

### **Links and resources from ASD Support Service:**

We have put together this set of resources and links which specifically focus on needs of children and young people with Autistic Spectrum Disorder. Our top tips are:

- Use a schedule or planner and identify one key activity per day (although there will be more) which will help with passage of time. Structure the day with regular times for meal and routine activities.
- Use Social Stories (Carol Gray)
- Use visual information: writing, pictures, Comic Strip Conversations, photos to communicate most effectively and especially about feelings or difficult topics.

### **National Autistic Society:**

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

### **For parents and carers:**

- <https://teacch.com/resources/teacch-tips/> A whole series of pages offering a range of practical strategies
- <https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/>
- A link to a calming a-z for under 11's that can be personalised: <https://www.elsa-support.co.uk/wp-content/uploads/A-TO-Z-OF-CALMING-TECHNIQUES.pdf>
- <https://thegirlwiththecurlyhair.co.uk/> A great website, lots of webinars regarding the current situation and how to deal with it! And interesting advice strategies etc.
- Facebook pages: Autism Speaks, Autism Angels UK, Autism Parenting Magazine,
- <https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-the-coronavirus-outbreak>

### **Videos for children and young people:**

<https://www.youtube.com/watch?v=67CfqQRyHsk>

### **Social Stories from Carol Gray (with no copyright issues) or gathered from elsewhere:**

Remember that ideally these should be personalised.

COVID 19 I can help

Learning about the Corona virus

Pandemics and the Corona virus

Schools are closed

Someday: A Story of Hope for Children

Washing Hands Carefully

Watching a pandemic on television