

Amy
parent of an
autistic child



autism west midlands

How have you felt during this second lockdown?

I have felt a lot more positive in my self during this lock down. I have survived one full lockdown and my situation at home seems to be improving slightly. I am going through a divorce and my child has just been issued a draft EHCP. The process has been stressful , however I wouldn't be as positive as I am without the members of the Autism West Midlands support group.

What affect do you think this lockdown has had on your child?

This lockdown has had a massive affect on my child's mental health. The weather is rubbish so going out for even a walk or bike ride is difficult. He's sad because he can't play with friends, he has had 3 play dates with his friends since September. My son is undiagnosed, we are all still learning what he can and can't do and trying to strike a balance which is difficult.

How has Autism West Midlands helped and supported you during this time?

The members have so much advice and knowledge, and they "get it". They get what it's like to have a child that hits you, and can't understand like a neurotypical child, then coupled with the expert advice from a professional who is qualified experienced and knowledgeable is invaluable.

"I have been supported by Autism West Midlands..."

What are the difficulties you have encountered?

I find it impossible to retrieve technology from him because we use the laptop for school work and the iPad but we use these to also watch YouTube or play games. He sees home as play and school as work. It's difficult trying to get him to understand that because he can't go to school he needs to try and do some work at home.

What positives have you encountered?

We laugh, we cry, and we hold out our hand to each other and its nice. I have met people I would never have met otherwise and we all have a common interest, which is we are all trying to get the support we need to enable us to get through the difficult times.

What advice or tips would you like to share with any other parents?

Make a list of all the things you have done to help your child and what the people you have spoken to recommend you try next.