

Outlining Your Trip for Children With Autism

Detailing long trips in advance can help caregivers of children with autism anticipate potential challenges and opportunities. Using these pages, create a custom outline of your trip and the expectations you have.

This worksheet is meant to fit your needs. Print the number of pages you need for each type of activity. Use the prompts at the top of each page to brainstorm the different steps, outcomes, and sensory experiences your child will encounter.

Below is an example of how the travel page could be completed for a family flying across the country:

TRAVEL:	HOW WILL YOU BE TRAVELING?	THINGS TO CONSIDER:	
<input checked="" type="checkbox"/> To <input type="checkbox"/> From			
Florida	<input checked="" type="checkbox"/> Car	<input type="checkbox"/> Boat	<input checked="" type="checkbox"/> Traveling to the airport or station and parking
DATE:	<input type="checkbox"/> Bus	<input checked="" type="checkbox"/> Walking	<input checked="" type="checkbox"/> Boarding and exiting processes
June 2	<input checked="" type="checkbox"/> Plane	<input type="checkbox"/> Bike	<input checked="" type="checkbox"/> Waiting conditions at stations and gates
HOW LONG WILL IT TAKE?	<input type="checkbox"/> Train	<input type="checkbox"/> Scooter	<input checked="" type="checkbox"/> Temperature, movement, and space available for each method
10 hrs.	<input type="checkbox"/> Metro/subway	<input type="checkbox"/> Other	
STEPS:	EXPECTATIONS:		
1. Drive to the airport	1. About 30 minutes in car, no traffic, access to iPad and snacks, just family		
2. Park in Long Term A lot (garage) and take shuttle to terminal	2. Cold, different levels, echoes		
3. Walk to the terminal entrance	3. Lots of lines, escalator		
4. Elevator + bridge from garage to terminal	4. Take shoes off, have to move quickly, beeping and electronics, impatient travelers		
5. Go through security checkpoint	5. Passing restaurants, rolling luggage, moving walkway		
6. Walk to the gate (B27)			

's Trip to

Child's Name

Location

For this trip, we will be traveling for

Reason

WE'RE EXCITED TO:

WE WANT TO LEARN:

WE KNOW WE WANT TO PREPARE FOR THESE:

Sights:

Smells:

Sounds:

Touch:

Tastes:

Other interactions/encounters:

Travel

TRAVEL:

To From

DATE:

HOW LONG WILL IT TAKE?

HOW WILL YOU BE TRAVELING?

Car

Bus

Plane

Train

Metro/subway

Boat

Walking

Bike

Scooter

Other

THINGS TO CONSIDER:

- Traveling to the airport or station and parking
- Boarding and exiting processes
- Waiting conditions at stations and gates
- Temperature, movement, and space available for each method

STEPS:

EXPECTATIONS:

Lodging

DATES:

WHERE WILL YOU BE STAYING?

THINGS TO CONSIDER:

HOW MANY DAYS/NIGHTS?

- Hotel
- Motel
- Rental property

- Private room
- With friends or family
- Other

- The check-in and check-out processes
- Location of the building and the room within it
- Access to the room via stairs, elevators, and the number of keys
- Living conditions like the number of beds, amount of shared space, and amenities
- House or hotel rules and conditions

CHECK-IN/ CHECK-OUT TIMES:

STEPS:

EXPECTATIONS:

Day # _____

_____ Date

Today, we are _____
List activity or location

THINGS TO CONSIDER:

- Scheduled versus flexible activities
- Accommodations available for different spaces
- Designated free time
- Travel to and from activities
- Interaction with other guests, friends, and family
- Environmental changes like climate, crowds, and cultural expectations

We are looking forward to _____
List experiences

STEPS:

EXPECTATIONS:

continued

Date

STEPS:

EXPECTATIONS: