

How to create a Timetable using Objects, Sounds and /or smells of Reference

What are they?

An object, sound or smell of reference are items, sounds or scents which represent an activity, place or thing. They are used to convey information to the person about what is happening next or to tell them where they are going or what they are doing.

Why are they used?

Objects, sounds and smells of reference can be used with people who have a sensory impairment, or who have difficulties understanding words or pictures, or who need extra support with understanding what is happening in their day. Just as we might use a calendar or diary to know what is happening next, this timetable helps to give this information to a person who is not able to know otherwise.

How to create a timetable

Choose an object, sound or smell to represent a time of day or activity, then use these consistently each day to allow the person to become used to what is happening.

Examples:

Activity/Time	Object	Smell	Sound
Wake up	Alarm clock	Lemon candle	Alarm/radio/ song of choice
Breakfast	Cereal box – miniature	(Breakfast smell)	Shake cereal box
Get ready/personal care	Flannel/wash cloth	Shower gel – miniature	Water running in sink
Going out (in car)	Keys	Car air freshener	Keys jangling
Lunch	Small dinner plate – plastic, or cutlery	(Lunch smell)	Cutlery rattling
Shopping (Grocery)	Shopping bag		Shopping bag scrunching
Teatime	Cutlery	(Tea/dinner smells)	Cutlery on plate noise
Tablets/ medication	Tablet box	Medicine smell (if present)	Rattle tablet box
Bath time	Radox bottle (smell)	Radox smell	
Bed time		Lavender candle in bedroom	Relaxing song playing quietly in room

The above are just examples. It is important to choose, wherever possible, objects, smells or sounds that are meaningful for the person, or to think of an item which can be used consistently to represent the time of day or activity. It is also not necessary to have an object, sound and smell for each activity/time.

The person, however, may require or enjoy having two items simultaneously at a time of day, such as a lavender candle lit and song being played when they go to bed.

Some items can also function as both an object and sound i.e. keys or a C.D., or object and smell i.e. deodorant or Radox bottle.

How are they stored?

The objects/ sounds or smells should, wherever possible, be used only for the timetable, and should be kept in a box when they are not being used. Miniature versions of items such as travel size shower gel or variety pack sized cereal box, should be used wherever possible.

How are they presented to the person?

Prior to the time/activity the item should be presented to the person, either by the object being handed or shown to the person so they can see or feel it, or the person being allowed to smell the item, or listen to it.

Important!

The chosen Objects, Sound and Smells **must** to be used **consistently** and **daily**, in order to ensure the person is receiving the information. Therefore all people who work with the individual need to be aware of and part of the process involved in using the timetable.