Recommendations for Strengthening the OT Website on Visual Supports

1. Add a simple, parent-friendly explanation of what visual supports are

- Define visual supports in plain language
- Explain why they help children with communication, sensory, or processing differences
- Include a short example (e.g., "A visual schedule can help reduce anxiety during morning routines")

2. Organise the page by key OT topics

Create sections such as:

- Self-care routines
- Emotional regulation
- Transitions
- Sensory strategies
- School readiness
- Community activities (haircuts, dentist, shopping)

This helps families find what they need quickly.

3. Provide downloadable, ready-to-use visual resources

Offer printable PDFs or image files for:

- First–Then boards
- Visual schedules
- Step-by-step sequences
- Choice boards
- Calm-down menus
- Social stories

Families value resources they can use immediately.

4. Include guidance on how to use visuals effectively

Add short, practical tips such as:

- Introduce visuals gradually
- Keep them simple and consistent

- Model how to use them
- Personalise visuals with the child's interests
- Avoid overwhelming the child with too many steps

This turns the page into a teaching tool, not just a resource bank.

5. Use accessible, inclusive design

Recommend:

- High-contrast colours
- Clear icons or photos
- Minimal text
- Consistent layout
- Options for symbol-only, text-only, and mixed formats
- A4 printable versions

This ensures the visuals work for a wide range of families.

6. Add examples for each topic

For every section, include:

- A short explanation
- A sample visual
- A real-life scenario (e.g., "Using a First–Then board during toothbrushing")

This helps families understand how visuals fit into daily life.

7. Offer digital-friendly versions

Many families use phones more than printers. Suggest:

- Visuals that can be saved as images
- Phone-friendly schedules
- Links to trusted free apps for visual timetables

This increases accessibility.

8. Include lived-experience insights

Recommend adding:

- Short quotes from parent carers
- Examples of how visuals helped a child
- A short video demonstration (if appropriate)

This makes the content relatable and human.

9. Signpost to further support

Include links to:

- Local SENDIASS
- National charities (CBF, NAS, etc.)
- Early Help
- Sensory processing resources
- OT referral pathways

This helps families navigate next steps.

10. Ensure the page is easy to navigate

Suggest:

- Clear headings
- A contents menu at the top
- Short paragraphs
- Download buttons that are easy to spot

This improves usability for stressed or time-poor families.

If you want, I can also help you **turn this into a polished briefing**, a **proposal email**, or a **draft webpage structure** you can share with the OT team.