



# HOW DOES OT SUPPORT INDIVIDUALS WITH AUTISM SPECTRUM DISORDER?

Children living with ASD may process and react to the world around them differently

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The differences in how people with ASD interpret the world around them can have an impact on their daily activities.

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Occupational therapy focuses on supporting individuals with activities of daily living, including adapting their environment to be a better fit for how they process.

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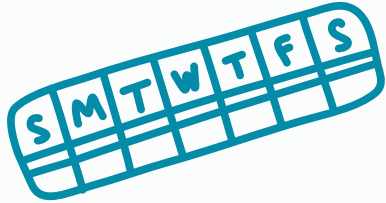


# HOW DO INDIVIDUALS WITH ASD PROCESS DIFFERENTLY?



- May achieve developmental milestones later than expected
- Eye contact and social-emotional skills may differ from the neurotypical or from current social norms
- Their brain and body may be over-reactive or under-reactive to sensory information
- Repetitive or restrictive behaviors: some children with ASD may require specific and predictable routines to complete their daily activities

# HOW CAN THIS IMPACT DAILY ACTIVITIES?



- **ASD can have an impact on a child's daily activities through:**
  - **Mental functions:** cognition, emotion, attention, memory
  - **Sensory processing:** sight, smell, hearing, taste, touch, vestibular, proprioception
  - **Motor functions:** balance, posture, speed, strength, hand-eye coordination
  - **Self care tasks:** dressing, grooming, bathing, toileting, feeding
  - **Other life activities:** play, education, sleep, social participation

# WHAT CAN OT DO TO SUPPORT INDIVIDUALS WITH ASD?



- Some ways occupational therapy can help a child with ASD:
  - Daily life skills training
  - Sensory integration
  - Fine motor and gross motor skill development
  - Self regulation and coping strategies
  - Emotional and behavioral regulation
  - Social skills training