

# Social Story

## Why I Can't Go Out Today

Supporting Customers During Change and the  
Coronavirus (COVID-19) Pandemic  
April 2020



**MULTICAP<sup>®</sup>**

HIGH NEEDS DISABILITY SUPPORT

*all ways.always*

Multicap have developed a range of Social Stories to assist staff and families in supporting customers in the event of significant changes around Coronavirus (COVID-19).

This Social Story explains social (physical) distancing and self-isolation measures to reduce the spread of COVID-19.

## **Evidence for the effective use of social stories**

Social stories are a great way of teaching those with learning difficulties (especially Autism Spectrum Disorder) new patterns and getting them ready for change.

Social Stories break down complex messages into smaller, manageable pieces using short phrases and pictures. They work by letting the reader know what to expect ahead of time and allow them to practice and work through new perspectives.

Social Stories are widely used for the education of children and for those with ASD and other disabilities and is seen as an effective way to convey information about emotions, situations and change.

## **A guide to using social stories**

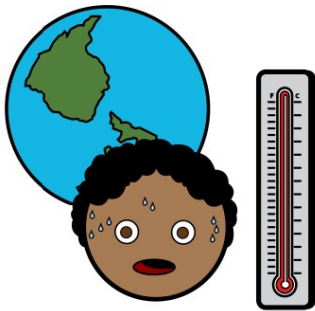
Use the comic version of the social story to convey the bulk of the important information to customers. All other prepared materials work as aids to help with customer's comprehension of the social story's message. Use these resources to help customers engage with the content of the story by:

- a) drawing their own version
- b) colouring in the black and white version
- c) listening to the "Stay Inside" song [available on the Multicap website](#)

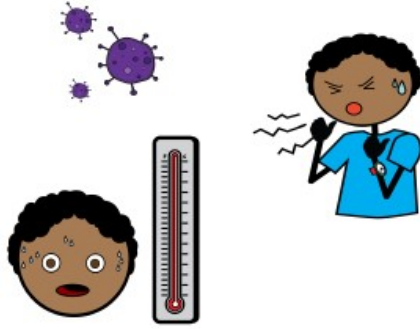
Why can't I go to \_\_\_\_\_ today?



I need to stay at home.



This is because lots of people who are outside are sick.



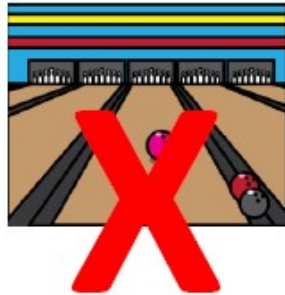
Sick people can also make us sick.



When I am sick, I feel tired and grumpy.



I will be safe and stay at home.



I CANNOT go to my favourite places, but I can once the sickness goes away.



I can stay at home and do things that I like...



We can go outside once the sickness goes away, and have fun doing our favourite things again!