autism wellbeing

Supporting an autistic child or young person who has Covid-19 to go into hospital.

Hospitals may look different at the moment and it can be useful to prepare for this in advance just in case you need to visit one.

Autistic people often learn things off by heart e.g. what places look and sound like, and how they should act when they visit them. It can feel very distressing when familiar places suddenly become unfamiliar.

Social stories, discussions and looking at photographs can help prepare people for these changes. The learning disability team in Hywel Dda have made a short film explaining how a hospital visit may look during the current pandemic situation, it is on their website and we have included a link in the resources section of this pack.

West Wales General Hospital, Glangwili. Covid-19 Treatment Unit.

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- Some hospitals have large tents for treating people in.
- Staff may be wearing protective clothing.
- Staff may wear face masks and it may be harder to tell who's who.
- Staff may speak to you differently because they are busy, scared and learning about coronavirus just like everyone else is.
- It could be nosier, brighter and smell different to normal.
- There may be lots of instructions that you must follow to keep everyone as safe as possible.
- People may not be able to answer some of your questions.

If you need to visit a hospital, then remember to take things that will help with your sensory processing and communication:

- Support plans/hospital passport/health and hospital profile etc.
- Headphones, sunglasses, fidget toys, favourite items that provide comfort and sensory regulation.
- Phone and charger.
- Familiar snacks and drinks.