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When submitting a question during Q&A, be sure to check the “send anonymously” box, before hitting send.

- If you do not check this box, others may be able to see your name and question(s).
- When submitting questions, please do not include any personal health information that would identify yourself.
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Supporting Individuals with Autism During COVID-19

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SOCIALLY CONNECTING & SHARED EXPERIENCES



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SOCIAL NARRATIVES & EXPLAINING CHANGE



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LEARNING A FLEXIBILITY ROUTINE



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VISUAL COUNTDOWNS & TIME LIMITS



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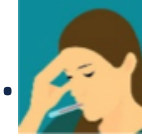
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Maintaining and Building Routines

- 
- A large iceberg floats in a teal ocean under a blue sky with white clouds. The visible tip of the iceberg is jagged and snow-covered. The submerged part of the iceberg is much larger and more complex, with many sharp edges and a deep, dark blue interior, illustrating the concept of hidden challenges or routines.
- Aggression
 - Not engaging in activities
 - Hard time focusing
-
- Uncertainty
 - Lack of understanding about disrupted routines

How Can We Better Support Understanding: Social Narratives

Right now, lots of people are getting sick with a virus.



Doctors



are working hard to keep everyone healthy.

School is closed so students and teachers can stay healthy.



While school is closed, it is important for everyone

to stay home and not visit other people.

While I'm at home, I can play,



look at books,



and



learn.



How Can We Better Support Understanding: Schedules – Written

Daily schedule using sticky notes

Task	To Be Done	Done
Read (45 minutes)		✓
Computer (30 minutes)		✓
Eat Lunch	✓	
Walk the dog	✓	
Complete homework	✓	



How Can We Better Support Understanding: Schedules – Object & Picture

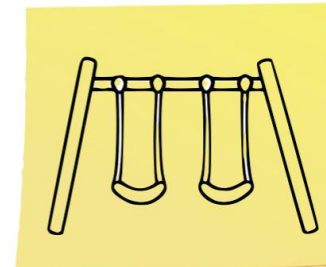
First



Then



First bathroom, then legos

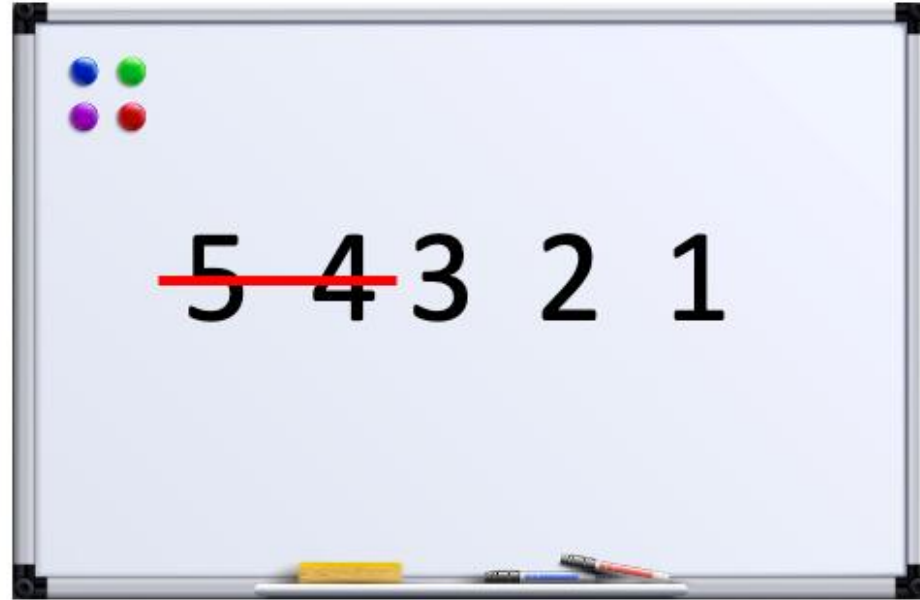


How Can We Better Support Understanding: Visual Countdowns

Visual countdown timer



Whiteboard countdown



Visual timer using sticky notes



How Can We Better Support Understanding: Social Narratives for Educators

School is different now.

I see my teacher on video.



Sometimes, I see my friends on video.

I do my work activities at home.



