making a transition it should be at the individuals pace so that they feel more relaxed about things as they will feel more in control about it. Once they are in a steady routine you should add a little bit of the transition each day e.g. talk about what’s going to happen or if they’re moving somewhere different, show them around it a few times and let them explore what will be there new environment. This will then prepare them for when they have to move and make the transition run a lot more smoothly.

When are unit moved house, we took all of our clients to visit the house separately so they could get used to where they were moving to. They picked there rooms and decided where they were going to put things. When they were ready they then started to pack their belongs in boxes and label them ready for the day we actually moved. We had a big team of staff on the day we moved. The morning was a big rush to get it all loaded into the vans but the clients weren’t even aware of this as we had organised for them to be out enjoying the last morning of being in the town they lived in. They walked along a beach, looked in a few shops, and had a drink in a café. They then made their way with staff to the new house. By the time they arrived the vans were unloaded and they were then able to unpack again in their own time. Working like this helped them all to process what happened without being completely involved in it making the transition smooth and easier for them to manage.

5.2 Work with an individual and other to recognise routines that are important to the individual.
From time to time I help to support an individual with limited speech. To her, her self-care routines are very important. She likes things to be undertaken in a certain order and sometimes feels she’s not able to complete the next task if she feels the task before hasn’t been fully completed. She has 2 self-care routines, one in the morning and one at night. Both start in the same way with using the loo and then running a bath. Staff help her by running the bath. She will stay in the bath after completing her self-care for 20mins enjoying a soak. If she has a morning appointment somewhere, staff help to get her up earlier as she will always have 20mins in the bath. This is probably the most important part of her routine as she loves to have a soak in the bath. It helps her to relax, relieves any anxieties she may have and generally supports her wellbeing. The rest of the routine then involve drying, getting dressed (clothes/pajamas), snack/breakfast, cleaning teeth, tidying the bathroom. All of these stages in the self-care process have to be performed in order for otherwise she will become unhappy, anxious, and confused.

5.3 Support an individual during changes to their routines.
Autistic people love having routines and repeating the same things each day so it is hard for them when they face change. If they have a weekly time table, or a weekly activity rota then it is easier to introduce change.

The unit I work in uses weekly activity rotas. These include things like when the individual’s laundry days are as well as when certain activities are. These not only help the individuals to cope with change better as they are able to plan for it but they help staff to see what is going on and when. If an activity like a haircut is booked on a Thursday but due to staff problems at the salon the appointment has to be moved to another day then support staff talk to the individual about what is happening. They give the individual options such as changing to another day, which day they would like to change to, or maybe keeping the same day but using a different salon. The individual can then make an informed choice about what they would like to do and when. Once the choice is made, support staff then act on it and carry out the wishes of the individual.

5.4 Enable an individual to use routines to make sense and order of their daily routine.
Routines and boundaries can produce a sense of security and control for autistic people, and can help them manage everyday situations. By having a routine it will help the individual feel more secure as they will know what’s going to happen at certain times of the day. To help keep and individual in a routine our unit uses weekly activity rotas. These are weekly time tables are