



Autism Supports “See Through My Eyes”

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The Impact of COVID-19

COVID-19 has:

- Disrupted daily routines & schedules
- Created new “norms” for everyday life
- Caused an increase in anxiety, depression, and/or challenging behaviors

Individuals with autism may find it more difficult to cope with these effects.

Families and caregivers may also experience additional stress and anxiety.



“DO WHAT YOU CAN,
WITH WHAT YOU HAVE,
WHERE YOU ARE.”

THEODORE ROOSEVELT

Don't Stress.
Do your best.
Forget the rest.

A decorative flourish consisting of two symmetrical leaf-like shapes on either side of a central orange circle.

What can you do?

REACTIVE  **PROACTIVE**



Visual Supports

- Makes auditory information visual (abstract-concrete)
- Supplements verbal instruction to increase comprehension
- Can be used to:
 - Visually organize a sequence of events to assist in understanding and anticipating the order and/or details
 - Cue a response
 - Facilitate communication
- Promotes independence

Visual Supports

- Example: Visual Schedule
 - Breaks down a routine or activity into smaller tasks to create a sequential visual representation of the routine or activity and provides structure and predictability
 - Make the schedule manageable
 - May need to break the schedule into multiple schedules (e.g., morning, afternoon, and night schedules vs. daily schedule)
 - Intersperse preferred activities between less preferred activities
 - Include a way to show when a step has been completed
 - Personalize the schedule to the individual based on skill level, comprehension level, and preferences
 - Provide reinforcement when the schedule is followed appropriately

Visual Supports

- **Example: Visual Schedule (Continued)**
 - **Include new or increased frequency of activities into the schedule. Examples:**
 - **Include hand washing multiple times throughout a morning schedule**
 - **Schedule putting on a mask as an activity before going into the store**
 - **Use a timer or alarm to indicate when an activity is done and when it is time for the next activity on the schedule**
 - **If your child has a hard time completing a step on the schedule, you may need to break that step down further. Example:**
 - **Break down “Do homework” → “Read a book; Take a break; Do math worksheet”**

Examples of Visual Schedules

























Going to Target: ALL DONE

- ① Put mask on
- ② Go inside Target
- ③ Buy items
- ④ Leave Target
- ⑤ Use hand sanitizer
- ⑥ Take off mask
- ⑦ Go home

Morning Routine

 6:15 am Wake Up	<input checked="" type="checkbox"/>
 6:20 am Feed & Water Dog	<input checked="" type="checkbox"/>
 6:25 am Make Bed	<input checked="" type="checkbox"/>
 6:30 am Brush Teeth/ Wash Face	<input type="checkbox"/>
 6:35 am Brush Hair	<input type="checkbox"/>
 6:40 am Get Dressed	<input type="checkbox"/>
 7:00 am Take Medication	<input type="checkbox"/>
 7:10-7:20 am Get on Bus	<input type="checkbox"/>

Home Learning Schedule

 8:00	 breakfast	 2:00	 learning time
 9:00	 exercise	 3:00	 life skills
 10:00	 shower / hygiene	 4:00	 tech time
 11:00	 learning time	 5:00	 dinner
 12:00	 lunch	 6:00	 quiet activity
 1:00	 free time	 7:00	 bedtime

Wi-Fi 10:12 AM 64%

Edit +

Alarm

6:45 AM
Wake Up

7:00 AM
Take a Shower

7:30 AM
Eat Breakfast

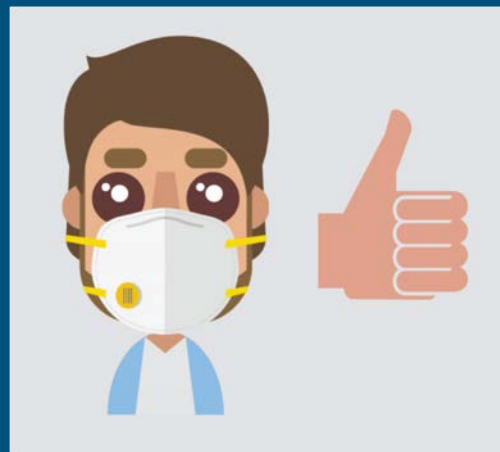
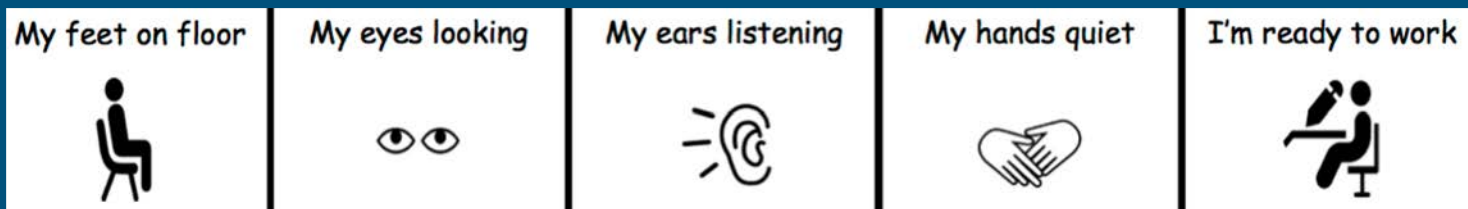
8:30 AM
Math Class Online

