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# Strategies

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## Plan Ahead

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Before you start an activity, think about how you will do the activity.

Get the things you need before you start an activity.



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## Use Technology or Things

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Use technology or things in different ways to do an activity.

Use new technology or things to do an activity.



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## Change Spaces

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Change the size, shape, and arrangement of indoor spaces, outdoor spaces, entrances and exits, or ground.

Change the amount or type of light, sound, or smell in the space.

Do the activity in a different place.



## Change the Rules

Change the way you do an activity by changing the rules, amount of time, or order of steps.



## Ask Someone For Help

Find people who can give you information or help you solve a problem.

Change the type or amount of help you get from other people during an activity.



## Teach Others About Abilities & Needs

Tell other people what you can do.  
Tell other people about the type and amount of help you need to do an activity.  
Teach other people about your disability.