How Can We Better Support Understanding: Schedules for Educators



How Can We Better Support Understanding: Flexibility Routine for Adults

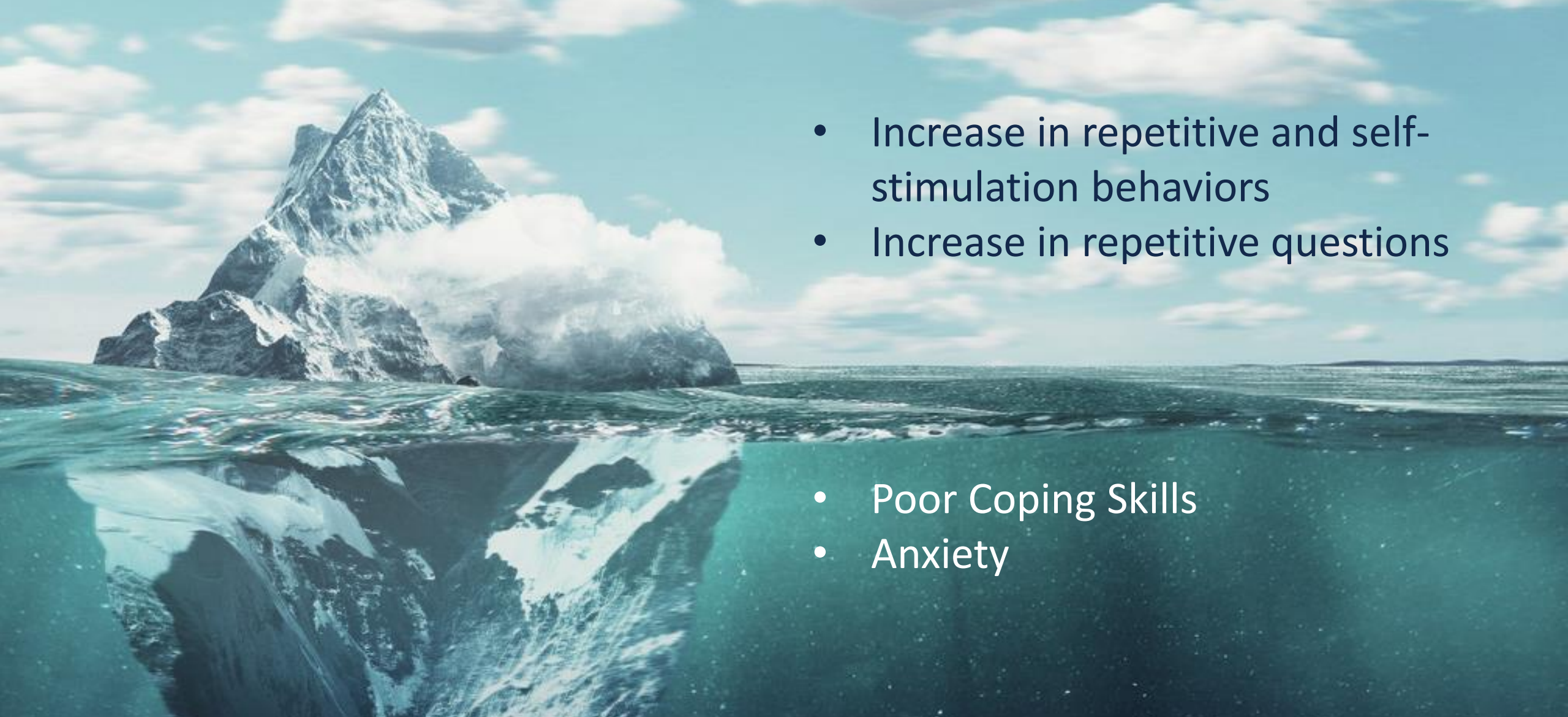
1. Recognize that a change is occurring. Say “this is change” to help you feel more in control.
2. Take a few breaths and recite a positive saying. Say “I can be flexible” or “different does not mean bad.”
3. Ask others to help if you are confused.
4. Make adjustments to your schedule to accommodate the change.