World Clock Alarm Bedtime Stopwatch Timer

Visual Supports

- Example: Visual Reminders
 - Rules that are visually represented in order for clear understanding of what the expectations are
 - Do not have too many rules
 - Keep it simple
 - Make it visible
 - Post it in multiple areas
 - Point to visual when stating rules
 - Provide reinforcement when the rules are followed appropriately

Examples: Reminders & Rules



Social Stories

- Provides information in a concrete and literal manner to increase understanding of an abstract or difficult concept
- Can be used to:
 - Help someone understand how others might behave or respond in a particular situation
 - Teach a new skill
 - Help someone cope with changes to routine and unexpected or distressing events
 - Teach socially appropriate behaviors
- Personalize the story to the individual

Social Stories

- Answers the “who, what, when, where, and why”
- Made up of:
 - **Descriptive Sentences:** Answers the “Wh” questions of the situation
 - **Perspective Sentences:** Includes feelings or opinions related to the situation
 - **Directive Sentences:** States what the desired behavior is and what should be done
 - **Control Sentences:** Identifies how to remember the strategies in the story

Wearing a mask TO SCHOOL



© Autism Life Learners



My school wants kids and adults to wear masks. Masks come in all different colors.

© Autism Life Learners



Wearing a mask helps prevent us from spreading germs.



Wearing a mask might feel uncomfortable at first.



When I put on my mask, I should make sure it is covering my nose and mouth.

© Autism Life Learners



Some masks have elastic that loops around a person's ears and some tie in the back.

© Autism Life Learners



Even though I am wearing a mask, I can still have fun at school!



I can ask my teacher if I need help with my mask.

Tools & Resources

Boardmaker: <https://boardmakeronline.com>

Picto-Selector: <https://www.pictoselector.eu>

LessonPix: <https://lessonpix.com>

Autism Focused Intervention Resources & Modules (AFIRM):

<https://afirm.fpg.unc.edu>

Autism Speaks: <https://www.autismspeaks.org>

SPIN Hawaii: <https://spinhawaii.org>

Apps



Otsimo | Special Educatio...
Autism Games & Social Stories
★★★★☆ 426
GET
In-App Purchases



Unveil your child's true potential with Special Education!

Essential education
Improve cognitive, motor and social skills with 100+ educational games!

15+ exciting categories!
Comprehensive catalogue that develops core skills.

Berkeley
Education Program
Check out
Otsimo

Quality Life
Otsimo



Social Story Creator & Libr...
Easily Create, Print & Share
★★★★☆ 95
GET
In-App Purchases



Easily create Social Stories, visual schedules or memories

Illustrated Social Stories written by a Behavior Analyst

Quickly make unique stories with audio, pictures & text




Happy Kids Timer Family...
Back to school day routine app
★★★★☆ 588
GET
In-App Purchases



Happy Kids Timer
MAKE DAILY ROUTINES FUN

Eat your breakfast
12 minutes 28 seconds

Happy Kids Timer



Choiceworks
Education
★★★★☆ 169
\$6.99



Schedules

Create a schedule

My nighttime schedule

When I am

Stay Connected

- **Provide social opportunities**
 - Live Virtual: Zoom, Facetime, Google Hangouts
 - Online: Gaming, social media
 - “Socially Distant” get togethers
- **Communicate & collaborate with school & community partners**
- **Designate family time**
- **Parents/caregivers practice self-care**

Practice Mindfulness

- Calming techniques used to:
 - Regulate emotions
 - Decrease anxiety and depression
 - Increase self-regulation and independence
 - Help with sleep and focus

Mahalo!

If you would like to contact either of the presenters after this presentation, they may be reached at:

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