Visual and film guides

Visual guides can support success and independence. They can also help prepare a person for new experiences. They can help people express and share their thoughts and feelings.

Visual guides can also be made as short films. The person the guide is for can act in the film and in photographs for their personal books.

Visual guides might show:

- A sequence of events in a situation
- Who will be there
- How people are likely to behave
- What to do if a person feels worried, unwell or if unexpected things happen.

Visual guides can help people:

- remember
- understand situations
- understand language (e.g. go, now, finish, next, first, and then, last, end, tenses
- choose
- self-monitor.

How to make a visual guide

You can make your own books or use apps/programs to help create visual guides, personal books and films. Using suitable ICT, you can also record voice descriptions. Use real photos or symbolic pictures – there are many symbolic picture systems available. Edit your films to get the best clips for a short film. Write sentences that describe the photos and film clips in positive language.

Similar resources

Social Stories™

Other types of personal books