



TREATMENT OPTIONS

ABA – Applied Behavioral Analysis -

Patients should have a program that is individually designed and managed by a BCBA for 20-40 hours per week. Priority over other therapies

- Simply means that they will be trying different forms of therapy and make sure it is meeting shared goals. If not, try other methods.
- Start by creating shared goals:
 - Program to improve engagement- child trying to get you to interact with him/her. 6-month-old babies laugh to get you to engage with them.
 - Relationship skills--difficulty attending to, understanding and using nonverbal and verbal social cues such as – eye contact, facial expression, gestures.
 - Learn interactive play and leisure activity instead of side-by-side play.
 - Understanding “unwritten” social rules of the environment
 - Understanding the perspective of others
 - Learning how to enter, sustain and exit interactions
 - Learn skills for negotiation, compromise and conflict resolution
 - Pragmatic language skills – needed for reading and writing skills and adult conversation

Recommended types of ABA use natural developmental milestones to teach children how to “read the room” and learn skills to generalize into a broader environment. Examples of these include

- Early Start Denver Model
- Pivotal Response Therapy
- JASPER
- NDBI – Natural Developmental Behavioral Intervention (which is more of an umbrella term for the above therapy types)

- Ask for more specifics. If the answers are DTT (Discrete Trial Training) - that is a vague description of ABA and may not be the type that teaches social emotional cues as a core foundation.
- Ask lots of questions. Feel comfortable and tour a few places.

Other non-ABA therapy options: Other ways to teach social skills - Parents can play charades and watch movies and label emotions in self and characters in movies. These are other ways for families to work on teaching a child to "read the room"

Website: <http://www.autismtherapies.com/>

RDI (Relationship Developmental Intervention)

- Another method of teaching the social communications skills
- Not covered by insurance.
- Parents can learn for themselves, get a consultant, and request potential coverage with insurance.

Social Therapy:

- <http://thegraycenter.org/social-stories>
- <http://kidsandream.webs.com/page12.htm>
- <http://autism.healingthresholds.com/therapy/social-stories>

Online, ABA, E-Learning Programs for Parent and Family Members and Service Providers:

- ADEPT: media.mindinstitute.org/education/ADEPT/Module1Menu.html

Books:

- **Baby 101 with Dr Khurana, YouTube channel**
- ***Autism: What Does it Mean to Me?*** By Catherine Faherty – workbook
- ***Teaching Social communication to Children with Autism:*** A manual for parents. Brooke Ingersoll and Anna Dvortcsak
- ***An Early Start for your child with Autism: using everyday activities to help kids connect, Communicate and Learn.*** By Rogers, Dawson and Vismara
- ***Visual Supports for People with Autism: a Guide for Parents.*** By Marlene Smith and Donna Sloan
- ***Smart by Scattered*** by Peg Dawson and Richard Guare
- ***Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention*** by Peg Dawson

Service Providers – Resource List:

- **AZA United:** www.azaunited.org for ongoing services for children with autism including habilitation, respite, attendant care, early intensive behavioral intervention, ABA programs and parent training, and more.
- **Hope Group:** www.hopecgroupaz.com for ongoing services for children with autism including habilitation, respite, attendant care, early intensive behavioral intervention, ABA programs and training, and more.
- **CARD:** www.centerforautism.com
- **Touchstone Behavioral Health:** www.touchstonebh.org for Family centered autism program
- **SARRC:** www.autismcenter.org for Jumpstart program (parent training) and other services
- **SEEK Arizona:** www.seekarizona.org
- **Easter Seals:** <https://www.easterseals.com>
- **National Autism Association's BIG RED SAFETY BOX:** <http://nationalautismassociation.org/big-red-safety-box/> apply for a free tool kit to help prevent wandering-related incidents.
- **Arizona Center for Disability Law:** www.acdl.com for advocacy of human and civil rights of individuals with disability in Arizona.
- **Autism Speaks Autism Treatment Network:** <https://www.autismspeaks.org/tool-kit/atnair-p-guide-providing-feedback-families-affected-autism>

Family Voices and Parent2Parent – PARENT RESOURCES

Autism Speaks Sibling tool kit: http://www.autismspeaks.org/sites/default/files/a_siblings_guide_to_autism.pdf – SIBLING SUPPORT

LOCAL STATE RESOURCES FOUND FOR ALL STATES - State-specific information on services and Maternal and Child Health Bureau–supported programs are found online <https://mchb.hrsa.gov/programs-impact/autism>

The National Center for Complementary and Integrative Health

OTHER THERAPY OPTIONS

Speech Therapy: 1-2 hours per week

- Pragmatic Language Skills helps with fully verbal children.
- AAC (Augmentative and Assistive Communication) device to assist with communication skills for nonverbal children.

