

**A really helpful list**

**of**

**Autism Resources**

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## Introduction

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Below is a short list of resources of APPS, web links, videos, animation, role models, inspirational speakers etc.

These are included to help provide advice, support and encouragement to people with autism and their parents, carers, professionals and those interested in autism.

Some resources are provided in relation to COVID-19 also.

There are many, many more resources available online and elsewhere for you to find and review. As one example of a short YouTube video I found by accident, almost, is this ;

["Easy-to-Use Calming Strategies for Autism"](#)

by Ryan Judd (MA, MTC Board Certified Music Therapist), a music therapist. His [YouTube channel is here](#).

**NOTE:** the page text and the page CONTENTS include 'clickable' links:

If in **WORD** format - 'ctrl+Click'

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### [Coronavirus symptoms checker](#)

Check if you have [Coronavirus symptoms](#)

### [My Health Passport](#)

Get a '[My Health Passport](#)' - a resource for autistic people who might need hospital treatment

### [Autism Alert Cards](#)

Get a South Yorkshire Police [Autism Alert Cards](#) – see below.

If anyone has a family member, friend or contact who may benefit from an Autism alert card please share the below email address. [Autism\\_Alert\\_Card@southyorks.pnn.police.uk](mailto:Autism_Alert_Card@southyorks.pnn.police.uk).

The cards are Free, credit card sized and let blue-light staff and partner agencies know that the card holder is either on the autism spectrum or has a learning disability and may need extra support.

The cards are designed

- to reduce anxiety in stressful situations,
- aid understanding
- enable the card carrier feel more comfortable in stressful or frightening situations.
- Help when the card holder is experiencing a meltdown by providing contact details

Anyone with a formal autism diagnosis or awaiting diagnosis can apply for an autism alert card. There is no age limit on this.

## COVID-19 INFORMATION SOURCES

### Explanations & help for Parents & Kids

NAS	<a href="#">COVID-19 updates, tips &amp; advice</a>
NHS	a clinical guide for frontline staff to support the management of patients with a learning disability and autism during the corona virus epidemic they have now produced an <a href="#">easy read version - click here</a>
UNICEF	some suggestions about how teachers can engage students of different ages (preschool, primary, lower secondary and upper secondary) on preventing and controlling the spread of COVID-19 and other viruses. Any conversations or activities should always consider the specific needs of children, the guidance provided by your school, local and/or national authorities, and be <a href="#">based on reputable sources</a> such as <a href="#">UNICEF and the World Health Organization here</a> .
NHS (YouTube)	COVID-19 on YouTube - <a href="#">explanation using animation</a>
GOV.UK	<a href="#">advice to help adults with caring responsibilities</a> look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.
WHO and Rakuten Viber	<a href="#">Fight COVID-19 misinformation</a> with interactive chatbot  Join the <a href="#">WHO Viber service</a>
World Health Organisation	General Info: <a href="#">advice for the public</a> and health workers & more...
NHS Surgery (YouTube)	Animation – <a href="#">about COVID-19</a>
INEQE Safeguarding Group	Animation – <a href="#">What is the CORONAVIRUS?</a> (YouTube)
St. Lucia Govt.	Animation – <a href="#">about COVID-19</a> (YouTube)
LingoKids	Animation – <a href="#">Explained for Kids</a> (YouTube)
Sesame Street	Animation – <a href="#">how to wash your hands</a> (YouTube)
Peekaboo Kidz	Animation – <a href="#">safety measures</a> (YouTube)

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## COVID-19 SOCIAL MEDIA SITES

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UK updates	INSTAGRAM	<a href="#">UK Updates</a>
10 Downing St. PM Office	Facebook	<a href="#">UK Prime Minister</a>
Coronavirus Disease Covid-19 UK	Facebook	<a href="#">Advice – created in UK</a>
NHS – UK	Facebook	<a href="#">Protect yourself &amp; others</a>
WHO (Facebook)	Facebook	<a href="#">Reduce your risk</a>
WHO (Instagram)	INSTAGRAM	<a href="#">WHO advice</a>

