

OCD & Autistic

An Autistic Dream Realms Project

If you could let people know
one thing
about caring for an
autistic person experiencing OCD
what would it be?



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Validate their emotions
and narrate your
thoughts with empathy.
Validation is a very
strong tool.

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My one recommendation:
Focus on reducing
overwhelm with dedicated
low demand time and being
mindful of sensory needs

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I've found autistic routines help my children they provide consistency & predictability and lower anxiety but ocd rituals are disabling and cause heightened anxiety.

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I hope every day that today will be the one when we can see small shoots of hope. I start each day with fresh hope but sometimes it's so hard and I grieve for the life he should have.

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Listen and validate
experiences

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Work with them
and not instead of them

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Acceptance of their authentic autistic self - sadly this feels 'radical' due to the ignorance of medical and education professionals as well as wider society.

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Investigating my own emotional dysregulation as a parent and working on it (children pick up on others' anxiety)

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The thing that seems to help them the most is for me to stay calm and level headed. No judgement. No 'oh don't be silly'. Doing what I can to make life easier for them and to give them a break from their own brain.

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Be patient

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My best advice is to leave things alone. My son is very particular about his things. He likes his things a certain way.

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People need kindness
and
friendship above all else

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Be patient, give them time and lots of love. Make them know that you understand what they are going through and how hard it is.

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You do not have to vilify the ocd. Many 'treatment' approaches suggest naming it a bully or beast to be beaten with structured ERP. This was super upsetting for my highly empathic yp. Instead, we talked of ocd as an over protective friend who has got things abit wrong, and sees danger where there isn't any. We treat ocd with compassion and kindly teach it that there's no danger, just the fear feelings. Which with support and tiny steps, we can manage to live alongside it.

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That it can be
debilitating
for the autistic
person
experiencing OCD
and their family.

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Breathe. However frustrating you may find their need to do something, it is much more frustrating for them and causes more anxiety if they can feel your frustration shining through.

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Ocd can also be
getting stuck in an
emotional loop.....it
takes time ,
patience and heart!

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Validating
childrens emotions
and
feelings plays an
essential role

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Try to talk about ocd as an over protective friend who has got things abit wrong, and sees danger where there isn't any. Treat ocd with compassion and kindly teach it that there's no danger, just the fear feelings, which with support and tiny steps, we can manage to live alongside.

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Try and keep reminders of times when you've shown OCD there was nothing to fear.

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Put “Positivity
Post-it notes up”
to read when OCD
becomes too loud
some days.

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We talk openly about the journey being bumpy. Ocd is louder on days they're poorly, tired or managing changes. It's about teaching them to look for MEANINGFUL opportunities to teach OCD

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It's about supporting your young person to identify what they'd like to do that ocd is currently preventing and then finding small manageable steps to get there.

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