



## AUTISM AT ACU

# Routines and rules

Autistic people can find the world an unpredictable and confusing place. Sticking to routines, schedules and rules can provide comfort through predictability. Unexpected changes to routine can cause extreme anxiety.

### What you can do to help

- Understand the importance of routine and recognise how stressful sudden changes can be for autistic people.
- Try to stick to schedules, routines and rules as much as possible and consider this when making future plans.
- If you are made aware of any changes to upcoming plans, share that information as soon as possible.

**Autism**  
**Awareness**  
**Acceptance**  
**Appreciation**