

# Holly Sutcliffe

## Transitions For Autistic Humans

In association with







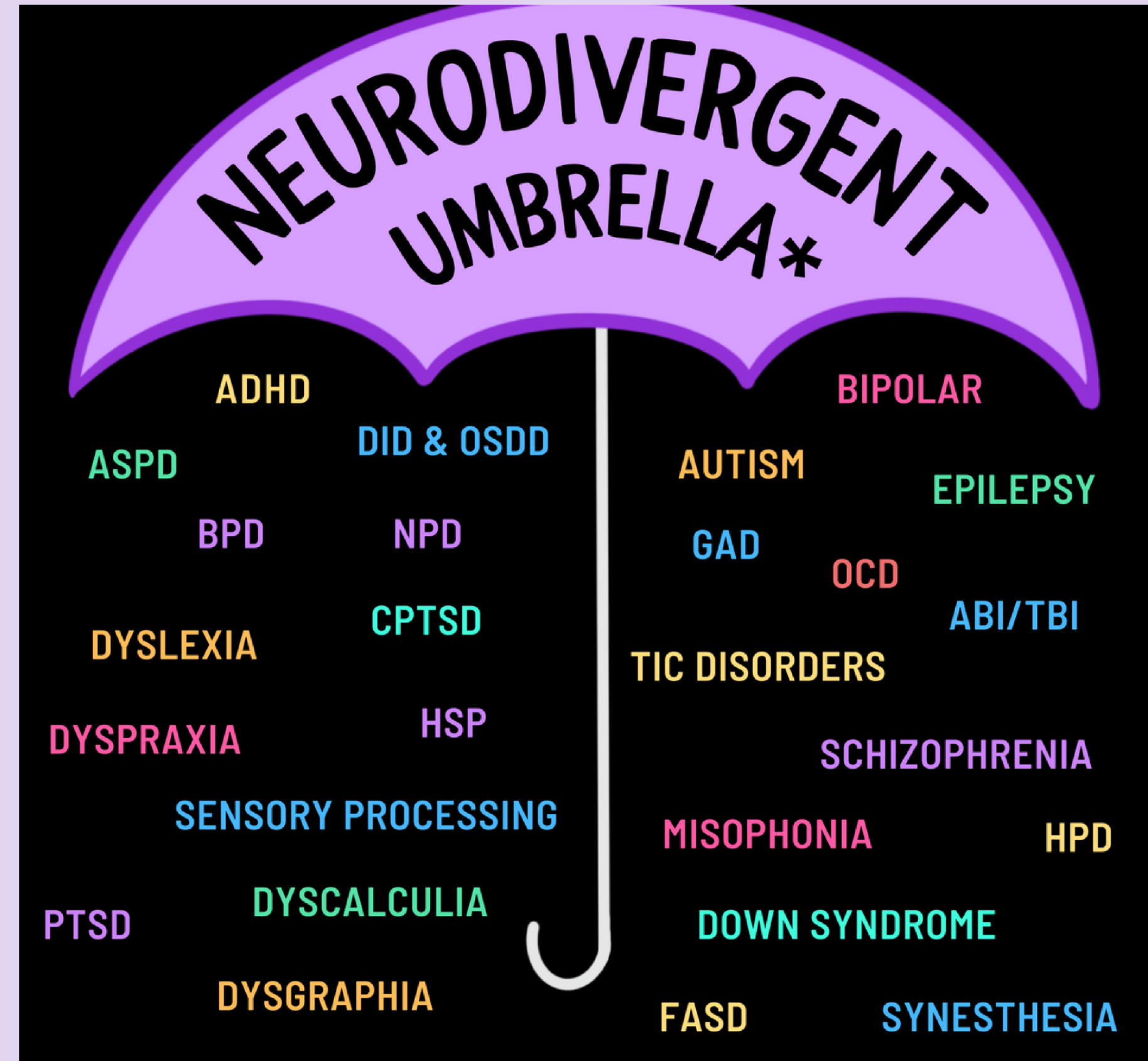
## Who am I?