## COVID-19 APPS

The NHS APP	UK	iPhone / Android
COVID-19 Symptom Tracker		iPhone
COVID-19 Tracker		iPhone
COVID-19 Information	USA	iPhone
World Health Organisation		<a href="#">COVID-19 facts via WhatsApp</a> iPhone / Android      WhatsApp Group (Multi-lingual) English: Send "hi" to +41 79 893 18 92 on WhatsApp <a href="#">WhatsApp Download</a> <<< here

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## Wellbeing / Mental Health APPS

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Daylio Journal (CBT / Mood Monitor)

iPhone to the [journal here](#)

Moodpath: Depression & Anxiety

iPhone to [Moodpath](#)

Headspace Meditation & Sleep

iPhone to [Headspace](#)

Youper

iPhone to [emotional health assistant app](#)

BBC NEWS (not an APP)

NOT APP to [BBC Protect your mental health](#)

WhatsApp download (iPhone / Android / PC)

Get the WhatsApp [download here](#)

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# AUTISM resources - advice, support, communities, Q&A's, social media etc.

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## Websites / Social Media etc.

NAS Home page	<a href="#">NAS Home page</a>
NAS COVID tips	<a href="#">COVID-19 updates, tips &amp; advice</a>
NAS Community Forum	<a href="#">Local community forum</a>
NAS (Homepage)	About <a href="#">autism, behaviour, education care, communication &amp; more...</a>
NAS (FB)	<a href="#">Facebook</a>
NAS (Instagram)	<a href="#">Instagram</a>
NAS (YouTube)	<a href="#">YouTube</a>
Autistica UK (Homepage)	<a href="#">Home page</a>
Autistica UK (FB)	<a href="#">Facebook</a>
Autistica UK YT)	<a href="#">YouTube</a>
Autistica UK (Twitter)	<a href="#">Twitter</a>
Research Autism UK	<a href="#">Home page</a>
Research Autism UK (FB)	<a href="#">Facebook</a>
Research Autism UK (YT)	<a href="#">YouTube</a>
Research Autism UK Twitter)	<a href="#">Twitter</a>
Prof. S. Baron-Cohen (YT)	YouTube <a href="#">Autism / Asperger syndrome</a>
Prof. S. Baron-Cohen (Twitter)	Twitter <a href="#">Autism / Asperger syndrome</a>
Dr Tony Attwood (YT)	YouTube <a href="#">Autism Hangout Q &amp; A videos</a>
Ambitious about Autism	<a href="#">Home page</a>
Ambitious about Autism (FB)	<a href="#">Facebook</a>
Ambitious about Autism (YT)	<a href="#">YouTube</a>
Ambitious about Autism (Instagram)	<a href="#">Instagram</a>
Ambitious about Autism (Twitter)	<a href="#">Twitter</a>

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## TEDX Inspirational Speakers with autism

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[Greta Thunberg](#)

[Daniel Tammet](#)

[Rosie King](#)

[Derek Paravicini](#)

[Temple Grandin](#)

[Alix Generous](#)

[15 Successful People with Autism Who Have Inspired Millions of People](#)

[5 Celebrity Parents Who Are Open About Raising a Child with Autism](#)

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## Role Models

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Greta Thunberg (pronounced - 'Gree-eta Toon-bay-ri')

Wikipedia [https://en.wikipedia.org/wiki/Greta\\_Thunberg](https://en.wikipedia.org/wiki/Greta_Thunberg)

Facebook <https://www.facebook.com/gretathunbergsweden/>

Twitter [https://twitter.com/GretaThunberg?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/GretaThunberg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

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Dr Temple Grandin Ph.D.

