



To Whom it May Concern,

The person in possession of this letter is a member of the Autism Community and we would appreciate your understanding in facilitating their needs at this time. Social Distancing is an essential measure we need to take to slow the spread of COVID-19. For some people on the Autism Spectrum, the concept or physical act of social distancing may be more difficult.

We draw your attention to the points below to provide you with supporting information;

- Differences in proprioception can make it difficult to gauge special awareness, ie. How far you are from people and objects around you.
- Many autistic individuals have dual diagnoses of intellectual or learning differences. Social distancing may need to be explained in a way that suits the individual.
- Some autistic people may need to physically self-regulate – this might include running, jumping, or moving in a way that helps to stay calm but may not take into account how far they are from other people.
- Social distancing is a very 'new' concept and may not yet be part of a person's routine. Routine and structure is very important to help autistic people navigate a 'non-autistic world'. This means, previous routine may still be very important to a person.

If you see a person not following or finding it difficult to follow social distancing rules,

- **Do not judge**
- **Do not make unhelpful comments**
- **Be understanding.**
- **Manage the social distance yourself**

Thank you for your understanding at this time,

The AslAm Team

For further information please
contact AslAm by emailing
info@asiam.ie