



The project SISAAP (Sport for Increasing Socialisation and Abilities of Autistic People) addresses the objective of social inclusion and equal opportunities through sport with a specific focus on Autism Spectrum Disorders (ASD).

At this time, we were supposed to be sharing our territories' (Italy, Spain and Croatia) good practices about inclusion of people with ASD in sports activities, but the COVID-19 came in to upset our lives and close everyone at home: outdoor sport is just a dream across all Europe!

Hence, we decided to share how people with Autism Spectrum Disorders and their families are coping with this new and hard situation that sum new obstacles in their daily routines.

In Seville province, Autismo Sevilla, one of the most important associations in the territory, normally offers a wide range of sport opportunities to its users, but in this new and unexpected situation joined its efforts with other local and national ASD associations to claim to the government the right for people with ASD to go out every day for a therapeutic walk, in order to reduce the psychological and emotional distress caused by the obligation to stay home.

People with ASD need stable, predictable lifestyles. Radical changes can cause negative effects on their health: higher anxiety level, stress, emotional instability challenge their wellbeing and put to the test their family members' capabilities to support them. In the most extreme cases, the situation can result in self-harming.

The Spanish government acknowledged the situation of people with ASD and the 20th March 2020 officially allowed them to get out of home for a short walk accompanied by a person and always respecting the measure to avoid possible infection.

This is the result of longstanding networking efforts among all ASD associations in Spain and of many lobbying initiatives and communication campaigns aimed to put ASD on the spotlight and to be acknowledged as a condition with very specific characteristics.

We share the news broadcasted by the Spanish National Television about the government order and how families with a person with ASD are coping with the emergency state.

<https://youtu.be/rVZVZ9HRbHo>