Occupational Therapy: 1- 2 hours per week

- Self-Care skills – brushing, bathing, grooming
- For Sensory Aversion
 - Therapeutic Listening for Sound Sensitivity.
 - Brushing program for sensitivity to touch
 - Coordination with Feeding therapy to help with aversion to slimy food and touch of slimy objects.
- **For Sensory Seeking**
 - Therapeutic massage for children who seek deep pressure
 - Assistance with Compression Vests
 - Weighted blanket.
- **Resources to help keep your child briefly comforted, distracted, or occupied for those moments in life when you need a second.**
 - FIDGET TOYS: FOR KIDS THAT WANT TO TOUCH EVERYTHING
 - LIQUID MOTION TOY: VISUAL SEEKER
 - WATER TOWERS: FOR INTENSE WATER SEEKER
 - Weighted blanket (nighttime) and compression vest (daytime): For deep pressure seekers.
 - ORAL SEEKERS; Silicone chew necklaces with magnetic clasp for oral fixation. Consider gum made with Xylitol for older kids (make sure they are not at risk of choking or disrupting classroom)
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Feeding Therapy

- Feeding Matters: www.feedingmatters.org for resources regarding feeding disorders.
- Ms. Dawn – Podcasts for parents
- Feeding therapy 1-2 hours per week
- Consider smoothies to sneak in essentials, Panko crusting foods for kids who only want crispy.

Music Therapy

Animal Therapy

Service Animals

- Arizona Goldens: www.AZGoldensLLC.com for service dogs and animal assisted therapy

Other Concerns

CONSTIPATION:

- Mg Citrate – in the form of **Natural Calm** to help with daily soft stools. Follow directions on bottle.

SLEEP

- Mg in the form of NATURAL CALM helps with this also
- WEIGHTED BLANKET – 3 INCH POCKETS OF FIBERGLASS BEADS QUILTED TOGETHER. WEIGHT FOR YOUR CHILD = 10% of body weight in pounds plus 1 pound.
 - Example – if your child weighs 40 pounds – 10% of weight is 4 pounds+ 1 pound, so child needs 5 pound weighted blanket.
- Resetting the sleep schedule – Take lightRem0.5 mg 5 hours before patient is supposed to go to bed.
- Stop all electronic devices 1 hour before falling asleep.
- Consider teaching eye movements back and forth (as if reading a book) to help get brain ready for sleep. Similar to REM.
- If needed and none of above working – Can consider Melatonin. Start with 1 mg nightly and increase up to 5mg nightly as needed in addition to slowly transitioning into a good bedtime routine that allows child to fall sleep in his/her bed alone and sleep through the night.
- Sleep information on Baby 101 With Dr Khurana.
- Autism Speaks Website Parent Handouts
 - Website link:
 - <https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism>
 - Link for sleep guide for parents PDF:
 - <https://www.autismspeaks.org/sites/default/files/2018-09/Sleep%20Quick%20Tips.pdf>

School Options:

- Arizona Autism Charter School (No ESA needed)
- Private School paid for by ESA
 - Autism has to be primary diagnosis on IEP
- Charter school that allows ABA provider to come into the school.

Medicine

Autism is not treated by Medicine. It is treated by therapy. There are some suggestions by other professionals. Results are varied. Taking any of these are not necessary.

Autism Specific Multivitamin

NeuroNeeds is a flavored powder that is given twice a day

<https://neuroneeds.com/index.php/shop-main-menu>

OR

Autism Nutritional Research Center Essentials Plus is a capsule or a powder given three times a day

<http://www.autismnrc.org/>

Treatment for Attention / Hyperactivity / Irritability

--- Omega 3 Fatty Acid -- Nordic Naturals Ultimate Omega Liquid - 1 teaspoon

--- Natural Calm

Other appointments:

- Regular dental care
- Regular pediatric care for Well and Sick visits