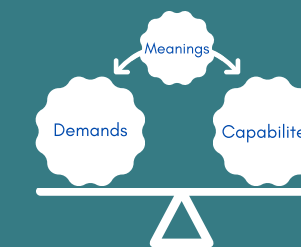




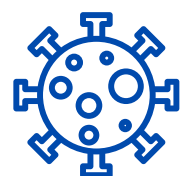
FAMILIES OF AUTISTIC PEOPLE: THE IMPACT OF COVID-19



What do we know?



Caregivers of autistic people have increased demands because of COVID-19



Evidence from literature suggests that families experienced:

-  Limited access to supports
-  Financial strain
-  Challenging behaviours
-  School closures
-  Abrupt changes

Changes impacted caregiver and family wellbeing.

What did we find?


We conducted a literature review including:

- 23** Publications
 - 17** Grey Literature Reports
- FROM**  **12 Countries**

Some reports indicate:

- 80%** ↑ anxiousness, stress, depression & isolation
- 67%** ↓ child's emotional & mental health

Families reported engaging in the following coping strategies to meet demands:

-  Autism Community
-  Self-Care
-  Telehealth
-  Family Cohesion

What can we do next?



ENGAGE

Work directly with caregivers and autistic people to understand their needs



PRIORITIZE

Integrate family and caregiver perspectives in decisions that impact their lives



RESOURCES

Create mental health resources that are accessible to caregivers and autistic people

Our findings show and demonstrate that caregiver needs and perspectives are important.

Helpful Resources

-  Canadian Autism Society
-  Autism Canada
-  Autism Ontario CARES Program
-  SAAAC Autism Centre
-  Pacific Autism Family Network
-  Autistics United Canada

The Review

Lee, V., Albaum, C., Tablon Modica, P., Ahmad, F., Gorter, J. W., Khanlou, N., McMorris, C., Lai, J., Harrison, C., Hedley, T., Johnston, P., Putterman, C., Spoelstra, M., & Weiss, J. A. (2021). The impact of COVID-19 on the mental health and wellbeing of caregivers of autistic children and youth: A scoping review. *Autism Research*, 1-18. <https://doi.org/10.1002/aur.2616>

For more information:



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