Maintaining and Building Routines

- Increase in repetitive and self-stimulation behaviors
- Increase in repetitive questions

- Poor Coping Skills
- Anxiety

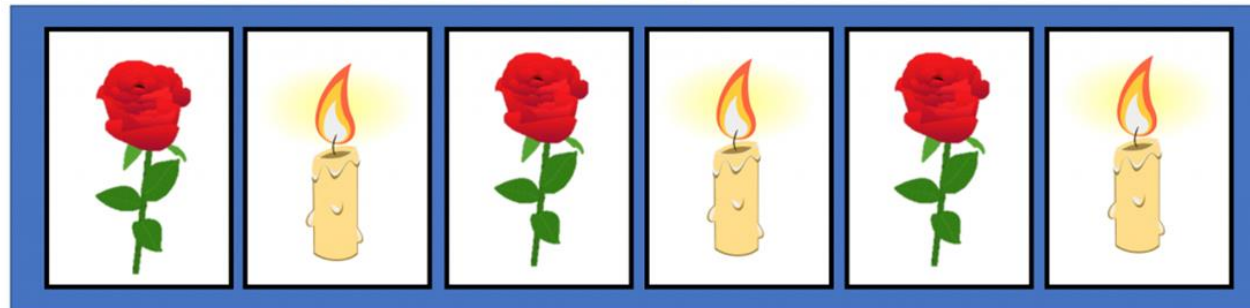


How Can We Better Support Emotional Regulation: Coping Routines

Activities To Calm Your Mind & Activities To Calm Your Body



Deep breathing: Smell the flower,



Squeeze a Ball



How Can We Better Support Emotional Regulation: Yoga Routines



Coping Routines for Adults: FACE COVID

FACE COVID

	Focus on what you can control Say to yourself "I can control what I am doing here and now."
	Acknowledge your thoughts and feelings Silently and kindly acknowledge any thoughts and feelings
	Come back into your body Slowly stretch your arms or neck, shrug your shoulders Take slow, deep breaths
	Engage in what you are doing Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing Repeat the above 2 to 3 times
	Commit to action What can you do this week to help yourself? Or others Write it down in your schedule.
	Open up Acknowledge that your feelings are normal and that it is okay to feel what you are feeling
	Values How do you want to treat yourself? Others? Values include love, humor, kindness, honesty...
	Identify resources Identify 'Who' and 'Where' to get help, assistance, and support
	Disinfect and distance Wash your hands and practice social distancing

(Adapted from Leah Harris, "The Happiness Trap" and Yim Lei)



Focus on what you can control

Say to yourself "I can control what I am doing here and now."



Acknowledge your thoughts and feelings

Silently and kindly acknowledge any thoughts and feelings



Come back into your body

Slowly stretch your arms or neck, shrug your shoulders
Take slow, deep breaths



Engage in what you are doing

Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing

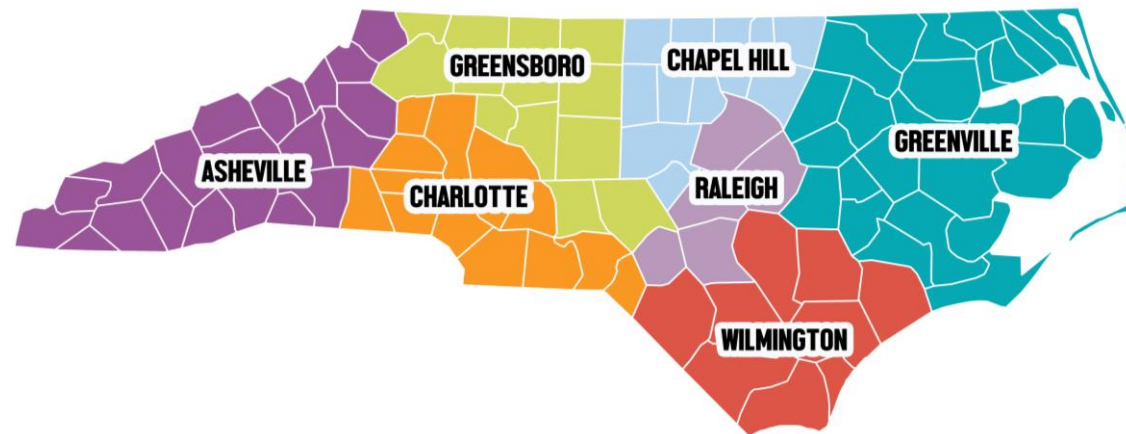
Repeat the above 2 to 3 times



TEACCH Telehealth Services for North Carolina Families During COVID-19



- Resource and Referral Specialists helping connect families to local North Carolina services
- Transitioning families currently seen in our outpatient clinics to video-based telehealth services



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