



Coronavirus: Top tips for autistic people

First off - try to keep calm. We know it's scary right now but this won't be forever. There are things that can help you.

We've put together some tips and links to online resources to help you deal with this difficult time.



www.autism.org.uk/coronavirus



1 Anxiety about unexpected changes or events



Your plan and routine has changed

So make a new one. Even if you're self-isolating, structure each day and time. Build in points in the day for exercise, eating and fun activities.

Top tip:



Remember - your plan has changed and might change again but you can always make a new one.

[For help with anxiety, visit Anxiety UK](https://www.anxietyuk.org.uk)

2 Sensory sensitivity



Your sensory environment has changed

That could be because work or your normal support service might not be available.

Top tip:



Think about what this sensory environment is like - can you recreate it at home?

[Go to sensory environments](#)

3 Time to process information



Lots of information is coming very fast and it's changing every day

Give yourself time to absorb and process each piece of news and make sure you have a source to go back to and re-read when you need to.

Top tip:



Think about where you're getting information from - news on social media has a tendency to disappear from your feed or timeline when you go back again so try to get your information from more stable sources like the BBC ~ or directly from the Government.



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4 Social anxiety



If you're socially isolating this might not be a problem

If you're stuck at home with people you usually don't spend that much time with you might need to let them know that you require distance and your own time.

Top tip:



If you're feeling isolated, we have our online community to help you.

[Visit our online community](#)

5 Communication and interaction



If you're finding communication difficult right now

Let people know that at times of stress you might find communication, especially verbal communication, harder than usual.

Top tip:



Agree how you will communicate with people - via text, or in writing, or at specific times of the day.

[Visit our online community](#)

More information

Get ideas from other autistic people, and share your tips with them, in our [online community](#).

For more information on coronavirus and autism visit our website:



www.autism.org.uk/coronavirus



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