

Unlock WIZARD

COVID-19

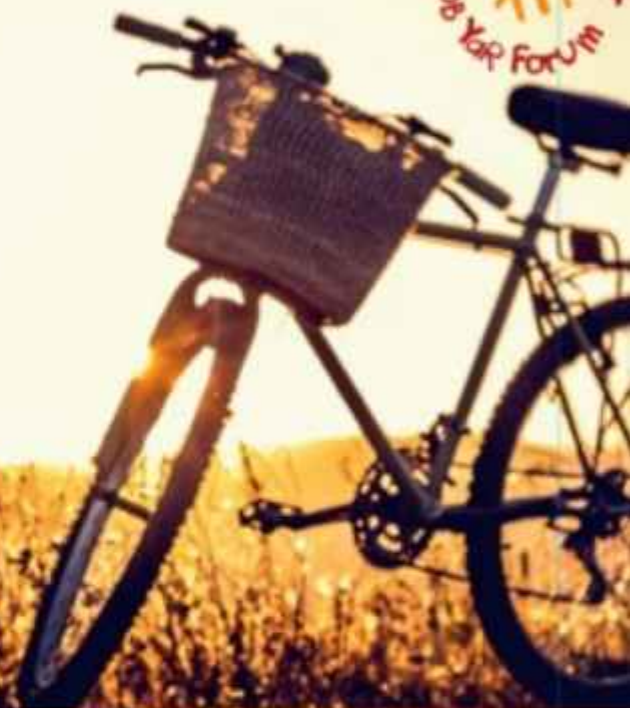
CCI
SPECIAL

AUTISM SPECTRUM DISORDER

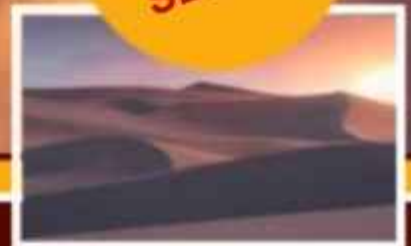
It's time we take
mental health seri-
ously

It is easier to build strong children
than to repair broken men

Frederick Douglass



#31
ENGAGE
SERIES



Don Bosco National Forum for the Young at Risk

Even in the best of situations and surrounding it is quite hard to make the difference between challenging behaviours and emotions with the normal changes and behaviours of a child. In such a situation its important for a parent and care taker to be aware about the various child related mental illness such as autism, ADHD, ODD etc so that correct measures can be taken on time.

Most of the adults who seek treatment refer back on how mental illness created distress in their life due to lack of treatment and awareness. To avoid such delays with our children its important to be aware and receptive to the vast information available through various digital medium and be willing to seek help from experts.

Autism spectrum disorder is one such mental illness which is mainly found in children and can be diagnosed at an early developmental stage. Understanding it at an early stage will help us to reach out for help before its too late.

DB YaR Forum suggests the following ways to prevent, reduce and understand about autism. In severity of the issue, please don't hesitate to reach out for professional help.

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What is Autism ?

Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

It is a spectrum condition, which means that, while all people with autism share certain difficulties, their condition will affect them in different ways.



WHAT IS



A stick figure with a shocked expression (wide eyes, open mouth) and a speech bubble containing a dense block of random characters, representing a lack of understanding or a 'garbled' message.

A simple line drawing of two stick figures. The figure on the left is standing and playing a violin, with musical notes floating above it. The figure on the right is sitting on a stool at a desk, using a computer with a monitor and keyboard.

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Autism Spectrum Disorder



LEVEL 1

High Functioning Autism

Requiring support;
Difficulty initiating social interactions;
Inflexibility of behavior;
Difficulty switching activities; Problems with organization.

LEVEL 2

Autism

Requiring substantial support; Marked deficits with social interactions;
Inflexibility of behavior;
Difficulty or distress coping with change; Repetitive behaviors.

LEVEL 3

Severe Autism

Requiring very substantial support; Severe deficits with social interactions & communication;
Inflexibility of behavior;
Extreme difficulty or distress coping with change; Repetitive behaviors interfere with functioning.

Three Functional Levels of Autism

written from an autistic perspective



Level 1

Requiring Support

I need help navigating a non-autistic world.

Average traits

People may see me as awkward, not disabled.

I can befriend or date non-disabled people, but it's hard and I'm often lonely.

I can handle change, but I prefer routine.

My fidgeting is seen as quirky or "annoying."

People may think my developmental delays are signs of laziness or insecurity.

Please know that

Social interactions are challenging. Please be understanding and offer help.

