

INFORMATION FOR CAREGIVERS

AUTISM SPECTRUM DISORDER



Autism spectrum disorder (ASD) is a neurological and developmental disability that impact how people interact with others, communicate, learn and behave. It is known as a "spectrum" disorder as there is wide variation in symptoms and their severity. As children with ASD become adolescents and young adults, they may have difficulties developing and maintaining friendships, communicating with peers and adults, or understanding what behaviors are expected in school or on the job.

SIGNS & SYMPTOMS

- Language delays (both nonverbal communication and speech - echoing and repeating)
- Repetitive or restrictive behaviors
- Delay in joint attention (looking back and forth between an object or event and another person and being able to connect with that person - such as showing emotional gestures in reciprocal social interactions)
 - avoidance of eye contact
 - not responding when called by name

DIAGNOSIS

- Needed to access many beneficial services
- Helps to build a team around the child to meet their needs
- Adjust expectations/parenting styles

SUPPORTS

People with ASD often struggle with social communication and interaction, and restricted or repetitive behaviors or interests. People with ASD may also have different ways of learning, moving, or paying attention.

Some children may benefit from the following supports:

- Speech Language Therapy
- Occupational Therapy
- Social Skills Group
- Special Educational Plans
- Parenting Support
- Behavioral Intervention

RESOURCES

ESSEX PEDIATRICS CAREGIVER SUPPORT GROUP

Connect with other caregivers of children with autism. Childcare and dinner provided. Thursdays 5:30-6:30pm at 15 Brickyard Rd. Contact Carter for details or to register: 802-735-4136

AUTISMSOCIETY.ORG

Information on programs including affiliate networks, public policy efforts, training, and safety.

VERMONTFAMILYNETWORK.COM

Specific state-wide resources on treatment options, including clinics and centers for children with autism.

AUTISMSPEAKS.ORG

Caregivers can utilize online resources, helpful information, and advocacy/policy influences at the state and federal levels.

AUTISMNOW.ORG

A source for resources and information on community-based solutions for individuals with autism, other developmental disabilities, and their families.