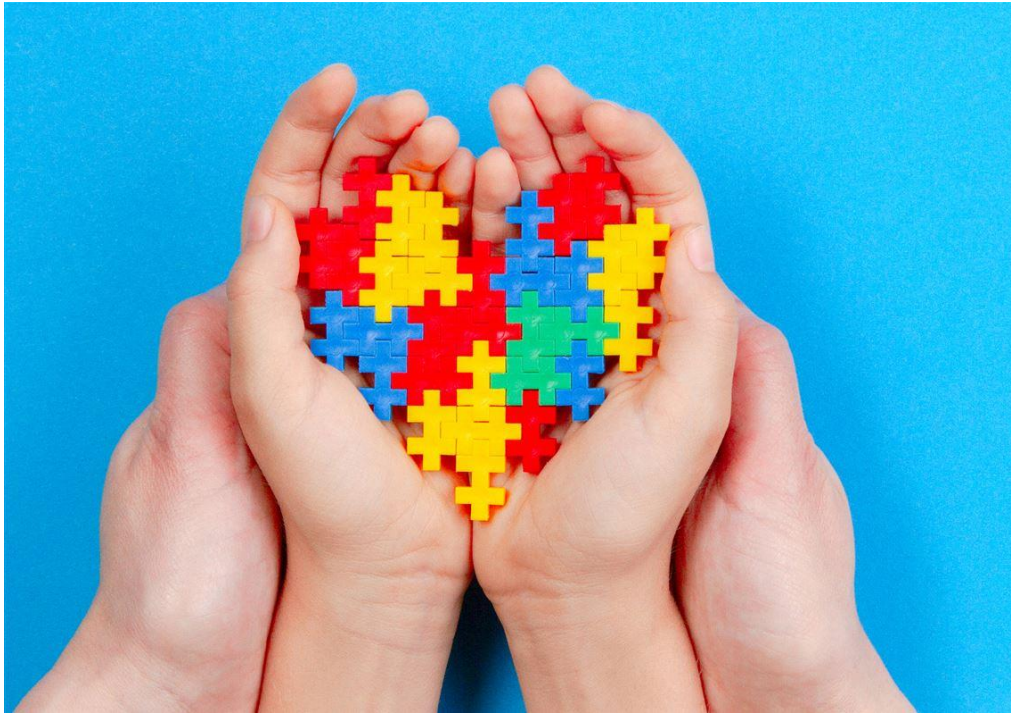


Autism Awareness

Creating and Maintaining Routines



These are challenging times for us all, especially for those diagnosed with autism. Research has shown that establishing a daily routine is highly beneficial. Routines can create structure, stability, and reduce anxiety. In order to better support this population, we have provided links to various digital resources focusing on the importance of creating and maintaining routines.

Resources

- <https://afirm.fpg.unc.edu/build-new-routines>
- <https://www.autism.org.uk/about/behaviour/obsessions-repetitive-routines.aspx>
- <https://www.autism-society.org/covid-modifying-routines/>
- <https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>
- <https://www.cdc.gov/ncbddd/autism/index.html>
- <https://parade.com/1019088/debrawallace/temple-grandin-tips-children-with-autism-coronavirus-quarantine/>

Assistive Technology for Building and Maintaining Routines

- <https://www.developgoodhabits.com/morning-routine-apps/>
- <https://www.lifehack.org/668261/best-habit-tracking-apps>

Student Accessibility Services invites the student population to share their learning experiences, words of encouragement, stories etc. Your input is important!

Please email us at Lbasilice@sjcny.edu and/or adentebostinto@sjcny.edu.