

# Supporting Children and Young People with ASD during the Covid-19 Out-break

We are currently unable to provide support in the usual way to children and young people with ASD and their families, at Children's Speech and Language Therapy.

We know this is a particularly challenging time for everyone, but especially when routines and households have been disrupted and there is no clear end to the changes at present.

We have taken the time to look through resources and wanted to share those we thought most useful with you.

- [autism.uk](http://autism.uk) The National Autistic Society is the leading UK charity for autistic people (including those with Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a world that works for autistic people.

## **They have special pages dedicated to Coronavirus including links to social stories:**

- [autism.org.uk/services/helplines/coronavirus/resources.aspx](http://autism.org.uk/services/helplines/coronavirus/resources.aspx)
- **'Social Distancing Timetable'** Created by Hayley Smith Student SLT University of Sheffield

*'Lots of people have to do something different at home whilst the UK contains the Covid -19 virus. This means for a lot people their routine is disrupted. This can cause a lot of anxiety and frustration. This timetable is designed to help organise your day in a way that can be chosen by you.'* **This is one of our favourites.**

[rcslt.org/learning/covid-19/resources-for-slts](http://rcslt.org/learning/covid-19/resources-for-slts)

- [acamh.org/podcasts/coronavirus-autism-a-parents-guide](http://acamh.org/podcasts/coronavirus-autism-a-parents-guide)

This is a podcast where lead professionals in the field discuss and offer some advice and strategies to parents and carers of children and young people with ASD during these unprecedented times. It is appx 30 mins of listening time.