

COVID Complexity

**Learning from lockdown to support
those who think differently**

We are a group of 58 organisations who do work around neurodevelopmental conditions (NDCs).

NDCs are conditions which affect the way people think and interact with the world.

We wanted to know what life is like for people with NDCs, their families and carers during COVID-19. We asked questions online in September and October 2020.

Most people said easing the first lockdown did not change very much about their lives.

The one area of lockdown easing which did improve things for many people with NDCs was the re-opening of schools.

The same changes have affected everyone differently.

Most people said there was a mix of good and bad changes.

After the pandemic, people should still be able to join in from home if they want to.

Services should let people choose how they want to get in touch.

This could be by phone, video, e-mail, text or in person.

**Rules to prevent COVID-19
should be in accessible formats.**

**They should include examples of
what to do in everyday situations.**

**Mental health services should
make sure they can support more
people with NDCs after the
pandemic.**