

COPING STRATEGIES FOR ROUTINE CHANGE

PRODUCED BY



Yorkshire
Autism
AIM

Mental Health Equity Project

1.

Give yourself time
to process

2.

Reasonable
adjustments to
notify in advance

3.

Use sensory tools
to help with the
environment

4.

Seek support via
friends, colleagues,
and family

5.

Access visual
information aids e.g.
travel maps

6.

Consider
communication changes
and what you may need