25. Using Shopping List with Symbols

What are Shopping Lists?

A visual shopping list is used to show what is going to be purchased at the shop or supermarket. The list can be made using photographs or symbols.

Examples of Shopping Lists:

Why are Shopping Lists used?

They are used to help an individual:

- know what they are going to purchase from the shop
- focus on the task
- gain independence in the task
- feel calm and to enjoy a trip to the shops

How to introduce a Shopping List:

- gain the individuals attention
- just before you go to the shop, sit with the individual to discuss what is going to be purchased at the shop
- place the relevant symbol on the shopping list as you discuss it
- take the prepared shopping list with you to the shop/ supermarket
- when you arrive at the shop/ supermarket review what you are going to purchase
- either you or the individual can carry the list whilst in the shop
- remove each symbol as it is purchased. (You can add Velcro onto the back of the chart to store the symbols as they are removed from the list or place them in a small box.)

Format of Shopping List:

- presented as above
- on a key ring

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- in a folder (can be more discrete)

How to help the individual to use them:

When introducing the shopping list, the individual may:

- require you to carry the list for them
- require you to refer to it and point to relevant picture
- require your support to find the item on the picture

Possible next steps. The individual can:

- carry the shopping list
- may like to also carry their own shopping basket
- become involved in selecting what is to be purchased at the shop
- move on from using photographs to symbols, symbols to written word (as appropriate).

Other Useful Guides:

✓ Moving onto Using Photographs/ Symbols/ Written Words

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