

Requesting Help

tags: communication, requesting, help

Asking for ‘help’ is a great skill to have. Often the sign for ‘help’ is taught first. Knowing the sign for ‘help’ aids in the prompting for the initiation of help as the individual encounters other situations which help is required.

* In order to communicate effectively, individual must work on varying distance to initiate help.

	Requesting Help	Date Introduced General (“help”) / Specific	Date Mastered General (“help”) / Specific
1	tie shoes	/	/
2	put on / zip coat	/	/
3	open container	/	/
4	item out of reach (ex, high shelf)	/	/
5	door / cabinet locked	/	/
6	work assignment	/	/
7	doesn’t understand direction	/	/
8	need item to complete task	/	/
9	needs password for a device	/	/
10	needs assistance during game	/	/
11		/	/
12		/	/
	*Asks for help: distance next to	/	/
	*Asks for help: distance 3-5 feet	/	/
	*Asks for help: distance 10+ feet	/	/

TIP

Create contrived situations which the individual would eventually encounter through the day.

TIP

Give the individual time to process the situation which they require help. Then a visual prompt, such as the sign, can aid the initiating of request for help.

