

CANDO

Center for Autism and Neurodevelopmental Disorders Eunice Kennedy Shriver Center

CANDO Resources for Transition Age Youth and Adults with ASD and Neurodevelopmental Disabilities



<http://www.groundreport.com/wp-content/uploads/2014/06/diverse-students-pose-on-outdoor-stairs.jpg>

The resources below have been selected to focus on the interests and needs of Transition Age Youth (TAY) and Adults with ASD and Neurodevelopmental Disorders. We have put together a list of resources to help with explaining COVID-19, ideas for cooking, FREE, and well-being and coping activities! Please note that it is important to consider the person's developmental level when applying these strategies.

Resources compiled by: Dr. Mary Beth Kadlec, ScD, OTR/L, CANDO Program Director and Vicky Hoyo, OT/s and Emily Idemoto, OT/s, MGH Institute of Health Professions Occupational Therapy Doctoral Students

What to Know About COVID-19



- [A Social Narrative Written By Individuals and For People with Disabilities](#)

Cooking Visual Supports



- [Accessible Chef](#): free cooking recipes to help individuals with developmental disabilities learn cooking skills
- [How to Make a Grilled Cheese](#)
- [How to Make a Strawberry Cheerio Yogurt Parfait](#)
- [How to Make Scrambled Eggs](#)

Free Activities



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- [Free Streaming of Audiobooks by Audible](#)
- [30 Days of Free Yoga at Home](#)

Coping and Well-being



- [Social Narrative for Coping with Mental Health during COVID-19](#)
- [Deep Breathing Relaxation Technique](#)
- [Imagery Relaxation Technique](#)
- [Progressive Muscle Relaxation](#)