

# AUTISM

---

What every Parents Need to  
Know

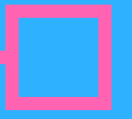
---



*Dr.P.SUMITHA HEMAVATHY*

*Medical Director-CAPAAR*





## What is Autism

Autism is a general term used to describe a group of complex neuro-developmental disorders also known as Pervasive Developmental Disorders (PDD) or Autism Spectrum Disorders (ASD). These disorders are characterized, in varying degrees, by challenges related to:

- Communication
- Social Interaction
- Restrictive or repetitive behaviors and interests
- People with autism may also experience other difficulties including medical issues, differences in coordination and muscle tone, sleep disturbances, altered eating habits, anxiety or disordered sensory perceptions.



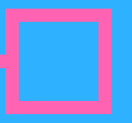
# Causes of Autism





## What's Different About People with Autism?

- Things that may make a person with autism different can also be seen as exceptional abilities. It is important to think of him or her as intelligent, even if language or behavioral difficulties do not reveal this in the way you expect. Characteristics of someone with autism can be seen as both challenges and strengths. For example, a child who seems inflexible or rigid may also be the one who is the best at following the rules of your program. People with autism may display some or all of these characteristics:
  - Difficulty understanding language, gestures and/or social cues
  - Limited or no speech
  - When there is speech, it can be repetitive or relate primarily to one particular topic
  - Limited or no eye contact
  - Difficulty participating in back-and-forth conversations or interactions
  - Social awkwardness
  - Intense interest in unusual topics or objects



## **What's Different About People with Autism?**

- Repetitive behaviors, such as pacing or lining things up, spinning, hand flapping or rocking
- Sensitivity to light, sound, smell, taste or touch
- Abnormal fears and/or lack of appropriate fear for real dangers
- Difficulty managing transitions, changes in routine, stress and frustration
- Strong visual skills
- Good rote learning and long-term memory skills (math facts, sports statistics, etc.)
- Adherence to the rules
- Honesty
- Intense concentration or focus, especially on a favorite activity
- Ability to understand and retain concrete concepts and patterns
- Strong interest and/or ability in mathematics, technology, music and art

# Tips for Communication with People with Autism









# Tips to Support Children with AUTISM



## Tips to Support Children with Autism in Youth Programs:

### Be Welcoming and Supportive

- Meet the child where he is and learn from him.
- Respect him as an individual.
- Do not talk about him in his presence as if he isn't there.
- Set clear expectations and boundaries.
- Be consistent.
- Develop and implement structure.
- Practice and provide repetition to help with understanding and to build skills.
- Expect growth. Keep your standards high.





## **Tips to Support Children with Autism in Youth Programs:**

### **Develop Strategies to Compensate for Challenges**

- Offer preferred seating or placement and allow for additional response time.
- Provide organizational supports like written schedules, lists, visual cues, and specific verbal directions.
- Be aware of a child's sensory needs. Avoid or prepare for triggers like fire alarms.
- Give breaks for self-regulation.
- With small steps and supports, allow the participant to exhibit success.
- Reward what you want to see with positive reinforcement

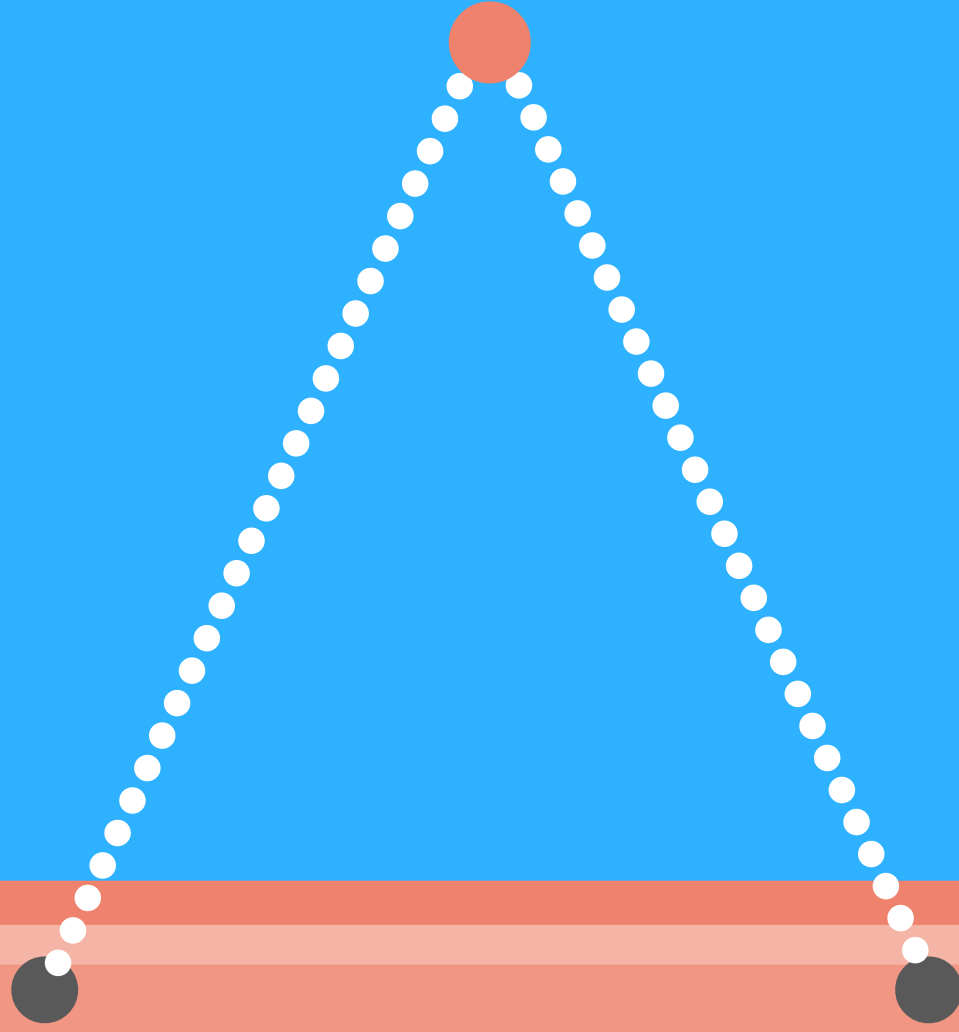


## Tips to Support Children with Autism in Youth Programs:

### Educate and Communicate

- Educate other youth participants about autism.
  - Promote acceptance and understanding among peers and staff.
  - Support social development with role-playing, modeling, and rewards. Make sure to include typical peers.
  - Communicate with family members and caregivers.
  - Ask questions and share what works. Problems solve what isn't working.
  - Always keep learning and be creative.





**<http://capaar4autism.com>**

