

Module 7: Anxiety and Autism

How to Help Children and People With Autism To Manage Anxiety and Stress:

- Consistency in their schedule and routines.
- As much preparation as possible for unscheduled events.
- Use visual supports to map out what is coming next.
- Use positive re-enforcement: The use of a motivating item to achieve appropriate behaviour.
- Always be aware of the sensory environment and exclude as much unwanted sensory stimuli as possible.
- Schedule regular Sensory Breaks.
- Create a Sensory Space (Quiet Place) free from sensory stimuli for the person to relax and de-stress.
- Use social stories to prepare the person or child with autism for a planned out-of-schedule event.
- Prepare calming strategies for the person with autism when they get anxious.
- Always use a calm voice, be specific and reduce the amount of words used to ensure comprehension.