

Healthy lifestyle visual symbols

About this resource

This resource includes Picture Communication Symbols (PCS®) to support healthy eating, physical activity and diabetes management for people with intellectual disability.

How to use the resource

You can use the symbols flexibly to:

- create meal plans
- add to visual schedules
- make exercise programs
- explain healthy lifestyle concepts
- support health appointments
- create your own visual supports using the included templates

About the symbols

This resource uses PCS® (Picture Communication Symbols) from Tobii Dynavox. PCS® is one of many symbol libraries available. The symbols are used with permission from Tobii Dynavox.

Before you use the symbols

These symbols work best for people who already use, or are familiar with, picture communication symbols. Some people may prefer photos or other types of visual supports. Choose the option that works best for the person.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

National Centre of Excellence in Intellectual Disability Health

The [National Centre of Excellence in Intellectual Disability Health](#) (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the [National Roadmap for Improving the Health of People with Intellectual Disability](#).

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