I struggle more than I let on.

Meeting others' expectations is exhausting. Please be patient.

I deserve respect and support.

Level 2

Requiring Substantial Support

I need help handling everyday challenges.

Average traits

People can usually tell that I have a disability.

My social life is very limited or nonexistent.

Coping with change is very challenging.

My repetitive behaviors are noticeably unusual.

I have significant developmental delays and will meet milestones late.

Please know that

I may seem inattentive, but I hear and understand you.

Routines and repetitive behavior help me feel safe.

I need a lot of help coping with stress.

I deserve respect and support.

Level 3

Requiring Very Substantial Support

I often need one-on-one support.

Average traits

My disability is very obvious.

I usually only communicate to express needs or answer questions.

Change and transitions can be unbearably difficult.

My intense repetitive behavior is calming and important to me.

I have large developmental delays and may not meet every milestone.

Please know that

I may seem unresponsive, but I hear and understand you.

Routines and repetitive behaviors help me feel safe.

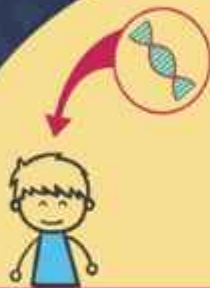
I need help with communication skills.

I deserve respect and support.

These levels aren't clear-cut or permanent. Someone's skills may change. Stress, environment, and support will impact someone's ability to function.

Do you know what causes Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD) involves hindrances in the development of a child's basic skills like the ability to socialize and form relationships with others, the ability to acquire language appropriate to one's age level, etc. ASD characterizes a range of developmental disabilities, of which Autism is one. The word *spectrum* takes its origin from the fact that these developmental disorders affect each child differently. Here are some causes of ASD:



Hereditary factors

Hereditary factors include patterns of genes related to ASD or genetic mutations in many families. Research stipulates that genetic factors predominate and scientists are yet to find the exact gene which contributes to this vulnerability.

Environmental factors

Under certain conditions, a group of unsteady genes may interfere with the brain's ability to develop. Viral infections, exposure to chemicals, metabolic imbalances, etc. can be a catalyst in such situations.



Genetic Vulnerability

Few hazardous substances ingested during pregnancy could be associated with a higher risk of ASD. Individuals with medical conditions like phenylketonuria, tuberous sclerosis, etc. are often at risks of having symptoms of ASD.



Unknown factors

While some theories suggest that vaccinations can be a cause, these theories continue to remain unconfirmed and unproven.

People with ASD display a wide spectrum of behaviors, ranging from mild to severe in intensity. If symptoms of ASD are present in your child, it is highly advisable and helpful for your child to undergo a comprehensive medical assessment to determine his/her eligibility for this diagnosis which will then guide the treatment process.

How is ASD treated?



There is no cure for ASD, but individuals diagnosed can cope and thrive with the right resources



Medications can be used to manage symptoms, but no drug specifically targets the disorder



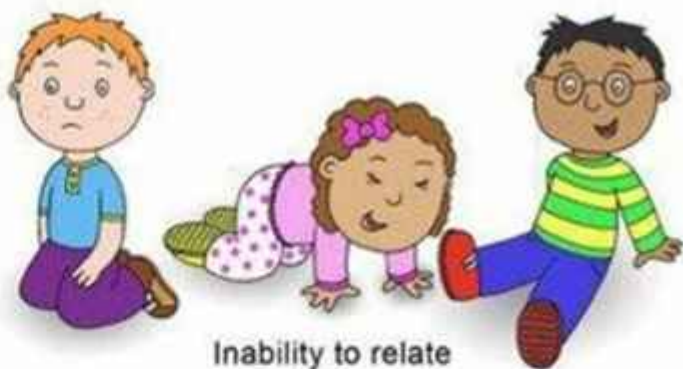
Early recognition and therapy can reduce symptoms and support development and learning.

The signs of Autism..

