

## NAVIGATING INFORMATION ON INTERVENTION FOR AUTISM SPECTRUM DISORDERS

For a parent of a child with Autism Spectrum Disorder, it can be very overwhelming navigating the vast amount of information out there regarding intervention and treatment. Many families pursue further intervention outside of their allied health team and FSCD resources.

As pediatricians that care for children with ASD, we want to support you on this journey. Most importantly, we want you to pursue intervention that does not bring harm to your child. It is also important to focus your time, energy, and money on therapies that have proven benefit. This is an ever changing field with ongoing research and we wanted to provide you with some resources to access great, up to date information on evidence based interventions.

As a member of your child's care team, it is important for your pediatrician to be aware of all the interventions your child is involved in. This includes all medical therapy, behavioural therapy, complementary and alternative therapies.

### National Autism Center

[www.nationalautismcenter.org](http://www.nationalautismcenter.org)

Develops national standards of practice for ASD. Provides reliable information regarding evidence based interventions.

The National Standards Project is found here and is a summary of the ASD intervention research and provides information on "Established" interventions, "Emerging" interventions, and "Unestablished" interventions. Phase 1 published in 2009, Phase 2 in 2015, and Phase 3 anticipated in 2021.



Also has expert columns written for parents which are frequently published:

[www.nationalautismcenter.org/resources/autism-a-closer-look](http://www.nationalautismcenter.org/resources/autism-a-closer-look)

#### **National Professional Development Center**

<https://autismpdc.fpg.unc.edu/national-professional-development-center-autism-spectrum-disorder>

Goal of the NPDC is to promote the use of evidence-based practices for children and youth with ASD. Good resource on how to plan, implement and monitor evidence based practice. Includes the Autism Focused Intervention Modules (AFIRM).

#### **Association for Science in Autism Treatment**

[www.asatonline.org](http://www.asatonline.org)

Great information on ASD and specifically evidenced based information on treatments.

Divides up information on Psychological, Educational, Therapeutic Interventions and Biomedical Interventions into "what works", "what needs more research", "what doesn't work or is untested", and quotes the studies on each therapy.

Also incredible wealth of resources for parents, education, medical professionals on all aspects of ASD. Includes videos of various effective teaching methods and instructions on getting started with a home ABA program.