

Routines and Schedules for Families and Caregivers

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This webinar will focus on helping families and caregivers develop routines during an emergency.

You will learn that schedules can come in all shapes and sizes.

5 different examples will be demonstrated.

What matters most is that it works for you and your family.

This webinar is specifically geared toward families and caregivers but can be helpful to all members of our community.

KEY TAKEAWAYS

- Routines and schedules are important for everyone
- Routines and schedules should be individualized to meet the needs of your family
- Routines and schedules can and should be flexible but implemented with consistency
- Routines and schedules can be different daily
- Be kind to yourself if things don't go as planned

- Tips of the week sheet
- Visual Schedules
 - <https://paautism.org/resource/visual-schedules/>

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