



01.

Some Autistic people prefer routines, predictability, and a clear plan.

Having plenty of details and information can help Autistic brains to feel prepared and comfortable.



02.



Change can feel stressful.

Unexpected changes to routines and plans may feel overwhelming, confusing, or upsetting.

Adjusting to these changes can take time.

03.

Routines can help.



Routine provides predictability and structure, which reduces stress and mental load, allowing Autistic folk to thrive.

Give advance notice for changes, where possible.

Forewarning and extra details about change allows time to adjust.

04.

