

What is an Independent Activity Schedule (IAS)?

- Some children have difficulty in “downtime.”
 - Do not seem to know what to do
 - Want constant caregiver attention
 - Engage in nonfunctional or concerning behavior
 - Always want to do the same thing
- IAS is a method for increasing structure while also promoting independence
 - Includes visual supports to increase structure
 - Includes a reward system to promote motivation
 - Includes tasks the child has shown the ability to complete independently

How to Conduct IAS.

1. Use "tell," "show," and "do" prompting to teach the work or leisure activity.
2. Make two icons to represent each activity in the schedule.
3. Place one icon for each activity and a "check my work" icon on a stationary schedule strip (e.g., a strip of Velcro on a table, wall or a laminated board).
4. Place one icon at the place where the activity materials are located (e.g., a bin with a puzzle, the laundry room).
5. Tell your child that it is time to work/play alone and direct him/her to the stationary schedule.
6. Provide the minimal prompting necessary for your child to:
 - a. pull the first icon.
 - b. match the icon to the work location.
 - c. gather the work materials.
 - d. complete the activity.
 - e. put away the materials.
7. Repeat a-e until all activities are complete
8. Provide the minimal prompting necessary for your child to pull the "check my work card" and hand this card to a caregiver
9. Check all of the work and have your child make corrections as needed.
10. Provide a reward for effort, even if the work was not all completed correctly.

IAS Tips:

- Only include activities your child can complete independently.
- Any activity your child can learn to do independently can be included.
- As your child becomes more familiar, schedules can become longer or more complex.
- Provide minimal prompts to promote independence.