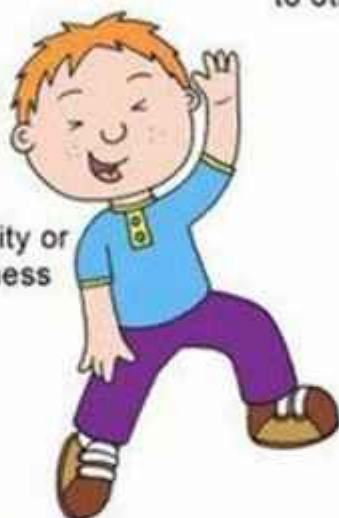
Inappropriate
playing
with toys



Inability to relate
to others



Hyperactivity or
Passiveness



Inappropriate
laughing
or crying



Oversensitive or
undersensitive to sound



Strange attachment
to objects



Poor speech
or lack of
speech



Difficulty dealing with
changes to routine



Lack of
awareness
of danger



AUTISM PUZZLES

Registered Charity No: 1148010
Support when you need it the most.
www.autismpuzzles.co.uk
Tel: 07971 045128



5 Top Tips

on how not to approach someone with autism

1



Communication

Don't use sarcasm, hand gestures and facial expression as a way of communicating. As this can lead to problems in understanding what has been said and increase anxiety levels.

2



Questions

When talking try not to ask too many questions and try and pick out the most important questions. Try and make sure you are not asking open ended questions. As this reduces the communication needed which makes the situation easier for the person to deal with.

3



Eye contact

Do not put pressure on the person that you are talking with to make eye contact and be careful about the amount of eye contact you give them. As this can make people extremely uncomfortable and make communication harder.

4



Environment

Where possible don't arrange to meet someone in a busy noisy environment. Try to also meet somewhere familiar to the person as this will then aid their communication.

5



Attention

Don't draw attention to the individual and their support needs and don't tell other people about without having permission from the individual as this can lead to unwanted attention for them.



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**SKILLS &
TRAINING**

FEW TIPS FOR PARENTS WITH AUSTIC CHILD

- 1. Get the child's attention before you give out instructions.**

Call their name before you give an instruction. For example 'Freddy it's time to go for lunch.'

- 2. Use clear and consistent language.**

Use visual clues or symbols along with words as this will make your instructions easier to follow. Autistic people are often visual learners.

- 3. Give the child time to process the info.**

Try using the 10 second rule. Count to ten after giving an instruction. If you have to repeat the instruction after the ten seconds, remember to use clear language.

- 4. Make sure that you say what you mean.**

Avoid metaphors, sarcasm and idioms.

- 5. Include pictures and model activities.**

Autistic people learn better when they see things. Visual supports are very helpful in preparing for changes and explaining information.

- 6. Teach a new topic in as many situations as possible.**

The child may find it difficult to 'generalise' a new skill or apply a skill in a new way in different contexts.

- 7. Keep things calm and simple.**

Your behaviour will affect the child's mood and behaviour.

- 8. Have consistent rules and routines. It's important your child understands what you expect.**

Rules need to be explained explicitly using visual supports.

- 9. Expected behaviour is modelled by the adults.**

Adults not working by the rules that they set for others, damages trust and rapport with the pupils.

- 10. Understand that behaviour is a form of communication.**

Ask yourself did we allow the child to communicate productively?

- 11. Use a 'place of peace.'**

Having a 'place of peace' can help a child to recover after a stressful experience.

- 12. Like any child / young person, a pupil with autism is completely unique. Get to know them!**

Little Hands Learning

Autism:

THE STRENGTHS

Understanding, embracing and celebrating different ways of thinking is important for every organisation and team. Here are some positive attributes which can be associated with autism.



Attention to detail

- Thoroughness
- Accuracy



Deep focus

- Concentration
- Freedom from distraction



Observational skills

- Listen, look, learn approach
- Fact finding



Absorb and retain facts

- Excellent long term memory
- Superior recall



Visual skills

- Visual learning and recall
- Detail-focused



Expertise

- In-depth knowledge
- High level of skills



Methodical approach

- Analytical
- Spotting patterns, repetition



Novel approaches

- Unique thought processes
- Innovative solutions



Creativity

- Distinctive imagination
- Expression of ideas



Tenacity and resilience

- Determination
- Challenge opinions



Accepting of difference

- Less likely to judge others
- May question norms



Integrity

- Honesty, loyalty
- Commitment

Remember: Every experience of autism is unique. No one person will identify with every feature of autism. We all have individual skills, attributes and characteristics that are as unique as our personalities - this is the power of neurodiversity.



[CLICK TO WATCH](#)

**Autism - causes,
symptoms, diagnosis,
treatment, pathology**



[CLICK TO WATCH](#)

**Understanding
Autism**



[CLICK TO WATCH](#)

**Autism Causes, Signs and
Symptoms, Diagnosis and
Treatment**



KEY WORDS TO SEARCH

1. What is Autism?
2. What are the different types of autism disorders?
3. Strategies to work with autistic children?
4. Can autistic child lead successful life?
5. How can a psychologist/therapist help in dealing with autism?

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



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