

HOW TO SUPPORT A FAMILY LIVING WITH AUTISM

April is Autism Awareness Month, but for a family living with autism, every day has challenges. They need support. Here are some practical suggestions to help you support a family you love.



Provide A Meal

The daily grind is even more difficult for autism families. Often they are running from school to therapies several times a week. Providing a meal could be a tremendous help.



Offer To Babysit

Not everyone has the skill set to care for a child with autism, but if you can, these families could always use a break. If there are siblings in the house, offer to take one of them for a few hours.



Give A Gift Card

Autism is expensive. It's hard to know what a family might need, but you bet they could make use of a gift card to the local grocery or department store.



Simply Ask

The best way to help someone is to ask them directly how you can help. Sometimes it's nice just to call and say, "How are you?" It's difficult for autism parents to chat on the phone, but a quick text to say "I'm thinking of you and hope you're well," could really make their day.