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Quality of Life FOUNDATION



A parent's dream

- My son..
- He will play with me.
- He will pillow-fight me
- He will be the class-monitor
- He will be in the school football team
- He will have girlfriends
- I have started to save for his college
- He will have the opportunities I did not have..

A parent's dream... a parent in shock!

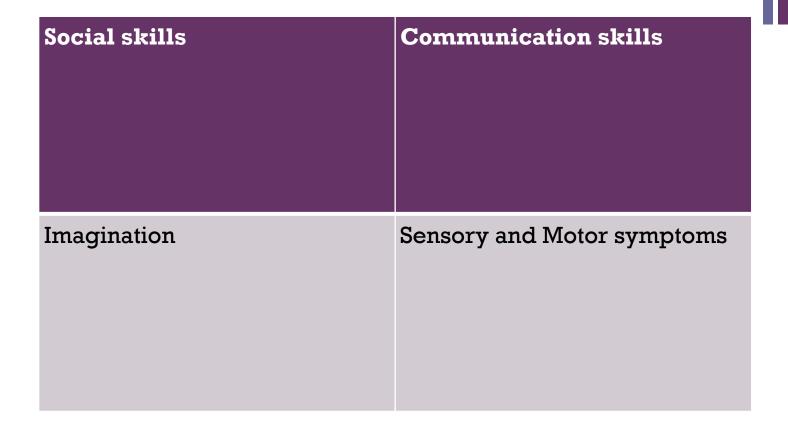
- He does not make eye contact with me
- He does not smile at me
- He does not cuddle up to me or show any affection
- He does not play with me.
- He does not come to me if he is hurt or show any concern to me if I am hurt
- He does not like being touched and screeches if I do
- He flaps his hands.. and slaps himself
- He does not like loud sounds and looks at things from the corner of his eyes
- He does not like new things
- He likes train time-table (not girls)
- He cannot tell me what he needs nor is able to understand me

My son has Autism!

What is Autism?

- Autistic Spectrum Disorders (ASD)
- First described by Leo Kanner from John Hopkins University.
 Around the same time Hans Asperger from Germany described Asperger's syndrome which is now included in ASD
- It is derived from the Greek word 'Autos' which means 'self' to reflect the complete withdrawal from social world and focus on self in people with ASD.
- It is neurodevelopmental disorder
- It is 4 times more common in boys compared to girls
- 2014 data from USA says lin 68 has ASD. No data from India

What are the symptoms





Symptoms of Autism Social skill deficits

- Poor eye contact
- Do not show overt response to affection (no difference between family or stranger)
- Like to be on their own
- Unable to share or have joint attention

- Smiling back at someone who is smiling at them
- Vocalizing back when someone is talking to them
- Following another persons' shift in gaze
- Coming to get a parent to show a new Lego construction or new scribble
- Showing concern



Symptoms of Autism Communication skill deficits

- Appear to not want to communicate
- Are not able to understand the facial expressions and gestures.
 (something which people with say deafness may do)
- Are not able to learn the communication skills which help young children learn language
- Delayed echolalia
- Repeating phrases from favourite videos



Symptoms of Autism restrictive, lack of imagination, deviant behaviour

- Cannot have 'make-believe'
- Limited and repetitive play
- Narrow range of interests
- Lining up objects, greater interest in parts of toys rather than toys themselves
- Don't like bathing time
- Difficulty in understanding abstract concepts/ proverbs (literal meaning)
- Inflexible, 'sameness' do not like change in routine
- Focuses on small detail



Symptoms of Autism sensory and motor symptoms

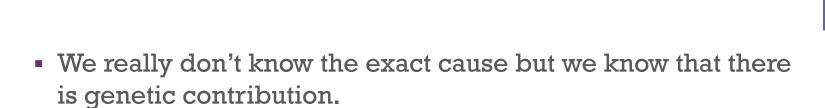
- Do not want to be touched
- Upset by loud noises
- Self stimulation by running, spinning, flapping, tip-toe
 walking climbing/bouncing or crawling into cramped places
- Stare at objects from unusual angles, look from corner of eyes
- May not like certain types of clothes (textures) or smells.
 Some may have preference for spicy or foods with strong taste. Are usually picky eaters.

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Asperger's syndrome

- It is part of the Autistic spectrum disorder
- Have average or above average IQ
- There is usually no language delay
- Other symptoms:
 - Problems with social skills
 - Eccentric or repetitive behaviours
 - Unusual preoccupations or rituals
 - Communication difficulties
 - Limited range of interests
 - Co-ordination problems
 - Skilled or talented





Implications of Mirror neurons

What help is available

- Signs in 1st year
 - Not to turn to mother's voice
 - Not responding to his own name
 - Not to look people in the eye
 - Have no babbling or pointing by 1st year
- Signs in 2nd year
 - No single words by 16 months
 - No pretend games or 'make-believe' by 18 months
 - No 2-word phrases by age 2

Some children may even have seizures

Screening by pediatrician -- > refer to specially trained people such as psychiatrists/ psychologists

- Early diagnosis
- Helping the parents cope and care-give
- Helping the affected learn to communicate and understand
- Management of symptoms and behavioural disturbance

<u>video</u>





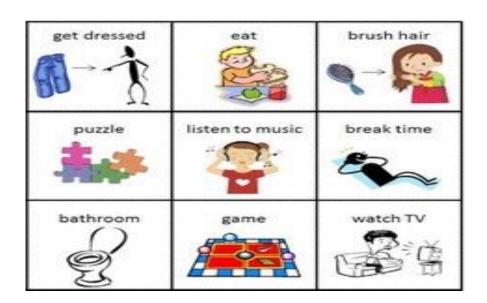
- Special schools
- Resource material
- Coaching in parenting skills
- Support groups

- Early diagnosis
- Helping the parents cope and care-give
- Helping the affected learn to communicate and understand
- Management of symptoms and behavioural disturbance

Helping the child...

It is hard being the parent of an Autistic child. It is even harder being the autistic child!!

- Structured study place
- Visual aids
- Clear messages



- Early diagnosis
- Helping the parents cope and care-give
- Helping the affected learn to communicate and understand
- Management of symptoms and behavioural disturbance



Understand
U can't spank away Autism!
Applied behaviour analysis



- Early diagnosis
- Helping the parents cope and care-give
- Helping the affected learn to communicate and understand
- Management of symptoms and behavioural disturbance

Thank you!

Antarman

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