

Support for coping with change:

Here are some helpful links and resources:

Preparing a person with autism for change. NAS

<http://www.autism.org.uk/about/behaviour/preparing-for-change.aspx>

Obsessions, repetitive behaviour and routines - resistance to change. NAS

<http://www.autism.org.uk/about/behaviour/obsessions-repetitive-routines.aspx>

Autism and Dealing with Change.

<http://theautismblog.seattlechildrens.org/autism-and-dealing-with-change/>

Autism games – coping with change. Ron gets dressed, Rufus goes to school...

http://www.autismgames.com.au/game_coping.html

Why change is difficult and sameness comforting – from an autistic woman's viewpoint

<http://www.aetraininghubs.org.uk/wp-content/uploads/2012/05/28.1-Johnston-and-Hatton.pdf>

Routines can creep up on you - Understanding rituals, consistency, predictability and change.

<https://www.ambitiousaboutautism.org.uk/understanding-autism/behaviour/routines>

Why Do Autistics Hate Change? by Shanti Roy

<http://www.autismhwy.com/articledetails.php?id=77>