

Therapies to Deal with Autism Spectrum Disorder



Autism Spectrum Disorder is a developmental disorder related to the neurological system that affects the way people interact with each other. Other attributes which can mark the occurrence of Autism are repetitive patterns of behavior. While the actual cause of Autism can be genetical or hereditary, some environmental factors can also be responsible for this developmental disorder in people. Autism is categorized under the division of Spectrum Disorders that can be characterized by a variety of symptoms like difficulty in social interaction, display of hyper-activity to a certain input, non-speaking, and many others. While the disorder is linked to a neurological disorder, the solution to deal with Autism lies in Therapy.

Here, we are going to list various therapies that can be used to manage Autism Spectrum Disorder. Along with that, we will come up with all the details that people need to know regarding Autism. So, read this blog post till the end to get more details regarding Autism.

What are the common causes of Autism Spectrum Disorder?

The exact cause or cause that can be responsible for Autism in an individual still remains unknown. However, the occurrence of Autism is linked to genetics and various other environmental factors. While Autism can be detected during the age of 2 in a child, various factors can be there due to which Autism can be a concern. The following are some of them:

- Any child whose other siblings have been diagnosed with Autism might have a likelihood of developing Autism.
- Autism can be a risk factor in the case of older parents.
- Any child having a very low weight might develop the condition of Autism.
- Genetics is largely held responsible for causing Autism in any child. Other Genetic conditions include Down Syndrome or the Fragile X Syndrome.

Diagnosis of Autism Spectrum Disorder

The disorder of Autism in a child is diagnosed during the age of 2 and is characterized by the difference in the children's behavior or repetitive pattern of behavior. However, further diagnosis is required as no exact symptoms are there, which can lead to the conclusion that the child has Autism Disorder.

Further screening process of Autism involves checking out for various developmental delays at the age of 9-18 months. While these developmental delays can also be conclusive for various other disorders, the specific screening process for Autism is performed when the child is between 18-24 months.

The screening process for Autism Spectrum Disorder comprises the following processes:

- Neurological examination of the child.
- Assessment of the child's Language and Cognitive Abilities.
- Observation of child behavior in various situations.
- Assessment of the child's daily activities like age-appropriate skills, eating behavior, dressing, toileting, hearing, and many other activities.

While the above screenings are for [Autism Spectrum Disorder](#) in children between 2-3 years of age, a totally different screening process can be used to diagnose Autism in adolescents and older children. In that case, the following factors are analyzed:

- Social interaction and communication abilities of the child.
- Detection of repetitive behavior or restricted interest.

Autism Spectrum Disorder Treatment

Therapy is the only best way to deal with the issue of Autism in an individual. However, with the help of medication, some specific symptoms can be reduced, like Hyperactivity, Repetitive Behavior, Irritability, Anxiety, and Attention Problems.

Autism Spectrum Therapy can be effective in reducing the symptoms and helping the children communicate well with others. Chances of success will totally depend on how the therapy is given the response of the individual. Age can also be a determining factor as the earlier the child gets assistance, the more likely the chances to communicate or express themselves well.

Some of the Therapies which can be used to help with Autism are discussed below.

Various Therapies to Manage Autism Spectrum Disorder

Based on the condition of a child, different types of therapy are recommended for the Autism Spectrum Disorder Treatment. The major intent behind giving any Autism Spectrum therapy are:

- Reduce the symptoms of Autism and help the individual to develop various skills like social, communication, and language. Through this, children will be able to express themselves better and communicate with their loved ones.
- Help the child learn life skills with the intent of having an independent life.

Major Therapies to help anyone with Autism are:

Applied Behaviour Analysis

The Applied Behaviour Analysis or ABA is a psychological intervention in which the major focus is to improve their social skills and develop social and emotional skills. The ABA involves positive reinforcements and is based on the principles of learning theory. The Applied Behaviour Analysis helps children in the following ways:

- Improve or develop learning or communication skills in them.
- Reduce their social problems and help them to rectify their other skills like attention, memory, social skills, and even academics.

To understand this Applied Behaviour Analysis more simply, we can use the A-B-C approach, which stands for Antecedent, Behaviour, and Consequences.

- Antecedent refers to the particular stimulus/trigger, which can be verbal, command, or request, due to which a particular target behavior is observed.

- Behavior is simply the person's response in the form of action, verbal or any other form of communication, or even no response at all.
- Consequences can be the aftermath of the person's behavior given by the practitioner. While the correct behavior can be positive reinforcement, no response is given in case of wrong behavior.

Occupational Therapy

Occupational therapy largely focuses on the daily activities of the person and their use of daily objects. Common activities like brushing teeth, tying shoelaces, buttoning a shirt or any other depending on the child's condition. Completing all these goals can lead to improved social behavior, interaction, and performance. On occupational therapy, the therapist observes the following activities:

- Learning skills of the child and transition/adaptation to new behavior and activities.
- The child's attention period and other motor skills like posture, balance, and other physical attributes like stamina.
- Response to various Stimuli.

The major goal of occupational therapy is to make the child independent by teaching them various skills like grooming and many others. Other basic skills like visual, reading, and writing can be developed through occupational therapy. All these factors can contribute to the improved socialization of the children.

Speech Therapy

The reason behind giving speech therapy is the fact that around one-third of the children with Autism face trouble in developing their speaking skills. Symptoms related to speaking skills are:

- Unable to talk or create harshly sounds.
- Babbling or speaking in a different way.
- Can speak properly but does not have the right tone.

Thus, any child with [Speech Therapy Autism](#) can be helped which they can overcome various communication challenges and have a chance to improve their academics.

Making it Short and Simple

Autism is a serious concern that, if not treated properly, can affect individuals their whole lives. While it is related to genetics and many other environmental factors, no cure is there to eliminate Autism in an individual. As it is largely related to neurological development, therapy is the right option to deal with Autism. Various therapies to help with Autism are Applied Behaviour Analysis (ABA), Occupational Therapy, Speech Therapy, Play Therapy, and many others.

Anyone who has someone in their family with this disorder can connect with [Reflect Within](#), where we can find the right therapist who, based on your condition, can provide you with the right therapy and help to reduce the symptoms of autism and improve your Social and communication skills.