

Developing Independence and Life Skills

Developing self-care skills and personal hygiene skills can be areas of difficulty for autistic individuals. This can often relate to sensory sensitivities but also difficulties with executive functioning (planning and carrying out tasks). Information and advice for developing self-care and personal hygiene skills can be found here:

- www.autism.org.uk/advice-and-guidance/topics/physical-health/keeping-healthy
- www.autismtoolbox.co.uk/personal-hygiene-and-toileting
- www.autisticgirlsnetwork.org/reasons-for-difficulty-with-personal-hygiene