



# Foster Connections (From a Distance)

Individuals with autism are more susceptible to social isolation and loneliness, and this may be worsened by quarantine conditions. Positive social support is important for everyone during this period, and individuals with autism may need more explicit facilitation to ensure that social connections continue. Caregivers may need to check in to **ensure social contact** is continuing via text or direct messaging, and/or build in opportunities for daily social contact with family, friends, neighbors, teachers, or others via FaceTime, What's App, Google Hangout, Marco Polo, or other apps. Scheduling time to connect with others via online platforms to attend religious services, play chess, participate in socially engaged gaming, complete online schoolwork, or virtually volunteer are ways to safely promote social interaction and stave off isolation. Several examples provide support around using apps that can foster connectedness.

## Resources include:

[Task Analysis: Calling with FaceTime](#)

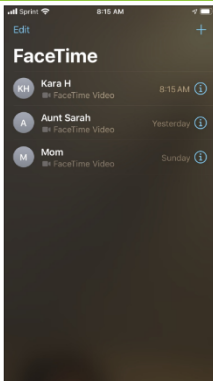
[Task Analysis: Marco Polo for Video Chats](#)

[Video Chat Apps](#)

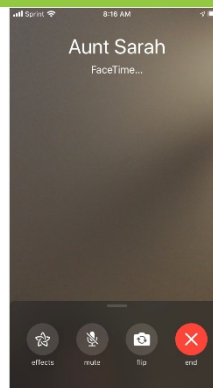
# Calling with FaceTime



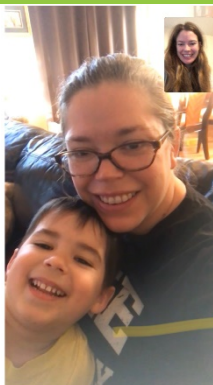
1. Select the FaceTime app.



2. Select who to call.

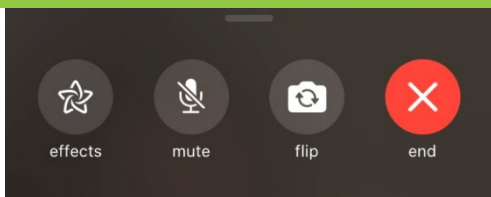


3. Wait for them to answer.



4. Talk with them. You can ask questions such as:

- What shows have you watched?
- Have you played any fun games inside?
- What books are you reading?



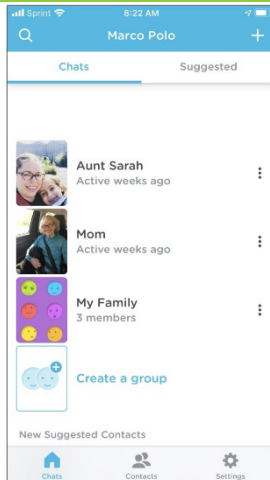
5. Say, "Bye." Then end call.

# Marco Polo for Video Chats

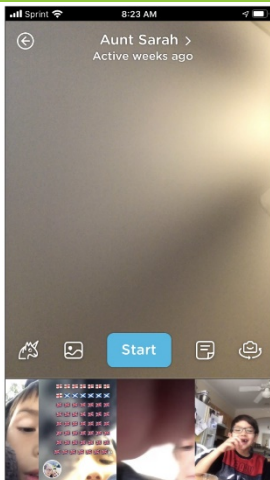


**1. Open Marco Polo App**

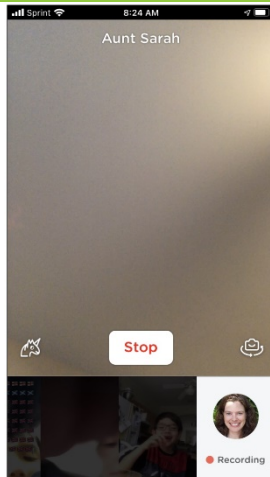
**2. Select who to send a video.**



**3. Press 'Start' and make your video.**



**4. Press 'Stop' when you are done making your video and send your video.**



# Video Chat Apps



FaceTime

Free  
(Apple)



WhatsApp

Free



Skype

Free



Marco Polo

Free



Facebook  
Messenger

Free



Zoom

Free



Google Hangouts

Free