

Tips for Caregivers

As a caregiver of a person with autism, you might be feeling worried, lost or even overwhelmed. Instead of focusing on the diagnosis, it would be beneficial for you and your loved one with autism to:

- 1 **Focus on meeting his/her developmental needs, whether it is in developing or improving communication, socialisation, cognitive or sensory processing skills.**
- 2 **Seek help or recommendations on next steps from a doctor.**
- 3 **Know that you are not alone. There is an existing network of dedicated organisations and resources available to support you in your caregiving journey.**

Where to get assessed for autism in Singapore

For pre-schoolers

KK Women's and Children's Hospital
Department of Child Development

For children under the age of seven

NUH Child Development Unit
at Jurong Medical Centre

For children aged seven to 12 years old

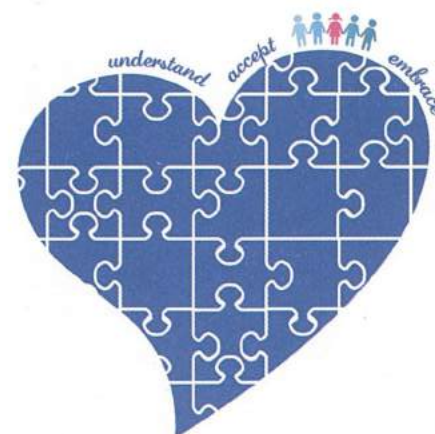
Developmental & Behavioural Paediatric Services at
NUH's Children's Clinic 2

For children and youths aged five to 19 years old

Child Guidance Clinic at
Institute of Mental Health / Health Promotion Board

Did you know...

that given appropriate education and training, many persons with autism can integrate into the community and contribute to society?



World Autism Awareness
(Singapore)

3 TIPS

When Interacting
with Persons with
Autism

1 Be Patient

and give the person with autism some time to process and respond.

2 Speak Literally & Directly

Example: tell them 'it is raining very heavily' and not 'it is raining cats and dogs'.

3 Stay Calm

when the person with autism shows signs of distress. Speak gently and clearly. Be patient.

People with autism and their families need our understanding and acceptance to safely navigate in the community.

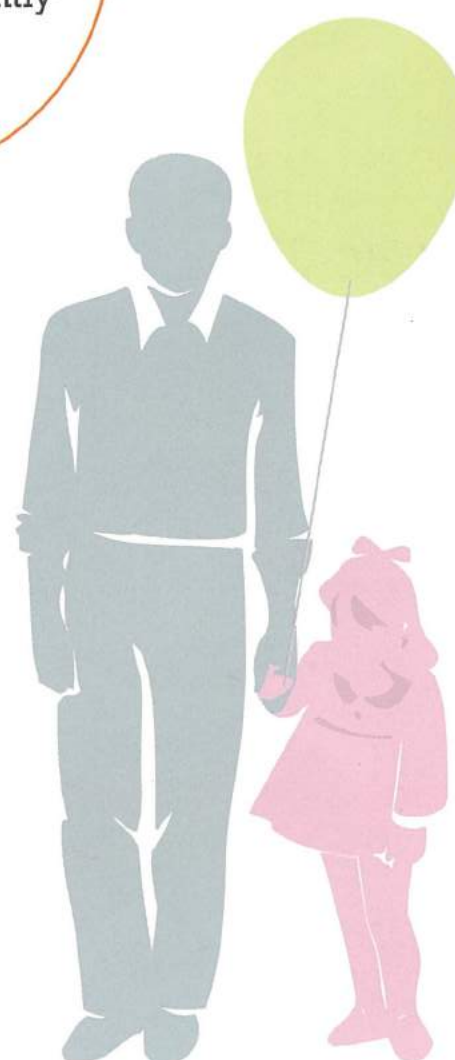
Join us, and support the autism cause.

Embrace autism.

www.waas.org.sg



Facebook.com/sg.autism



WORLD AUTISM AWARENESS Singapore

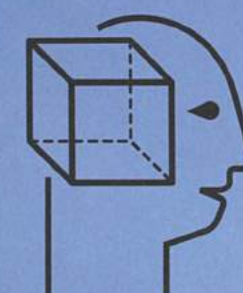


"Enjie used to refuse to go to the barber to get his hair cut, and I had been cutting his hair for him. I shared this with his class teachers, and they worked out a plan to help him overcome this. The students role-played a visit to the barber, watched videos, and talked about the experience. Enjie's peers also encouraged him. This helped him overcome his fear, and now I am able to take him to the barber. As parents, it is important to work closely with the school to problem-solve issues that our children may have."

Mdm Georgia Wong,
Mother of Li Enjie,
Student at Eden School

"My brother has brought about more joy in my family life because he's different, special. And I love it that way. SAAC has also made me more aware that there are other kids like me who have siblings with autism, and that I'm not alone in what I have gone through with my brother."

Shalini, sister of a student at SAAC



A Growing Concern

There is no national registry for autism in Singapore as yet. However, it is estimated that about 50,000 people in Singapore have autism. According to the Singapore Ministry of Health's recent findings in 2014, through the KK's Women and Children's Hospital (KKH) and the National University Hospital (NUH), about 925 children under the age of seven were diagnosed with autism spectrum disorders. This figure is up from 683 preschoolers diagnosed in 2011.

