

## Following My Routine Independently and Safely.

After attending Children's Specialized Hospital Union site for a few months, my 4-year-old child was diagnosed with Autism and began speech therapy. Now that he is 8 years old and is still coming to Children's Specialized for therapy, I thought it would be great if he starts to be more independent while he completes his routine. One day, I allowed him to take the route to get back from the therapy office to our car parked in the parking lot of the site without guiding him or grabbing his hands as I used to do it. I observed him from a distance to see how he follows this routine independently and be aware of the surroundings. It was so amazing to find out that he could do this task safely and without my help. He knew exactly what to do. He took the elevator down from the third level to the lobby on the first level. He sanitized his hands as soon he was in the exit door as I taught him to do in the past. Then, he walked calmly, without running or skipping and went to our car without getting confused, as there were other vehicles like ours in the area. I felt so glad and realized how much he has grown, and became mature. He kept focused and paid attention to each detail related to this routine. I remember in the past this was impossible, since he was so busy, running, jumping, spinning around and was not aware at all about his safety. Therefore, I celebrated and encouraged him to keep going and learn more about safety topics, which are a huge concern for most of the parents with children with any type of disabilities, especially autism. I am so pleased with the great support provided to my child and family from Children's Specialized Hospital, the school team, and church, which has positively impacted his life and ours. Working in collaboration, together, providing the services our children with disabilities need will certainly help to develop their skills, knowledge, and behavior in the short and long term of their lives. It is a blessing to have all the resources Children's Specialized Hospital offer to all families in all communities to benefit our children with special needs.

More is yet to come!

## Resources

Creating safety plans for people with autism:

[Children's Specialized Hospital Living Safely](#)

[Autism Speaks: Creating Safety Plans](#)

