



Autism Support Team  
Tîm Cymorth Awtistiaeth

We understand that uncertainty and change can be unsettling for individuals on the autism spectrum and this is also a challenging and anxious time for parents too. We do not wish to overload you with information but we hope that you might find some of the following resources helpful.

If you have any questions about the resources listed below, please feel free to email us on [autism@cardiff.gov.uk](mailto:autism@cardiff.gov.uk)

## Useful online resources



### Widgit

Free access to online resources. Use code – WIDGIT30

Create visual, communication and learning supports in your web browser using over 18,000 Widgit Symbols and hundreds of easy-to-use templates.

<https://widgitonline.com>



### Cardiff and Vale Child Psychology

Psychological Support for Children Coping with COVID-19 Tips for conversations about COVID-19 with children and young people

<https://www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf>

## The Association for Child and Adolescent Mental Health

Coronavirus, and helping children with autism – Episode 4 ‘Autism, a parents’ guide’ with Dr. Ann Ozsvadjian and Dr. Marianna Murin

[https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/?utm\\_source=Subscriber&utm\\_campaign=0401ae5288-EMAIL\\_CAMPAIGN\\_2019\\_12\\_02\\_03\\_10\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_f59ca1eb20-0401ae5288-119212197](https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/?utm_source=Subscriber&utm_campaign=0401ae5288-EMAIL_CAMPAIGN_2019_12_02_03_10_COPY_01&utm_medium=email&utm_term=0_f59ca1eb20-0401ae5288-119212197)



## Twinkl

They have created home learning and school closure packs and in addition have also introduced an offer for all of them to be completely free

<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-ks3-ks4/specialeducationalneeds-sen-ks3-ks4-life-functional-skills/specialeducationalneeds-sen-ks3-ks4-life-functional-skills-life-skills>



## National Autistic Society (NAS)

The National Autistic Society Cymru works with autistic people across Wales.

<https://www.autism.org.uk>

NAS visual supports

<https://www.autism.org.uk/about/strategies/visual-supports.aspx>



## Autism Parenting Magazine

Top support for parents of autistic children during the COVID-19 pandemic, including social stories and visual schedules. Discover expert tips and coping strategies for autism families throughout quarantine.

<https://www.autismparentingmagazine.com/coronavirus-and-autism/>

Autism Awareness Centre

The New ASD “At Home” World – 10 Ways to Cope with Changes During COVID-19

<https://autismawarenesscentre.com/the-new-asd-at-home-world-10-ways-to-cope-with-changes-during-covid-19/>



Carol Gray

Social story about COVID-19

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>



UNC team creates online toolkit for those supporting individuals with autism during COVID-19 epidemic

[https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet\\_0.pdf](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet_0.pdf)



**AUTISM RESEARCH INSTITUTE**  
*Autism is Treatable*

Free Webinar ANXIETY, AUTISM: FIVE PRIME SUSPECTS – WITH TIPS FOR COPING AT HOME DURING THE CORONAVIRUS OUBREAK

<https://www.autism.org/webinars-autism/>

## Useful Apps



### **Sensory Baby Toddler Learning.**

You can choose between backgrounds and multiple effects that put your children in an underwater adventure. They can control where fish swim using their fingers and create bubbles and fireworks with just a touch.



### **LetMeTalk.**

It utilises augmentative and alternative communication, allowing users to select images to create sentences. The app contains more than 9,000 images and allows users to create a profile that stores their personal vocabulary. Bilingual families can even switch between languages.



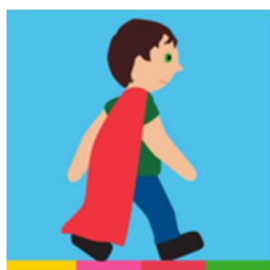
### **Autism Therapy with MITA.**

MITA stands for “mental imagery therapy for autism” and uses puzzles to improve childhood development, attention, language, and visual skills, according to the app makers.



### **Choiceworks.**

Can be used for establishing visual schedules for transitioning students and children through multi-step tasks and routines, like getting ready in the morning, or calming down when they're upset. Choiceworks contains a collection of images to choose from and users can input their own.



### **Day Cape.**

Day Cape is an app that allows therapists, teachers, parents, carers and even the children themselves to set up visual schedules. The app allows the user to set up activities for the child using pre-set pictures, or by uploading personalised messages. Once the activities are set up, notifications show up on the child's device to remind them of the activities they have been assigned.



### **Sesame Street and Autism.**

This app is as much for parents as it is for children. It features some of your favourite “Sesame Street” characters. It also has offers interactive family routine cards, a digital storybook, several videos, and how-to articles for parents.



### **Autismate.**

Communication, visual scheduling, and video modelling tool. It allows pupils to communicate through familiar scenes that can include video and audio clips, symbols, and social stories. 12,000 symbols included, custom voice recordings, and synthesized voice.



### **Smiling Mind.**

This easy to follow meditation program can help reduce stress and support social and emotional learning. With regular use, kids can develop ways to refocus, cope with confrontations, and develop empathy.



### **Daniel Tiger Grr-ific Feelings.**

The animated songs on Daniel Tiger's Grr-ific Feelings may support general social and emotional understanding, or serve as a supplement to specific discussions about conflict resolution, anger management, or expressing and controlling emotions.



### **I Create... Social Skills Stories.**

This is an application with the ability to totally customize sequential steps of a storyline for individuals that need help building their social skills. The app is designed to make unlimited personalised social skill story books by importing personal photos, adding titles, text and audio to unlimited pages into your own story. All the books can be re-arranged in an order specific to daily routines. In addition, all the pages in the books can be re-arranged or hidden in the setting section to allow for changes to each of the story lines.



### **Calm Harm.**

Calm Harm - Manages Self Harm begins by asking teens to create a profile and set their location. Once they're ready to begin, they can select "Ride the Wave" and choose an area to focus on: Comfort, Distract, Express Yourself, Release, Random, or Breathe. Each of the six areas has different activities to help students manage the discomfort and urge to self-harm. Once they choose an area, kids can pick five- or 15-minute activities. Students tap Start to begin the countdown; after finishing the activity, they'll complete a post-activity self-monitoring sheet. This will log in to a weekly diary that shows patterns. The data log shows the feeling that occurs most before each urge and also what time of day most urges occur. Students can also send activity ideas by clicking "Suggest an Activity."