

- **Clinical Psychologist:**

They mainly work on behavioral modifications such as reducing self injurious behavior like banging head, self biting behavior. And they help children's with autism to improve social adjustments and also help in improving daily activities.



- **Special Educator:** To provide academic support.

DOs

- Undergo immunization against infections like rubella during pregnancy.
- Follow proper diet for the child using nutritional supplements rich in vitamins and minerals.
- Encourage the unusual talents present in autistic children.
- Avoid marriage among blood relatives.
- Strict scheduling of the day at home.
- Give adequate speech stimulation to the child.
- Spend more time with your child and involve them in your day to day activities.

- Avoid taking medicines without medical consultation during pregnancy.
- Avoid tobacco, alcohol and drug abuse during pregnancy.
- Avoid viral infections and complications during pregnancy.
- Avoid engaging the child more in front of electronic gadgets.(e.g. mobile phones, television etc).
- Avoid exposure to environmental toxins/ pollutions.

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Have you heard about Autism???



DEPARTMENT OF PREVENTION OF COMMUNICATION DISORDERS

ALL INDIA INSTITUTE OF SPEECH AND HEARING

(An Autonomous Institute under the Ministry of Health and Family Welfare, Government of India)

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Do you know what Autism is??

Autism is a condition characterized by repetitive behavior, poor social interactions and poor communication. It can be diagnosed during early childhood by 18-24 months of age. And it typically last throughout the lifetime of the person.



Causes of Autism

Experts are still trying to find the exact cause of autism but research indicates that it may be caused by a combination of genetic, biological and environmental factors.

Child with autism shows following signs and symptoms

- Echolalia (repeating the same words automatically which is spoken by others).
- Don't maintain eye contact when they are spoken to.
- Self injuries behavior (e.g. Self biting behavior, banging head etc).
- Inappropriate reaction to sensory stimuli like touch, light, sounds, taste, smell etc.

- Difficulties in social interaction even with parents (difficulty in building relationships with peers, relatives etc).
- Experience a delay or change in language or social skills.
- Hyperactivity or pervasiveness.
- A preference for being alone or aloofness.
- Repetitive motor movements or activities (e.g. running in circles, flapping hands, lining up objects).
- Inappropriate laughing, crying where one would not usually see or predict such a reaction.

Professionals to consult for treatments of autism

- Speech Language Pathologist
- Occupational Therapist
- Clinical Psychologist
- Special Educator

Facilities available at All India Institute of Speech and Hearing for individuals with Autism

AIISH has state of the art software and professionals to treat children with autism. There is a special unit called Autism Spectrum Disorder unit, where persons with autism get their detailed assessment and treatment done. Following are the treatment facilities available:

• Speech Language Pathologist

Speech Language Pathologist helps children with autism to improve communication skills and also helps them to improve social skills. (e.g. greeting others, social smile). And they work on activities to improve conversational skills. (e.g. initiating and maintaining conversation, turn taking) and they helps children with autism to improve their cognitive skills. And they also works on activities to improve play skills.(e.g. Imaginative play, cooperative play, object play, social play).

Speech therapy is available online also to those who prefer to attend the speech therapy from their homes. The parents of these children are provided with home training activities.



• Occupational Therapist:

Occupational therapist helps children with autism to improve eye hand coordination. And they help them to improve copying skills, sensory skills and also help them in improving their fine motor skills (e.g. holding the items like pen, pencil etc).

