

GETTING THINGS DONE: TIPS FOR OUR YOUNGER AUTISTIC PEERS



Trying to stay organised and getting everything done can feel overwhelming at times..

Here are some tips from Autistic/Neurodivergent members of our team on how we cope with it all.

TRACKING TIME & REMINDERS

- If you love music, set your morning routine to some of your favourite songs (and play the same song list every morning). The different songs act as time markers that signal when you should be having breakfast, getting dressed, brushing your teeth and walking out the door.
- Keep a “To Do” list on your wall and check things off as you complete them.
- Use the reminder function on your mobile to alert you to key things to remember. There are also helpful apps you can download like [Remember The Milk](#) and [Evernote](#).

GETTING STARTED

- If you are having trouble getting started on a task, try breaking it down into smaller pieces. Ask a trusted adult (teacher/parent/carer) to help you with this if you need some support.
- If you are facing a large task or assignment, be sure to schedule regular breaks for yourself, e.g. “20 minutes of study, 10 minutes of break”. If you are really struggling to engage, try flipping that equation, “10 minutes of study, 20 minutes of break”. It’s a slower pace, but there can be satisfaction in moving forward toward your goal.

GETTING ORGANISED

- Colour-code your classes (e.g. History = blue: blue folder, blue label on book, blue notebook). If you can’t find stationery items in the colours you’d like, purchase coloured paper and secure with clear contact paper.
- Have a dedicated basket or space in your room or home where you place EVERYTHING (literally everything!) when you come home from school.
- Put your things out for school the night before. That way, if you’ve misplaced something, you can hunt for it that evening rather than scrambling in the morning.

FINDING SUPPORT AND INSPIRATION

- If you find it hard to stay on top of things, you are not alone! There are many of us Autistic young people and adults - and other neurodivergent people (e.g. ADHD) - who find these things difficult, too, and have developed good coping strategies. Video series like [“How To Do The Thing”](#) by Jessica McCabe and tips from young Autistic advocates like [Siena Castellon](#), [Quincy Hanson](#), and our [I CAN team](#) can help identify some useful “life hacks”.