

## LEARN ABOUT

# AUTISM SPECTRUM DISORDER TREATMENT AND INTERVENTION



**This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.** For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

### Developmental Approaches

These help kids build basic skills, like talking or moving. They are often used with behavioral treatments. Some examples are:

- Speech and Language Therapy: Helps with talking and understanding words
- Occupational Therapy: Teaches everyday skills, like dressing or holding a pencil
- Sensory Therapy: Helps kids who are bothered by lights, sounds, or touch
- Physical Therapy: Helps improve movement and coordination

### Educational Approaches

These are used in classrooms to help kids with autism learn better

- TEACCH uses routines, pictures, and clear rules to help kids understand what to do
- Visual instructions and step-by-step help make learning easier

### Mental Health Support (Psychological Approaches)

Some people with autism feel anxious or sad, and these treatments can help. One helpful therapy is CBT (Cognitive-Behavioral Therapy). CBT teaches people how their thoughts, feelings, and actions are connected.

### Social and Relationship Approaches

These help kids learn social skills and connect with others. Some examples are:

- DIR/Floor Time: Parents and therapists follow the child's interests to help them learn
- RDI (Relationship Development Intervention): Helps with sharing, talking, and playing together
- Social Stories: Short stories that explain what will happen in a social situation
- Social Skills Groups: Small groups where kids can practice playing and talking with others

### Other Treatments (Complementary and Alternative)

Some families try different types of therapy, like:

- Herbal supplements
- Animal therapy
- Art or music therapy
- Mindfulness or relaxation exercises

These may help, but it's important to talk to a doctor first

### Remember

Every person with autism is different! A doctor or therapist can help you choose what works best