

Supporting Individuals with Autism and Intellectual Disabilities Through Uncertain Times

This toolkit was created through our colleagues at the University of North Carolina- Frank Porter Graham Child Development Institute; School of Education; and School of Medicine's Department of Allied Health. Visit their [website](#) for more information. We have linked each individual toolkit here.

7 Strategies to Support Individuals with ASD through Uncertain Times

1. [Support understanding](#)
 - [Strategy packet](#) for supporting understanding
2. [Offer opportunities for expression](#)
 - [Strategy packet](#) offering opportunities for expression
3. [Prioritize coping and calming skills](#)
 - [Strategy packet](#) for prioritizing coping and calming skills
4. [Maintain routines](#)
 - [Strategy packet](#) for maintain routines
5. [Build new routines](#)
 - [Strategy packet](#) for build new routines
6. [Foster connections \(from a distance\)](#)
 - [Strategy packet](#) for foster connections
7. [Be aware of changing behaviors](#)
 - [Strategy packet](#) for Be aware of changing behaviors
 - [Strategy packet](#) for national crisis supports