

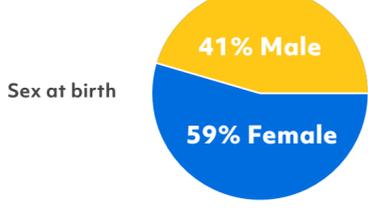
# Impact of COVID-19 on Autistic Adults

## Survey info



Sent to: **3,133 people**  
 Completed by: **636 people**  
 Results collected: **March 30, 2020 - April 10, 2020**

## Who participated?



Average age

**36 years**

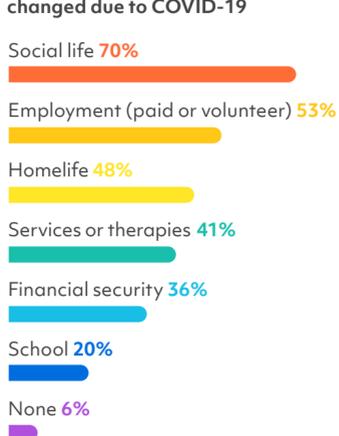
## Where do they live?



West **29%**  
 South **28%**  
 Midwest **24%**  
 Northeast **19%**

## Which parts of life are most disrupted?

Parts of life that have changed due to COVID-19



## Social life

The data below are from those who reported changes in their social life due to COVID-19.

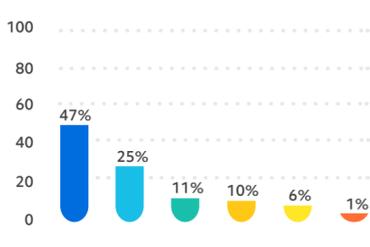


**97%** of autistic adults report that COVID-19 has negatively impacted their social life.

**68%** of autistic adults report that they are coping minimally to moderately well with changes in their social life.

## Employment

Employment status one month before COVID-19



**47%** Full time (paid work)  
**25%** Part time (paid work)  
**11%** Self employed  
**10%** Part time (volunteer work)  
**6%** Other  
**1%** Full time (volunteer work)



The data below are from those who reported changes in employment due to COVID-19.



**89%** of autistic adults report that employment has been negatively impacted by COVID-19.

**75%** of autistic adults report that they are coping with changes to employment moderately to completely well.

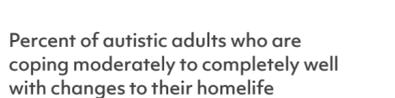
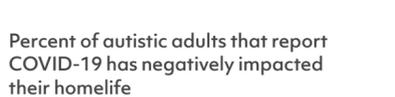
## Homelife

**95%**

of autistic adults are concerned about the impact of COVID-19 on their family and household.



The data below are from those who reported changes in their homelife due to COVID-19.



## Services and therapies

The data below are from those who reported changes in their services or therapies due to COVID-19.



**97%** of autistic adults report that services and therapies have been negatively impacted by COVID-19.

**72%** of autistic adults are coping moderately to completely well with changes in services or therapies.

## Remote services and therapies

The data below are from those who reported changes in their services or therapies due to COVID-19.



**63%** of autistic adults are receiving remote services or therapies.

**74%** of these autistic adults are benefiting moderately to significantly well from these services.

## Financial security

The data below are from those who reported changes in their financial security due to COVID-19.

**95%**

of autistic adults report that COVID-19 has negatively impacted their financial security.



**53%**

of autistic adults are coping moderately to completely well with changes to their financial security.

## School



The data below are from those who reported changes in school due to COVID-19.



**93%** of autistic adults report that schooling has been negatively impacted by COVID-19.

**65%** of autistic adults report that they are coping with changes to schooling moderately to completely well.

## Mental and emotional health

**50%**

of autistic adults are feeling good to excellent.



Percent of autistic adults that report COVID-19 has negatively impacted their mental health

**93%**

## What's working?

The following are suggestions from autistic adults who completed the survey.

- Telehealth
- Check-ins with therapists via email and phone
- Journaling
- Maintaining a schedule and sticking to it
- Walks and exercise
- Keeping in touch with family and friends via phone and video chat

## Quotes

*"Keep cleaning, let this self-isolation be the catalyst for cleaning the house, rearranging garages, and closets, and working on estate documents."*

*"I personally feel that medical and service professionals are doing a good job with meeting the different needs people have at this time. The doctors' offices and mental health professionals are doing visits by doing an online video session. I really like that. There are rules set in place because of social distancing which is good, but sometimes hard."*

*"Social distancing is actually 100% positive for me."*

Share your tips and tricks with us by using

**#SPARKstrong**



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