



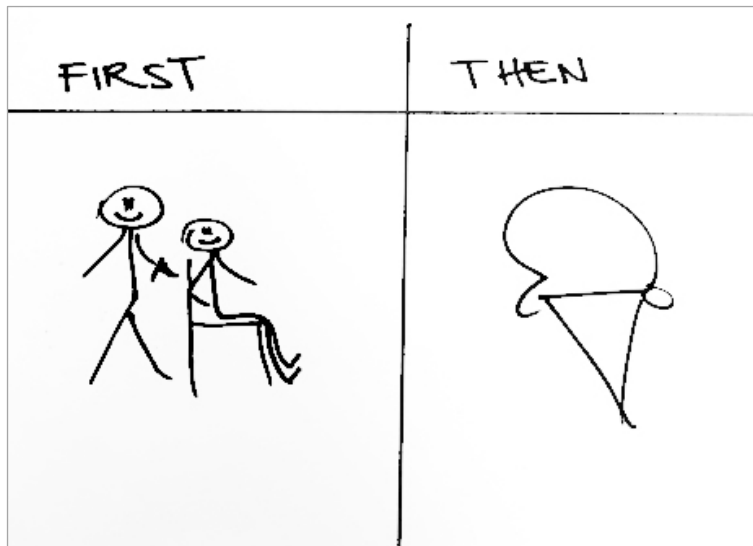
First - Then

A FIRST-THEN visual is a simple tool that you can use to help explain what is going to happen.

- The First-Then visual can help to reduce anxiety related to transitions or changes in routines.
- It may help reduce the anxiety or distress related to going to get a vaccine.
- The pictures are static. They don't change so it can reduce the number of times you need to explain what is happening verbally.
- You can use the board to show the person you support that the vaccine will be followed by an activity they like.

How do I use it?

- Print a copy of the FIRST THEN template if you can.
- Don't worry if you can't, it is just as good if you hand draw your pictures. You don't need to be an artist!
- The FIRST picture is going to be getting the vaccine.
- The THEN is whatever really motivates the person you support.
- Something that may be stressful will be followed by something pleasant and rewarding.



FIRST



THEN



Some Tips

- Take the FIRST THEN visual with you to the centre giving the vaccine.
- Keep it visible at all times.
- The person you support might want to check that the expectation is still the same.
- Try not to repeat a verbal explanation – this could be overwhelming. Point to the First Then visual instead. Move your finger to show the sequence of FIRST THEN.
- You can use the visual to reassure the person you are supporting if they ask repetitive questions.