand washing, tooth brushing song, hair song, etc.

4.Label press

5.Have songs for various activities like the “tidy-up song”

6.Signs with color contrast

7.Boardmaker style signs/symbols

8.Pictures

9.Activities that work on muscle memory

10.Various reward systems

11.Privacy systems

-Red = occupied/green= available

12.Be consistent with whatever you use (your home, grandparent's home)

13.Color coded system (use various colored tape, sticker, etc.)

14.Toothbrush that has a light or plays a song for a duration of time.

15.Braille a hairdryer (low, medium, hot)

16.Doll to model on:

Hair washing, brushing teeth, make-up.

17.Practice on models (like a giant tooth model from the dentist, or a carton of eggs).

18.Hair tie on conditioner (so conditioner is distinguished between shampoo)

19.3-D stickers

20.Keychain (with photos of activities)

21.List of possible distractors in each room. (if a mirror is distracting , remove it from the bathroom)

