

autism west midlands

Have you learnt any new skills or developed any hobbies?

I have learnt more IT skills this lockdown, particularly around android phones and how to make them run more efficiently. I have also done this to our shared computer to make it run better.

What difficulties you have you encountered?

Coping with changes and not being able to go out like going to work and going shopping. The staff wearing masks all the time was a bit intimidating and uncomfortable to start with; I'm getting used to this now though

Is there anything else you would like to share about your lockdown experience?

Its been productive but tough. I've learnt new skills which is good, but had to stay in a lot. I like our garden though and use the power of meditation!

How have you felt during this second lockdown?

I'm getting used to it, becoming accustomed to these things BUT I feel like everyone feels – some days are easier than others. I can get tearful sometimes, there's a feeling of being trapped in my own environment. I can't blinkin well wait to get back to work, get out and about and explore places. Be glad to get rid of this virus and see the back of it. We all want to be safe though.

What activities have you been doing in the second lockdown to keep occupied?

I've been trying to keep the gardens tidy. I've been doing some meditation in the garden and in my room (Becci has been showing me things to try to relax my mind). Working on the summer house and getting it tidy; I want to paint this when the weather gets better. We are also starting a mood board this week to look at changing the decoration in the back room.

How have the staff supported you during this lockdown?

I like being independent, but the staff have made sure I'm safe – the staff go for walks around the block with me when I want

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Someone we support on the autistic spectrum



"I have Asperger's and live with Autism West Midlands"

What positives have you encountered?

The fact that staff have worked hard to keep me safe and secure. I still want to go out and about when I can though!