

## **INFORMATION ABOUT SPECTRUM AUTISM DISORDER (ASD):**

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### **1. What is Autism?**

A developmental condition, present from early childhood, characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

### **2. What is Autism Spectrum Disorder?**

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviours.

### **3. What Are the Symptoms of Autism?**

Autism spectrum disorders (ASD) are characterized by social-interaction difficulties, communication challenges and a tendency to engage in repetitive behaviours. However, symptoms and their severity vary widely across these three core areas. Taken together, they may result in relatively mild challenges for someone on the high functioning end of the autism spectrum. For others, symptoms may be more severe, as when repetitive behaviours and lack of spoken language interfere with everyday life.

### **4. Treatment & Counselling:**

Treatment for autism is usually undertaken in a very intensive, comprehensive manner that involves the child's entire family and a team of professionals.

People involved are professional specialists and trained therapists or even may include training parents to serve as a therapist for the child under supervision of a professionals. Some programs are delivered in a specialized centre, classroom or preschool. It is not unusual for a family to choose to combine more than one treatment method. The parents of autistic children are trained on how to work and address needs of autism spectrum disorder children.

Though there's no 'cure' for autism spectrum disorder (ASD). However, a range of specialist educational and behavioural programmes can help children with ASD.

Using a multi-disciplinary approach is the most effective way of treating autism. Combining medical and non-medical treatments can yield greater results than on their own. Whereas medical interventions focus on improving the physical health of the individual, non-medical interventions focus on improving their social and emotional health.

The child with autism needs access to individualized education coupled with structured treatment which addresses autism characteristics and adaptive communication. The following therapies are applied:

- Many children with autism have sensory issues which are best handled through **Sensory integration therapy.**
- Due to their communication difficulties they also benefit from **Speech and language training.**
- For behavioural training **Applied Behavioural Analysis (ABA)** is found useful.

*\*Different treatment methods for autism are described briefly in this section. The descriptions are meant to provide general information. Once the options are narrowed down to few choices, an appropriate therapy for the child could be chosen, it would be a better idea to explore more comprehensive information before making a commitment to one. For many children, autism is complicated by medical conditions, biological issues and symptoms that are not exclusive to autism*

## References

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