

Disorder Specific Advice

Autism Spectrum Disorder

Changes to routine caused by the coronavirus may bring about specific problems for children with autism.

We have put together these resources which give special consideration to the difficulties children and young people with autism may be facing; with wonderful social stories about coronavirus, visual and sensory support aids, and fun activity ideas that are relaxing and nourishing!

Explaining COVID

Autism: A parent's guide, special episode on Coronavirus
Podcast.

Description: 30-minute podcast for parents of children with ASD discussing: issues that may arise for autistic children during the pandemic; practical tips to help manage anxiety, maintain structure; how to explain the situation to young people; and tips on how to keep well as a parent and reliable sources for coronavirus updates.

Produced by: Association for Child and Adolescent Mental Health

Keywords: ASD, Anx

<https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

Autism and Coronavirus: Advice for parents
Website.

A short list of tips for parents to manage their child's ASD during the crisis

Produced by: Anna Kennedy Online: Raising Autism Awareness

Keywords: ASD

<https://www.annakennedyonline.com/autism-and-coronavirus-advice-for-parents-by-rosie-weldon>

COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children

Website.

Regularly updated website article with advice on caring for children and adults with ASD or ID during the coronavirus outbreak.

Produced by: Social Care Institute for Excellence

Keywords: ASD, ID

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

Life skills for Teenagers

32-page Booklet.

Practical guide for parents of young people with ASD to help them prepare for adult life.

Produced by: Falkirk Council

Keywords: ASD, Home Strategies

<https://www.falkirk.gov.uk/services/social-care/disabilities/docs/young-people/Life%20Skills%20for%20Teenagers.pdf?v=201906271131>

The Listening Programme SPECTRUM

App/intervention.

A programme designed to support people who are sensitive to sounds cope better with evidence to suggest it is effective in children with ASD. A paid for service that is free until 31st May.

Produced by: Advanced Brain

Keywords: Sensory, ASD, Intervention

<https://advancedbrain.com/tlp-spectrum/>

School Closure Toolkit

Booklet.

A helpful guide including visuals to support home working following school closure.

Produced by: Easter Seals Illinois Autism Partnership.

Keywords: ASD, home schooling, toolkit

https://www.fife.gov.uk/__data/assets/pdf_file/0018/40248/School-Closure-Toolkit.pdf

Supporting Neurodiverse Children in Challenging Times

Video.

A video for parents of neurodiverse children with tips of how to support them during challenging times, focusing on providing information and providing structure, schedules and predictability.

Produced by: NHS East London

Keywords: ASD, parenting

<https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

What to Do When your Child on the Autism Spectrum's Routine Is Disrupted by the Coronavirus

Article.

Short article with tips on how to deal with routine disruption during the coronavirus written by a clinical psychologist with specialist knowledge of ASD

Produced by: Dr Liz Matheis

Keywords: ASD, Anx

<https://themighty.com/2020/03/covid-19-autism-routine-disruption/>

Social Stories and Visual Supports

Information about coronavirus

Social story.

Informative social story about coronavirus and what to do if you get sick. Good resource for adolescents with ASD.

Produced by: Mencap

Keywords: Social story, Coronavirus, Information

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

Using a visual timetable

YouTube Video.

A video explaining how to use a visual timetable. Example of visual timetable: <https://stcrispinsedin.files.wordpress.com/2020/03/home-timetable.pdf>

Produced by: Unknown

Keywords: ASD

<https://www.youtube.com/watch?v=t3xvDa6nrnk&feature=youtu.be>

My Coronavirus Story

Social story.

Description: Explaining school closures through a social story.

Produced by: The Illinois Autism Partnership

Keywords: social story, school

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6615282_1.pdf?0.36536573196742217

Social Stories

Social stories about coronavirus.

Visual resources and social stories explaining: coronavirus, feeling worried, school closures, social distancing, doing school work at home, hand hygiene and understanding and coping with change.

Produced by: Various writers and illustrators. Pulled together by East Renfrewshire Council.

Keywords: Social stories, Explaining coronavirus, Understanding change

<https://blogs.glowscotland.org.uk/er/healthierminds/coping-covid-19/social-stories/>

Talking Mats

Visual Information sheet.

Easy read information sheet which visually explains social distancing and activities which are safe

Produced by: World Health Organisation

Keywords: physical distancing, safety, hand washing

https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3_.pdf

Coronavirus social story

Editable Online social story.

A free Coronavirus Social Narrative to help alleviate fears and anxiety many children may be experiencing at this time, with a particular focus on how the virus impacts children's lives.

