0:05 Routines and rituals can be helpful to a person with autism in combating the messiness and chaos

0:10 of day to day life. They may provide calming and relaxing distractions, but at times may

0:17 interfere with the person's ability to join in with day to day activities and at times

0:21 may also be distressing. Clinicians need to understand that routine

0:26 and predictability is really important, particularly when planning clinics. Making small adjustments

0:32 such that the clinic starts on time, that people turn up when they say they're going

0:37 to turn up and that there are no cancellations without much notice.

0:43 Such small adjustments to clinical practice can make a huge difference to a person with autism

0:54 Routine is so much a part of my life that

0:59 things, that in order to be done take a bit of my routine are a real problem for me.

1:09 Routines, if we're talking about OCD tendencies, routines become part of a burden but maybe

1:15 get repetition, you will also get variation. If I go to the same cafe or pub every evening

1:23 for several months, and I sit in, ideally at the same table and things. That seems like

1:30 quite a fixed routine, but to me every visit to that place is individual.

1:34 I can't remember who wrote it. But one of the textbooks on autism, people with autism lack

1:43 spontaneity and I think, yes but, in some ways it's the opposite, in some ways there's

1:50 too much spontaneity, I feel I need to check these things again, I feel I need to tense

1:57 the muscles again. Just because I've done these things millions of times before, doesn't

2:02 make the singular experience any less. The other thing is that if I go to the same

2:08 cafe every evening and have the same drink and things, its not just because I was there

2:13 the previous night, or the previous 70 nights. It's because every night that is what I want to do.

2:20 But when I go through phases of going to a cafe in the morning on the way to work. Well

2:27 the whole thing of regulars in cafes is different in the morning, because you see lots of people

2:33 the same time every day, probably having the same drink, and they don't to me, not that

2:38 I'm really paying that much attention to them, but they don't to me suggest autism. But yeah,

2:46 if someone else is at the table, the same table that I always want in a cafe in the

2:51 morning. The mature thing would to be to just sit down, sit down at the nearest table, but

2:58 that just further reminds me of how out of joint the world is at that moment.

3:04 I just get a coffee to take away and I walk to work at what feels like the wrong time

3:11 and I feel a bit sort of not right for a while.

3:21 One of things before I became aware of autism

3:23 really, that would puzzle me, and think why don't I do this when it comes so naturally

3:30 to everyone else. Basically everything I need in the day, I buy that day. It just never

3:36 occurs to me to maybe to shop in a bit more organised way, so I didn't have to go every

3:43 day. It just never occurs to me, just living in student houses when I was 19.

3:51 Why don't, why can't I imagine and prepare for tomorrow?

3:57 I remember as a child, supermarkets were just,

4:02 felt almost violent to the senses. There was one where it was to do with the scent, I don't

4:08 know whether it was some kind of cleaning agent, what it was but it was,

4:17 I felt like I was being poisoned you know? And the sounds as well, so the sound and the smell of

4:26 supermarkets have always been distressing to me. So I tend to go to, this isn't necessarily good financially,

4:35 although ethically is has its merits, I go to local, small shops and I know when they're

4:43 quiet as well. So if I need something from the supermarket, like you know, fresh coffee

4:48 and things, that is actually a bit of the routine, I know where to go for that. For

4:53 daily things, I just go to the local, small shop yeah.