



## Workstations

If you have difficulty concentrating, can't focus on your work, and need a quiet, clutter free place to work, you might like to think about setting up a work station, either in school, at home, or both.

### **What is a workstation?**



A workstation is a small area where you can work with as little distraction as possible.

A table can be placed facing a blank wall and screened off from the rest of the room. There should be nothing on the table or the walls (but you may like to have a visual planner or 'to do' list, so that you know which tasks have to be completed?).

If possible, it is usually better to place the station away from windows and doors where there are more distractions. Any necessary equipment should be accessible but not on or under the desk. You can see from the picture above, that this station has trays placed to the side. The trays can then be colour coded. It can be helpful to have 1 tray to store work which has to be done, and a tray where you can store work when it has been completed.

It is always worth remembering that a distraction free space is often calming and can make it easier to concentrate.





## **Workstations – General Information**

### **Children with Autism**

A child with Autism may become anxious in a classroom designed to be stimulating to other children. People with autism often have some differences/difficulties with sensory processing. For some people with autism this can mean that colours, patterns, words, noises, textures etc can be so distracting for them that they are completely unable to focus on anything else.

Being asked to listen, focus and attend when they are so distracted can be very anxiety provoking. This anxiety only increases the inability to work effectively and may result in challenging behaviour.

People with autism have found that having the opportunity to use a quiet workstation in a room can alleviate some of the difficulties described above and enable them to be more effective learners.

### **Children with Attention Deficit Hyperactivity Disorder (ADHD)**

Much of the above is also true for children with ADHD.