8 Quick Tips: Daily Living Activities, Chores and Hygiene

Learning and maintaining a routine schedule to perform chores and hygienic tasks can be challenging for both families and the individual living with autism. Below are some suggestions to help your son/daughter with performing and sustaining these daily tasks:

1. Create a chore chart on a daily/weekly basis
   o Begin with one or two chores/tasks. Once these tasks are completed routinely, add another chore/task.
     ▪ For example: The first two tasks may include being sure to brush and bathe daily

2. Develop a **'Responsibility Contract'**
   o The contract will include chores and hygienic tasks your son/daughter is agreeing to complete daily/weekly
   o The Responsibility Contract can provide times, deadlines, rewards, and exceptions
     ▪ Example of an exception- Your son/daughter is sick and will be unable to clean his/her room

3. Get your son/daughter involved in household chores or hygienic tasks you perform daily/weekly
   o For example: Have your son/daughter do laundry or cook alongside with you.
   o Share the responsibility until he/she is able to perform such tasks on their own

4. Find out why your son/daughter is struggling to perform certain tasks/chores
   o Be the one to start the conversation
   o For example: Why isn't your son/daughter bathing routinely?
     ▪ Sometimes individuals with autism may feel more comfortable using a wet rag or hanging over the bathtub. The sensation of falling in the shower may discourage them from bathing/showering. Using a wet rag makes an individual with autism feel safer.

- If the goal is to have your son/daughter clean themselves, isn't the goal accomplished if they are using a wet rag?

5. Use a calendar

6. Use an alarm to set reminders

7. Get your son/daughter involved. Discuss what chores or hygienic tasks are important to them and help them prioritize.

8. Use visual drawings to teach your son/daughter (if age is applicable) on how to perform each chore or hygienic task.

9. Use a mobile app which could assist with organizing tasks/chores and set reminders.