



AUTISM & AUTISM SPECTRUM DISORDER (ASD)

“When living with a neurological condition (or with a loved one who has one), it can be very easy to focus on the challenges and limitations. But in my life, I have found that focusing on abilities, finding new ways to adapt, have been crucial to my successes in life. Seeking those solutions can even be seen as a form of creativity.” ~Lynn Soraya

WHAT IS AUTISM?

Autism spectrum disorder (ASD) and autism are both terms for a group of complex disorders of brain development. People with autism can have problems with social interaction, verbal and nonverbal communication and repetitive behaviors. The number of children with Autism has increased ten-fold in the last 40 years; autism statistics from the U.S. Centers for Disease Control and Prevention (CDC) report that around 1 in 88 American children are on the autism spectrum.

WHAT CAN I EXPECT IF MY CHILD HAS AUTISM?

Each person with autism is unique. Many of those on the autism spectrum have higher than average abilities in visual skills, music and academic skills. About 40 percent have average to above average intellectual abilities. With treatment and family support a child with autism can focus on their strengths and improve the quality of their life greatly.

HOW IS AUTISM TREATED? Studies have proven that early, intense behavior modification methods can improve learning, communication and social skills in young children with autism.

While the results of early intervention vary, all children benefit. Because each child with autism is unique, each autism intervention plan should be made to address specific needs. It is important that early interventions involve a child’s entire family, working closely with the provider(s).

WHAT ARE SOME ISSUES FAMILIES WITH ASD CHILDREN FACE?

A child’s autism diagnosis affects every member of the family in different ways. Parents/caregivers now must focus additional time and resources on the child with ASD. This may put stress on their marriage, other children, work, finances, personal relationships and responsibilities. The needs of a child with ASD can complicate familial relationships. This stress can be lessened by:

- Understanding the challenges
- Learning effective ways to cope
- Involving members of the extended family to create a network of help

HOW CAN THERAPY HELP? All families want to help their child reach his/her fullest potential. With therapy, children can learn and improve their social, emotional, behavioral, play and flexibility skills in all aspects of everyday life. It will provide them with early support and structure they need to guide them through the areas they struggle with daily. Additionally, families can benefit from therapy by learning the best ways to interact and help their child work through the challenges of school, home and community.

There is hope for a brighter tomorrow. Working together we will uncover the hidden treasures in your child with ASD. **Call FCS Counseling to get started.**



Marcy Caldwell, LCPC, is a Licensed Clinical Professional Counselor. Marcy has ten years of experience working in mental health centers. She serves ages three to adult. Marcy is most passionate about working with children and their families. She believes in a systemic approach to changing the lives of children and their futures. Marcy believes her approach to therapy gives people the power to decide the course of their treatment and recovery, empowering individuals with the sense of purpose to endure the efforts it requires to make substantial changes. "I support people in their journey, partnering with them to actively pursue their optimal level of life."

MAKE AN APPOINTMENT WITH MARCY OR ONE OF OUR OTHER QUALIFIED CLINICIANS.
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