



Because no family should stand alone

Everyday Challenges in Autism

Personal Care & Hygiene

- Brushing teeth
- Haircuts (noise, touch, environment)
- Nail cutting
- Bathing or showering (water temperature, sound, texture)
- Washing hair
- Toilet training, recognising body signals
- Wearing certain clothes (texture, seams, labels, socks, underwear sensitivities)

Eating & Mealtimes

- Selective eating / very limited food range
- Textures, smells, colours of food
- Difficulty sitting at the table
- Struggles changing routine meals

Sensory & Environment

- Loud noises (hoovers, hand dryers, alarms, busy places)
- Crowded areas
- Bright or flickering lights
- Unexpected touch
- Temperature sensitivity (too hot/too cold)

Communication

- Expressing needs and emotions
- Understanding instructions
- Difficulty being understood
- Non-verbal or limited speech

- Echolalia or scripting

Behaviour & Emotional Regulation

- Meltdowns
- Shutdowns
- High anxiety
- Difficulty coping with change
- Needing predictability and routine

Social

- Finding it hard to make or maintain friendships
- Not understanding social cues
- Preferring to play alone
- Overwhelm in group situations

Daily Living & Transitions

- Going to school or leaving the house
- Transitioning between activities
- Waiting / patience
- Bedtime routines & sleep difficulties