- Parent/Carer
- Late-discovered Autistic + PTSD
- Educator
- Neurodivergent Advocate
- Yoga Teacher & Somatic Therapist
- Director of Neurodivergent Friends CIC

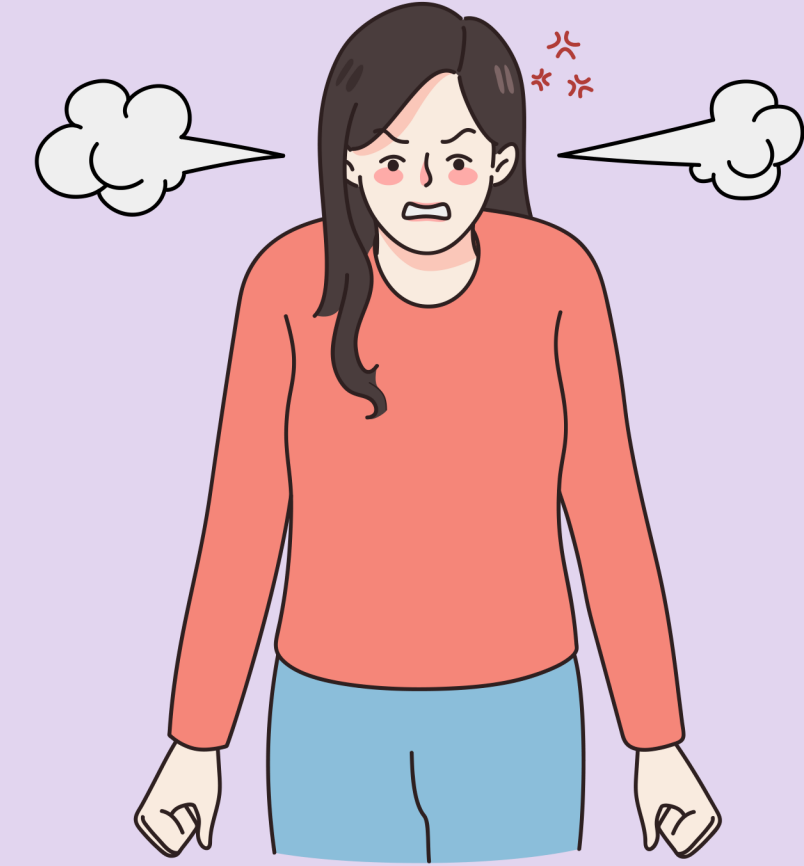


What's happening today?

- How we experience our children's difficulty with transitions
- Why transitions are so hard
- Useful ways to support all of us



@livedexperienceeducator



How do we experience our child's difficulty with transitions?





# The Autistic Experience

Why can transitions cause so much stress and anxiety?

Why are they so hard?



- Mental - processing, understanding, the 'load', need to be in control
- Emotional - intensity, Alexithymia, overwhelm (self or others)
- Physiological - sensory processing, interoception and proprioception, seeking and/or avoidant



## From the abstract, to the specific - some of my autistic challenges:

- Others' talk so overwhelming I feel it as physical pain
- Inability to filter noise, smells, lights
- Sometimes can't do something I could do easily the day before
- Constantly fiddling/twitching to help me regulate(stimming)
- Prone to emotional outbursts, seemingly out of the blue (to others)
- HATE being interrupted
- Severe anxiety when not in control
- Needing to have a definite plan
- Not being able to relax with others close to me/in the same space





# Specific Accommodations for Transitions

- Remain calm - easy to say that!
- Research
- Planning and preparation
- Visuals (photos, schedules etc)
- Routines/rhythms - consistency
- Flexibility - follow their lead
- Low- or reduced-demands
- Break down information and/or stages
- Declarative language





What are you curious to know more about?

Do you have a need for some specific  
knowledge or support right now?

What has been useful or interesting for you?



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