

Name

Address

To whom it may concern,

Some people with autistic spectrum disorder, learning disability, dementia or mental health conditions and their carers, are worried about the Police or other people enquiring about why they or the person they are supporting is outdoors more than once a day.

We have designed a letter which briefly explains why someone needs to be outdoors. Welsh Government Covid 19 guidance states people can go out to take exercise more than once a day if this is needed, because of a particular health condition or disability.

I have an Autistic Spectrum Disorder, Learning Disability, Dementia or Mental Health Condition, I may need to leave my home two or three times each day, as a way of maintaining my health and well-being.

- I can go out for exercise 2 or 3 times a day, if I need to.
- My carer/support helps me to keep 2 meters apart from people.
- I can go for a car ride (staying locally) for relaxation and to manage anxiety.

Welsh Guidance says, it is still absolutely vital that in order to reduce the spread of coronavirus infection, travel outside of the home should be limited, you should stay as close to your local area as possible, and remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.

More information on current up to date restrictions due to COVID-19 is available here <https://gov.wales/revised-coronavirus-rules-for-wales-unveiled>

Autism Aware Resources can be downloaded here:

Can You See Me: e-mail ASDinfo@WLGA.gov.uk to request the wristband, card and smart phone screensaver.



National Autistic Society: Autism Alert Card

<https://www.autism.org.uk/.../resou.../how-nas-can-help.aspx>