



Autism Awareness April 2015



Dr Ravindra Agrawal

M.R.C.Psych

Dept. of Psychiatry
Manipal Hospital, Goa



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..

But..



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 1 in 68 has ASD. No data from India

+ What are the symptoms

Social skills	Communication skills
Imagination	Sensory and Motor 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.

+ 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

+ What causes Autism

- We really don't know the exact cause but we know that there is genetic contribution.
- 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

video



- 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

Centre for Psychosocial wellbeing

<http://antarman.goadoctor.co.in>



“Antarman”

401-B

Sunteck Kanaka
Towers

Patto Plaza, Panaji

Ph: 7028784807

+

Quality of Life
FOUNDATION