

Organizational Keys for Autism

● Start Small

- Break up the area into chunks (such as one drawer or table surface)
- Focus on cleaning up that one small area, then move on to the next area once it has been tidied
- What does “clean” mean? Make a list of what tasks should be done for each area, so that it is easier to know what to do and when to stop
 - Throw away all pieces of trash on the bedside table
 - Put away all books on the bedside table
 - Pick up the lamp and dust the bedside table
- Ask a family member, friend, or caregiver to help stay on task if focus is an issue
- Set aside a period of time each day dedicated to cleaning/organizing

● Minimize

- Avoid contrasting colors and excessive patterns
- Use soft, muted colors and natural materials
- Remove decorations/nonfunctional items that make a space feel more visually crowded
- Focus on what brings joy as well as what is needed and prioritize those in the space
- Reuse old items, like shoe boxes and magazine holders, to store and keep items out of sight
- Use Velcro to hang up often-used items while keeping them quickly accessible

● Lost and Found

- Designate a space for items that are used often
 - “If the iPad is not being used, then it will always be placed on the desk.”
- After an item has been used, immediately put it back in its designated place

