Coping with Coronavirus

Planning for COVID-19 Care

COVID-19 has changed many aspects of everyday life. Given the rapid nature of the virus' spread, it's a good idea to plan ahead. This resource will offer some tips to help individuals and families prepare.

Create a Care Plan

Before you get sick you'll want to create a plan. This plan should include all of your available supports and resources including who will care for your children (or pets), what you will do to care for yourself, and emergency contact information for first responders. Individuals with autism often struggle with unexpected changes in routine so your care plan should take that into consideration. Identify people who can come to your home rather than moving the child to help reduce the amount of changes in their routine.

Be Vigilant

Some individuals with autism may not understand the precautions and guidelines that have been put in place. Keeping areas of your home that are touched frequently clean and sanitized can help reduce your family's risk of infection. It is also important to monitor individuals for unsanitary behaviors (touching face, not frequently cleaning their hands). Try making hand washing and sanitizing a part of the routine to provide them some type of structure by creating a consistent schedule for hand washing and sanitizing.

Stay Inside

Social distancing has been recommended to help stop the spread of COVID-19. While this can be very hard to do, here are some tips to help you get through it:

- Make sure you stock up on food and other essentials
- Keep in contact digitally to reduce isolation
- Have the family practice yoga or other relaxation techniques to help keep everyone calm
- Find new games and activities to try as a family
- Try a new recipe
- Use online learning tools