## How to... Use a Daily Schedule

Central London Community Healthcare NHS Trust

Speech, language and communication needs can make it difficult to: focus on tasks, understand spoken instructions and remember and order the steps of a task.

## **Daily Schedule**

- Set up a daily schedule to show the individual what their day will look like and what is going to happen.
- Before an activity show the individual everyday objects that they use during activities to let them know what is happening.
- Lining these objects up with help with understanding and knowing what activities are coming up.
- Or you could use your phone to take photos and show or you can draw pictures to help with this.

