

SELF-ADVOCATE PERSPECTIVES ON RETURNING TO THE COMMUNITY

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In this webinar, we interview two self-advocates on their perspectives on returning to the community. They provide feedback and helpful suggestions for people on the spectrum and those who maybe be supporting them. This webinar can be helpful to all members of our community.

KEY TAKEAWAYS

- Acknowledge that transitioning back into the community may be a difficult process.
- Explore different mask materials and styles to see what works best and is most comfortable for you.
- Be patient with yourself and others as we are all going through a time of transition.
- Be honest with yourself and know that it is okay to not yet feel comfortable returning to the community.

- Tips of the Week Sheet
- [Resource Guide to Community Readiness](#)
- [Talk About Going into the Community](#)

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