

Scottish autism

WHERE AUTISTIC PEOPLE
ARE VALUED

Stage 4: Support

If you are self-isolating, been tested and told that you have Covid-19, or if you have been contacted by the contact tracing team and told to self-isolate, then you need to stay at home. This helps to stop the spread of Covid-19.

In this situation it is important to make a plan. You should think about:

- Do you have enough supplies of any medication you are taking?
- Do you have enough essential food supplies?
- Do you have contact details of someone who can help you while you are isolating? For example, someone who can help with food shopping or picking up medication if you need it?
- If comfortable, would you be OK setting up an online food shopping account to help with this?
- If you normally care for someone, it is important you make alternative plans for this. For example, can a family member or friend help?

If you answer no to any of the questions above, then there are people who can help:

- [Scottish Autism's Advice Line](#) – (Open Monday, Wednesday-Friday, 10am - 4pm, and Tuesday, 10am – 7pm)

We can offer support, advice and guidance to autistic people, parents and carers as well as professionals.

We can find out who can help you, for example, local groups who can help with food shopping or collecting medication. We could even make contact with them for you.

We can create personalised resources, for example, if you are concerned about an autistic child or young person, either having to be tested or concerned about their understanding around anything to do with Test and Protect.

Also see: [Test and Protect: how the Autism Support Team can help you](#)

- [National Assistance Helpline](#) – (Monday to Friday, 9am-5pm)

This helpline is to provide essential assistance to those who do not have a network of support.

They can contact your local authority who will support you to access food, medication and any other services that might be able to offer help.

- **[Ready Scotland](#)**

This website is set up to help Scotland prepare for and deal with emergencies like Covid-19.

They have information on their website with details of other organisations that might be able to offer assistance. This can be found here: [More ways to get support for you or someone you know.](#)

This document was updated on the 12th of August, 2020. This information has been written as clearly as possible for a wide readership. If you require support with this information then please make contact with our [Autism Support Team](#).