



HANDS in Autism®
Interdisciplinary Training
& Resource Center

1130 W Michigan Street
Fesler Hall, Suite 302
Indianapolis, IN 46202

HANDSinAutism.iupui.edu
hands@iupui.edu
(317) 274-2675

An important step toward independence is being able to get yourself up and ready in the morning. Learning how to set an alarm clock is one of the skills needed to reach independence. Also alarm clocks may vary in their buttons and settings.

Although alarm clocks may vary in their buttons and settings, this example provides an illustration of how to teach and then support independence in an individual setting their alarm clock to ensure they are awake to get ready for school, activities, or a job.

To complement this skill, consider working with the individual to ensure they know when they should wake up to allow enough time to get ready and make it to their destination in time. The activity *ILE: How Early Should I Leave for Work?* will provide a general strategy for teaching time and travel estimation.

Also, check out...

How-To Series
Kid's Corner Series
Life with ASD Series
Academia Series
Strategy in Practice
e-Learning Options
Practical Pointers for Families,
Educators, or Medical
Professionals

Stay in touch via our listserv
and Learning Connection!



©2017 HANDS in Autism®
Interdisciplinary Training &
Resource Center

DETERMINE THE WAKE UP TIME

Determine the time that you need to wake up so you can set your alarm to that time.

When deciding how much time you need to get ready, consider such tasks as getting dressed, eating, or other tasks you need to do prior to leaving.

What time do I need to
leave? _____

How much time do I need to
get ready? _____

Time to Leave

-

Time to Get Ready

=

Time to Wake Up

Reminder: This is only one example.

This template may need to be individualized to meet the particular needs of a person with ASD!

SETTING AN ALARM CLOCK

1. Press and hold the ALARM 1 button until the time starts flashing.
2. Press the TUN +/HOURS button to add an hour. Continue until you reach the hour you want the alarm set.
3. For AM, keep pressing the TUN+ /HOURS button until the PM light is off.
4. Press the TUN -/MINS button to add a minute. Continue until you reach the minute you want the alarm set.
5. Press the ALARM 1 button to complete.
6. Check that the volume is high enough to wake you up when the alarm goes off.



SETTING AN ALARM CLOCK

- Press and hold the ALARM 1 button until the time starts flashing.
- Press the TUN +/HOURS button to add an hour. Continue until you reach the hour you want the alarm set.
- For AM, keep pressing the TUN+ /HOURS button until the PM light is off.
- Press the TUN -/MINS button to add a minute. Continue until you reach the minute you want the alarm set.
- Press the ALARM 1 button to complete.
- Check that the volume is high enough to wake you up when the alarm goes off.

