

Why Maintaining Routine and Structure is Important

Structure and routine can be hugely important to autistic people. It's fundamental that your and/or the person you support's interests, skills and needs are at the forefront of creating a routine.

When creating routines, these may need to be tweaked altered until they work for each person. Try to be flexible, adapt, and learn from experiences, but above all, be kind to yourself.

So, why is it important for us to maintain routines, not only for autistic people but for the wider family unit too? Here's five reasons why:

1. It provides a sense of security and stability

During these uncertain times where there is a lot of change and uncertainty, maintaining a routine will provide people with a sense of security and stability.

2. It provides a sense of calmness and wellbeing

A routine creates clear expectations, which may reduce any stress or anxiety a person might be experiencing.

3. It supports self-regulation

Creating a personalised routine based around a person's interests, skills and needs, supports their own self-regulation and provides redirection if they become bored or stressed.

4. It encourages confidence and independence

With a routine in place, it provides individuals with an opportunity to learn and take pride in knowing what they are supposed to do – and developing the skills needed to do that task by themselves!

5. It establishes healthy and positive habits

Routines help establish healthy and positive habits which in turn impact mental health and wellbeing, e.g. getting dressed or completing school work.