Produced by: Amanda McGuinness

Keywords: ASD, COVID, anxiety

<https://littlepuddins.ie/coronavirus-social-story/>

My Social Distancing Story

Social story.

School closures and social distancing

Produced by: The Illinois Autism Partnership

Keywords: social story, social distancing

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_4.pdf?0.2679286201098732

My story about pandemics and the coronavirus

Social story.

Social story explaining pandemics and what coronavirus means for people and society. Reminds kids that coronavirus WILL end. Good resource for late primary school children-early adolescents (some tricky language for younger kids).

Produced by: Carol Gray

Keywords: Social story, Pandemics, Coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

What is the coronavirus?

Social story.

Colourful visual story about what coronavirus is

Produced by: The Autism Educator

Keywords: Understanding coronavirus, Autism

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

*Be aware of copyright protection at end of resource

Easterseals ASD support website

Online resource for people and families with Autism Spectrum Disorder.

Visual schedules and supports to help children with ASD through difficult times where things have changed, and their routine has been disrupted. Schedules can be tailored to be age-appropriate using different pictures, objects or words.

Produced by: Easterseals

Keywords: Schedules, Visual supports, ASD

<https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html>

Supporting families at home

Visual Schedule.

Example of a visual schedule to help families support children with ASD to build a healthy, structured routine at home during isolation.

Produced by: Ms Taylor (a teacher at a local primary school)

Keywords: Visual timetable, Healthy, Structure, Routine, ASD

<https://twitter.com/GlasgowEPS/status/1240305982573621248/photo/1>

Coronavirus, and helping children with autism – Episode 4 ‘Autism, a parent’s guide’ with Dr. Ann Ozsivadjian and Dr. Marianna Murin.

Podcast.

Ann and Marianna discuss issues that may arise for autistic children such as the disruption of closing schools, anxiety and obsessive behaviours. They offer tips on how to keep well as a parent and be reliable sources of information about the coronavirus.

Produced by: The Association for Child and Adolescent Mental Health (ACAMH)

Keywords: Podcast, ASD, Parenting, Guide, Coronavirus

<https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

Support for parents, carers and services on the COVID-19 outbreak

Information sheet.

A great resource for parents with associated documents and video links to support young people with autism during COVID-19 including links to social stories on understanding the virus, managing coughing and sneezing, understanding school closures.

Produced by: The Autism Support Team at Scottish Autism

Keywords: Parents, ASD, Coronavirus, Supporting children

https://www.scottishautism.org/sites/default/files/covid-19_support_document.pdf

Sensory Support Aids

Hand washing Tips for those with Sensory Issues

Website

Tips on how to cope with the distress and discomfort of hand washing with those who have sensory difficulties

Produced by: Sensory Integration Education

Keywords: Hand washing, sensory, supporting, prompting

URL: <https://www.sensoryintegration.org.uk/News/8821506>

NHS website for sensory supports

Website.

Sensory video, sensory questionnaires, sensory boxes, Falkirk council sensory booklets, occupational therapy teams in NHS GGC.

Produced by: NHS GGC

Keywords: Sensory supports, ASD

<https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>

Sensory hands activity

Activity.

Fun, sensory activity idea from The National Autistic Society's twitter page aimed at supporting children with Autism who are struggling with social distancing.

Produced by: The National Autistic Society

Keywords: Sensory, Activity, ASD, Social distancing, Coping strategy

<https://twitter.com/Autism/status/1247891762267303938>

Learning Disabilities

We understand that children and young people with intellectual disabilities need information that is clear and easy to read so we have put together these resources which help explain coronavirus in a way that is simple and supportive!

Coronavirus Information

Website.

General and easy-read information and resources on Coronavirus.

Produced by: Scottish Commission for Learning Disability (SCLD)

Keywords: Explaining COVID

<https://www.sclld.org.uk/information-on-coronavirus/>

COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children

Website.

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Produced by: Social Care Institute for Excellence

Keywords: ASD, ID

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

Easy read information and advice about coronavirus
Leaflets.

A suite of leaflets in easy read format with information and advice about the coronavirus which may be helpful for parents of children with ID

Produced by: NHS Scotland

Keywords: Information, ID

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

Information about COVID-19 and the coronavirus
PDF.

Easy-read information about COVID-19.

Produced by: Enable

Keywords: Explaining COVID

<https://www.enable.org.uk/wp-content/uploads/2020/03/COVID19-ES15-Coronavirus-Easy-Read-1.pdf>

Social Distancing Easyread
PDF.

