FAMILIES OF AUTISTIC PEOPLE: THE IMPACT OF COVID-19

What do we know?
Evidence from literature suggests that families experienced:
- Limited access to supports
- Financial strain
- Challenging behaviours
- School closures
- Abrupt changes

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

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?
Work directly with caregivers and autistic people to understand their needs
Integrate family and caregiver perspectives in decisions that impact their lives
Create mental health resources that are accessible to caregivers and autistic people

Helpful Resources

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For more information:

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