Wikipedia [https://en.wikipedia.org/wiki/Temple\\_Grandin](https://en.wikipedia.org/wiki/Temple_Grandin)

Website <https://www.templegrandin.com/>

Facebook <https://www.facebook.com/drtemplegrandin/>

Twitter <https://twitter.com/drtemplegrandin?lang=en>

Movie Trailer <https://www.youtube.com/watch?v=cpkN0JdXRpM>

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Dan Ackroyd

Wikipedia [https://en.wikipedia.org/wiki/Dan\\_Aykroyd](https://en.wikipedia.org/wiki/Dan_Aykroyd)

Facebook <https://www.facebook.com/DanAykroyd/>

Twitter [https://twitter.com/dan\\_aykroyd?lang=en](https://twitter.com/dan_aykroyd?lang=en)

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Dani Bowman

18-year-old on the autism spectrum, is an illustrator, animator, writer, motivational speaker and author. Bowman was the founder of [Powerlight Studios](#) and received a scholarship for college from KFM Making a Difference [which you can learn more about here](#).

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Amy Gravino

Amy's website <https://www.amygravino.com/>

College coach, consultant and autism advocate. Founder of A.S.C.O.T. Coaching.

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Alexis website <http://www.alexiswineman.com/>

First person with autism to ever compete in the Miss America pageant. Her platform was: "Normal is just a dryer setting."

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## Kerry Magro

Kerry's website <http://kerrymagro.com/about-me/>

Award Winning and Breakthrough Advocate Kerry Magro knew early on that he wanted to make a difference in the lives of others. Kerry was diagnosed with Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS) a form of autism, at age 4. Growing up Kerry's future was very uncertain. Today however, after countless hours of therapy and the support of a loving family, Kerry has conquered many of his challenges. Now as an adult Kerry is a professional speaker, best-selling author, movie consultant and non-profit founder.

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## James Durbin

Facebook <https://www.facebook.com/DurbinRock/>

Twitter [https://twitter.com/DurbinRock?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/DurbinRock?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

James Durbin, American singer and guitarist was diagnosed with Asperger's Syndrome when he was 10 years old. A finalist on the tenth season of American Idol, he has dedicated a portion of his proceeds from his new album, "Celebrate" to Autism Speaks, an organization working in the field of autism research and awareness. Durbin says that he does not see his diagnosis as a disability. In fact, he feels that it gives him somewhat of an edge over normal people

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Satoshi Tajiri - the creator of Pokemon.

Wikipedia [https://en.wikipedia.org/wiki/Satoshi\\_Tajiri](https://en.wikipedia.org/wiki/Satoshi_Tajiri)

Facebook <https://www.facebook.com/tajirisan/>

Twitter <https://twitter.com/realsatoshitaji?lang=en>

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## Daryl Hannah

Facebook <https://www.facebook.com/lovelifefarm/>

Twitter [https://twitter.com/dhlovelife?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/dhlovelife?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

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is an American professional surfer known for his unique "double-jointed" style of turns and spins.[4] He was raised in Lahaina, Maui, Hawaii where he currently resides. Marzo has been acclaimed for his creativity and innovation as a young surfer and featured in several films.

Wikipedia [https://en.wikipedia.org/wiki/Clay\\_Marzo](https://en.wikipedia.org/wiki/Clay_Marzo)

Instagram [https://www.instagram.com/\\_clay\\_marzo/?hl=en](https://www.instagram.com/_clay_marzo/?hl=en)

## TV Series

'The Good Doctor' (2017) on [SKY Channel 152](#) (Pick) also on [NOWTV](#)  
Excellent viewing, brilliant TV!

## Movies

Adam (2009) IMDb info about [Adam](#)

After Thomas (2006) IMDb info about [After Thomas](#) (Movie [trailer on YouTube](#))

Snow Cake (2006) IMDb info about [Snow Cake](#) (Movie [trailer on YouTube](#))

Rain Man (1988) IMDb info about [Rainman](#) (Movie [trailer on YouTube](#))  
[Parents' guide Rainman](#)

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End of short list