Easy to read information about social distancing regulations from easy read online.

Produced by: Easy Read

Keywords: Social distancing, easy read

https://www.easy-read-online.co.uk/media/53210/free-document-on-the-lockdown-easy-read-lo-res_v1c.pdf

Staying at Home
Website.

Staying at home - helpful information for parents and carers of children and young people with learning disabilities.

Produced by: NHS North Derbyshire CAMHS

Keywords: Learning disabilities.

<https://www.camhsnorthderbyshire.nhs.uk/selfisolating-for-learning-disabled-young-people>

Supporting Children with Learning Disability/ ASD: coping with COVID-19 isolation
Booklet.

23-page booklet with advice to help parents look after children with ID/ASD. Topics include maintaining and routine, sleep and exercise.

Produced by: NHS Wales

Keywords: ID, daily life

<https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation>

ADHD

Below are resources offering top tips for parents supporting a child with ADHD during these tricky and uncertain times.

A paediatrician's tips for managing ADHD under lockdown

Video.

An ADHD specialist paediatrician shares tips for supporting children with ADHD during lockdown.

Produced by: Royal Collage of Paediatrics and Child Health

Keywords: ADHD, parenting

<https://www.youtube.com/watch?v=QrBGawusraY&feature=youtu.be>

Guidance for Uncertain Times

Resource Database.

Videos and articles on a range of topics including home schooling and managing family conflict during coronavirus targeted for parents of children with ADHD.

Produced by: Children and Adults with Attention-Deficit/Hyperactivity Disorder

Keywords: ADHD, parenting, schooling

<https://chadd.org/guidance-for-uncertain-times/>

How to Explain Coronavirus to a Child with Anxiety

Magazine article.

11 expert tips to help parents talk to their child about COVID-19, navigating the next few weeks at home together, and living with the constant hum of uncertainty in an ADHD household

Produced by: ADDitude Magazine

Keywords: ADHD, ADD, Anx

<https://www.additudemag.com/explain-cornavirus-covid-19-anxiety-adhd-child/>

Support for Kids with ADHD

Article

An article with advice for parents on providing home schooling and structure to children with ADHD during lockdown.

Produced by ChildMind

Keywords: ADHD, parenting, home school

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

Eating Disorders

The current lockdown restrictions may be making this time particularly challenging for young people with eating disorders. It is important that clinicians and families try to help them feel calm, safe, and supported; and to acknowledge that these uncertain times may be triggering for some young people.

We have included a link to the BEAT eating disorder website which has produced some helpful guidance on coronavirus to support those with an eating disorder.

Eating Disorders and Coronavirus
Website.

BEAT have developed guidance to try to respond to specific worries and practical concerns regarding coronavirus and treatment for people with an eating disorder or supporting those with an eating disorder.

Produced by Beat

Keywords: Eating Disorders

<https://www.beateatingdisorders.org.uk/coronavirus>

OCD

These uncertain and difficult times will be tricky for all of us to deal with but may be particularly challenging for young people with OCD.

We have found some helpful resources designed to support those with OCD to help them manage their anxiety amidst the coronavirus. Included is a resource produced by Young Minds sharing the experience of Charlie, a young OCD sufferer. Charlie talks about how sticking to a routine, staying connected, and being self-compassionate is helping her manage anxiety during these uncertain and triggering times.

OCD Survival Guide
Website.

Series of tips to help young people manage their OCD during the coronavirus emergency

Produced by: OCD UK

Keywords: OCD, Anx

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

Tips for Coping with OCD During the Coronavirus Pandemic
Website.

The coronavirus (COVID-19) pandemic is a difficult time for a lot of people, but for those with obsessive compulsive disorder (OCD) it may be particularly challenging. Charlie, 21, shares their tips on coping.

Produced by: Youngminds

Keywords, OCD, Anxiety

<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

Talking to Kids with OCD about COVID-19
Website.

Tips for parents on how to support children with OCD at this time and access to a weekly online support group.

Produced by: International OCD Foundation

Keywords: OCD, Anx

<https://iocdf.org/covid19/talking-to-kids-about-covid-19>

Deaf Children

Below is a wonderful resource created by pupils at Hamilton School for the Deaf to help support deaf children to understand the importance of hand washing during the coronavirus.

BSL Hand washing Video
Video.

Amazing video in BSL showing children how using soap and washing our hands helps prevent the spread of the coronavirus.

Produced by: Pupils at Hamilton School for the Deaf

Keywords: BSL, Hand washing, Coronavirus

<https://twitter.com/HSFDeaf/status/1240396637811478532>