



Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscares/autismandaspergerssyndrome.aspx>
- ❖ <http://www.nas.org.uk/>
- ❖ https://www.nlm.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml?utm_source=rss_readersutm_medium=rssutm_campaign=rss_full
- ❖ <http://www.webmd.com/brain/autism/autism-spectrum-disorders#1>
- ❖ <https://www.cdc.gov/ncbddd/autism/index.html>
- ❖ <https://medlineplus.gov/autismspectrumdisorder.html>
- ❖ <https://www.autismspeaks.org/what-autism>



LUMOS
PSYCHIATRIC SERVICES

6001 Vineland Road Suite 109, Orlando FL 32819
Phone: (407) 930-6684 / Fax: (949) 404-8433

Lumos Psychiatric Services



Educational Booklet: Autism Spectrum Disorder

Autism spectrum disorder is a condition that affects social interaction, communication, interests, and behavior. In children with autism spectrum disorder, symptoms are present before age three, although sometimes diagnosis can be made after age three. There is no cure for autism spectrum disorder, but speech, language and occupational therapy, with educational support, plus a number of other interventions are available to help children and their parents.

Signs and symptoms:

People with autism spectrum disorder often have problems with social, emotional, and communication skills. They may repeat certain behaviors or may not want changes in their daily activities. Many people with autism spectrum disorder also have different ways to learn, pay attention, or react to things. Some of the signs begin during early childhood and usually last a lifetime.



Children or adults with autism spectrum disorder may have the following characteristics:

- ❖ Do not point objects to show your interest (for example, do not point to a flying plane).
- ❖ Do not look at objects when someone else points them out.
- ❖ Having difficulty relating to others or not expressing any interest in others.
- ❖ Avoid eye contact and want to be alone.
- ❖ Having difficulty understanding other people's feelings and talking about their own feelings.
- ❖ Prefer that they don't hug them or hug other people only when they want to.
- ❖ Seem to be unaware when other people talk to them but respond to other sounds.
- ❖ Be very interested in people but not know how to talk, play or relate to them.
- ❖ Repeat or imitate words or phrases that are told to you, or repeat words or phrases instead of normal language.
- ❖ Having difficulty expressing your needs with usual words or movements.
- ❖ Do not play simulation games (for example, do not play "feed" a doll).
- ❖ Repeat actions over and over again.
- ❖ Having difficulty adjusting when there is a change in routine.
- ❖ Have unusual reactions to the smell, taste, appearance, touch or sound of things.
- ❖ Losing the skills they used to have (for example, stopping saying words they used before).

Diagnosis:

Diagnosis of autism spectrum disorder can be difficult to make because there are no medical tests, such as a blood test, to diagnose them. To arrive at a diagnosis, doctors observe the child's behavior and development.

Treatment:

Currently, there is no cure for autism spectrum disorder. However, research shows that early intervention treatment services can improve the development of these children. Early intervention services help children from birth to age 3 learn important skills. These services may include therapy to help the child talk, walk, and interact with others. Therefore, it's important to talk to your child's doctor as soon as possible if you think your child has an autism spectrum disorder or other developmental problem.

Even if your child hasn't been diagnosed with an autism spectrum disorder, he may be eligible for early intervention treatment services. The Individuals with Disabilities Education Act (IDEA) states that children under 3 years of age who are at risk of developmental delays may be eligible for services. These services are provided through an early intervention system in your state. Through that system, you can request an evaluation.

What causes autism spectrum disorder?

The exact cause of autism spectrum disorder is unknown, but several genetic and environmental factors are thought to be involved. Multiple studies have found no direct cause for Autism from vaccines.

Autism in Adults:

Some people with autism spectrum disorder had characteristics of childhood status but enter adulthood without being diagnosed. However, getting a diagnosis in adulthood can often help a person and their families understand the disease, and figure out what kind of counseling and support they need.

For questions or concerns, discuss it with your doctor.