Impact of COVID-19 on Families and Children with Autism

Who participated?
- Parents and Guardians: 93% Female, 43 years old (on average)
- Their Children with ASD are: 80% Male, 12 years old (on average)

Where do they live?
- South: 33%
- West: 26%
- Midwest: 24%
- Northeast: 17%

Disruptions in services and therapies
- 63% of families report severe disruptions in services and therapies.
- 64% of families report that speech therapy is most disrupted.

Remote services and therapies
- 35% of families are receiving remote services or therapies.
- 43% of these families are benefiting moderately to significantly from these services.

Parent and guardian's mental and emotional health
- 51% of parents and guardians are feeling good overall.

What's working?
- Social stories
- Breaks for rest and relaxation
- Telehealth appointments
- Pursuing hobbies
- Cooking for family
- Enjoying time with family in-person and virtually

Family quotes
- "My child had some problems at school, like not having a good friend, not communicating well etc. Now that they're at home, they look happier and calmer."
- "Emotional health is paramount. Try to keep a basic schedule of getting ready at the same time and going to bed at the same time."
- "Give me the parent specific instructions on what activities/skills to work on at home during this time to help maintain a regular schedule."

Sent to: 70,000 families
Completed by: 8,000 families
Results collected: March 20, 2020 - March 30, 2020

Parent and guardian’s mental and emotional health
- 97% of parents or guardians that report feeling stressed or overwhelmed due to disruptions in their child with ASD services or therapies.

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Percent of families reporting that their child’s school is closed.
- 98%

Child with autism’s understanding of COVID-19
- 42% of families report that their child with ASD understands COVID-19 moderately well to completely.

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- 94% of parents or guardians that report feeling stressed or overwhelmed due to disruptions in their child with ASD services or therapies.

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