



Exceptional Student Education

Resources for Families and Caregivers Supporting Children with Autism During Times of Uncertainty

Dealing with Change

Times of change and uncertainty can increase anxiety in all individuals. This is especially true with individuals with autism. As we are faced with the challenges caused by the Coronavirus (Covid-19), individuals with autism are faced with added stressors related to changes in their routines, loss of connections with familiar people, and fears associated with the virus.

What Can Parents Do?

Individuals with autism face varying degrees of challenge in the areas of communication, comprehension and the need for sameness. These areas may be exacerbated during times of uncertainty. Parents may need to provide additional support and guidance to help their children cope with the changes that have occurred due to the impacts of Covid-19. Creating new routines and practicing calming strategies can increase predictability and decrease anxiety for the entire family.

Online Resources

The Autism Team at the UNC Frank Porter Graham Child Development Institute has developed a packet of information for families of individuals with autism to address their needs during this time of uncertainty. “*Supporting Individuals with Autism Through Uncertain Times*,” is a free informational packet that focuses on 7 support strategies and provides related visual tools.

- Support Understanding
- Offer Opportunities for Expression
- Prioritize Coping and Calming Skills
- Maintain Routines
- Build New Routines
- Foster Connections (from a distance)
- Be Aware of Changing Behaviors



<https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/>

Sesame Street. Learning videos and activities for young children with autism <https://autism.sesamestreet.org/>

UCF/CARD- Online Resources When Social Distancing. This list includes educational, movement, art, mental health and technology sites identified to provide valuable information while educating from home. <https://docs.google.com/document/d/1fztWnWYTJRHP1GBIVoA46NfIpV03USmM9y57DjnmU8o/edit?usp=sharing>

Autism Internet Modules- High-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism. AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. www.autisminternetmodules.org

