

Evolving as our World Evolves in COVID-19

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This brief video will introduce you to how to stay flexible in these uncertain and every changing times. An “Evolving as our world evolves in COVID-19” resource will be reviewed. This will give families/caregivers tips on important information to support your loved one handle stress and engage in their communities as restrictions begin to be lifted across Pennsylvania.

- <https://paautism.org/resource/visual-schedules/>
- <https://paautism.org/resource/social-distancing-social-story/>
- <https://paautism.org/resource/visual-supports-autism/>
- <https://aidinpa.org/routines-and-schedules-during-an-emergency/>

KEY TAKEAWAYS

- There are different types of stress people may experience
- Transition strategies to help prepare for changes
- Activities ideas to keep individuals engaged

To contact our team:

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