

Changes and what stays the same Education

Prepare
Plan
Practice
Scaffold
regulate and recuperate

Autism + environment = outcome
Dr Luke Beardon

What changes and what stays the same ?
What is important to your child / Young Person?
Do they have their own questions?

Think about



Safety / Trust / space / person

Autonomy

Environment

Energy / fatigue

Processing

Regulation breaks / load / build in - not as rewards

Sensory - Clothing and environment

Communication / info card - language loss

what does it look like / map / photos

visuals - time tables / social stories / i



Explore

This time of year brings lots of changes to plan for, reviews and decisions!

Changing class, school, provider, education at home
or
moving on to further/higher education/day opportunities

Moving onto the next stage and being able to know what to expect and to plan ahead helps
from getting the uniform early and washing it till its comfy
to
practice visits to the new space or photos \ video \ map
small steps

PACT signpost Education Page has links to support and Information

- [Education from under 5 to 18](#) (including not in school / home Ed / EOTAS/C)
- [Education pathways from 16 into adulthood](#)
- [Employment and Apprenticeships](#)

Useful booklets for your child / you

- [Going to my new class - a booklet](#) from Reachout ASC
- [Going to Secondary school](#) - A booklet from Reach out ASC
- [SNAP'S](#) going to secondary guide and info sheets including uniform adjustments
- [Post 16 opportunities](#) - preparing for adulthood

Websites with information, podcasts and videos

National

- [Getting help at school](#) - Autism Central
- [Barriers to Education](#) a resource created from lived experience

Local to Essex

- [SENDIASS](#) resources for Parents and Carers in Essex including transport, FAQ, EHCP and more
- [Families in Focus](#) one plans and more
- [Essex Local offer](#) - SEND roadshows, Workshops, information

Explore more

Shared experience from our team

Think about what change can feel like

Have you ever been to a restaurant to find it's been refurbished, I bet you wondered if they still served your favourite dish?

Has your favourite brand ever changed their packaging design, I bet you wondered if the product you loved had been changed too?

It's a natural chain of thought. If one aspect of something is changed we'll naturally wonder if other things have changed to and consequently something that was familiar and safe now feels unpredictable.

What are the things in school that help your child feel safe and secure?

The same bag / lunch box / familiar items that smell like yours/home

Make sure the items aren't all brand new

Discreet fiddle toys / object in a pocket that are comforting

Give them some control, the first visit may just be walking past or near the school / place of education / activity

Find ways you can build in choices / prepare ahead for some options

Think ahead - whats on the menu / in their lunch box

As there are limited choices in the educational week then evenings and weekends may need more autonomy / flexibility / familiarity /support and adjustments at home

Remember that capacity fluctuates -

what a person can do one day they may not manage another

look for patterns in fatigue / tolerance/ sensory changes

to build in adjustments if needed

Changing to a new environment can take a lot of spoons !