

I have an Autistic Spectrum Disorder,
Learning Disability, Dementia
or Mental Health Condition.

This means I may need help during lockdown.

- To go out for exercise 2 or 3 times a day, if I need to.
- My carer/support helps me to keep 2 meters apart from people.
- I can go for a car ride (staying locally) for relaxation and to manage anxiety.