Autism affects more than just the person with the condition. It impacts families, siblings, loved ones and friends. Our understanding and acceptance go a long way to supporting persons with autism and their families.



"I used to think that a cure for autism is very far away, and may not be achievable in our lifetime. However after helping out at St. Andrew's Autism Centre (SAAC), I feel hopeful that we can do something to ameliorate the symptoms. Even if we cannot find a complete treatment for them, SAAC showed me that every little bit helps."

Asst Prof Shawn Je,
Programme in Neuroscience
& Behavioural Disorders, Duke-NUS

"E2C have helped me to look and keep a job by teaching me the soft skills and work skills required to keep my current job. Their support has orientated me to my work environment. I am pleased that I am earning money to contribute to my family."

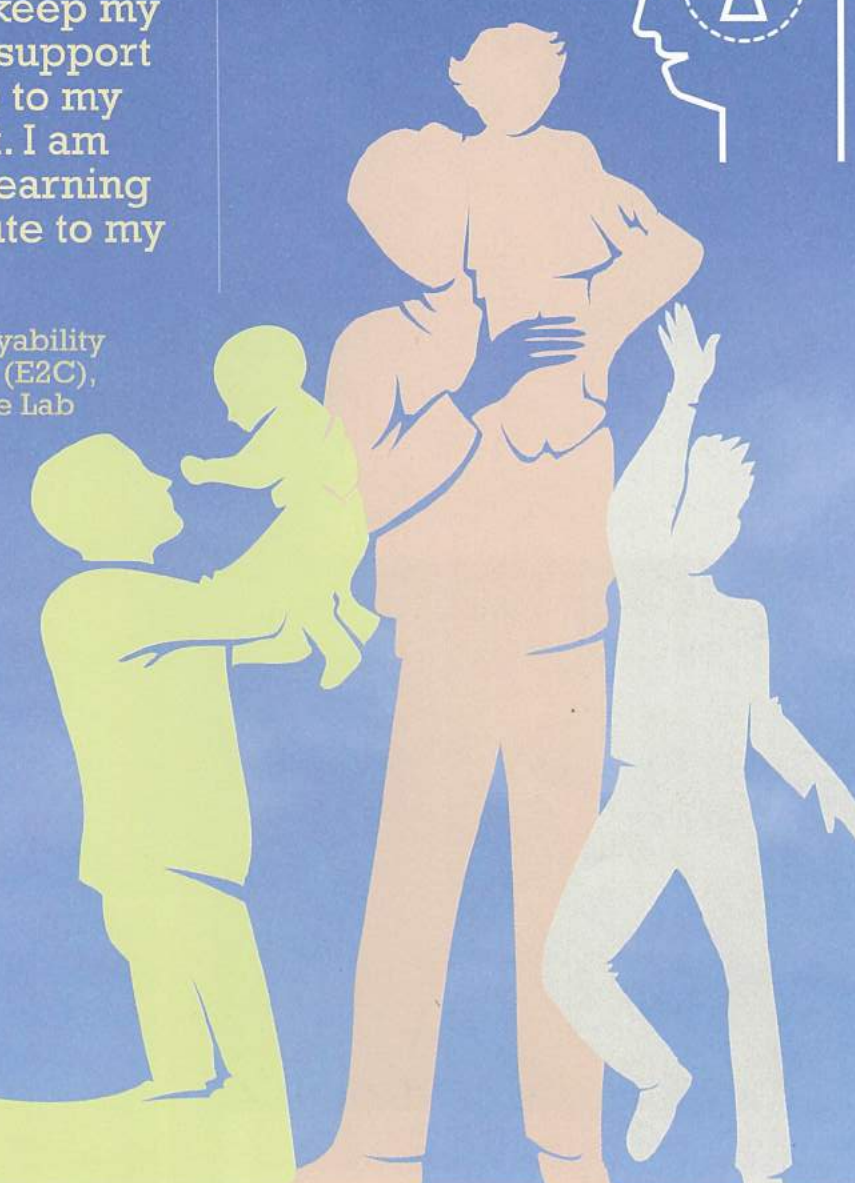
Trainee with ARC Employability
and Employment Centre (E2C),
now working as a Science Lab
Assistant

"I was fortunate to be able to collaborate with some of the most wonderful teachers, social workers and parents in Rainbow Centre. Through interacting with these children and their families, I learnt so much about unconditional love and have been inspired so many times by their child-like innocence; they have shown me their disabilities do not exceed their abilities."

Volunteer from Markit Asia Pte Ltd
at Rainbow Centre Singapore

"I am totally grateful for the opportunities he has been given at the Autism Resource Centre's Early Intervention Programme. I also want to thank the teachers for their love and commitment to Kai. Most importantly, he is happy and wants to learn."

Parent of Kai, in ARC's Early
Intervention Programme





Childhood & Early Intervention

Early intervention gives children with autism aged six and below a head start. Therapy and educational support services help maximise learning potential, develop life skills and prepare for mainstream education.

i am learning to eat with my friends.

Adaptive Daily Living Skills

i am learning to move my body and gauge space.

Gross Motor Skills

i am learning to recognise patterns.

Cognitive Skills

i enjoy being with friends.

i need order and do well with structure.

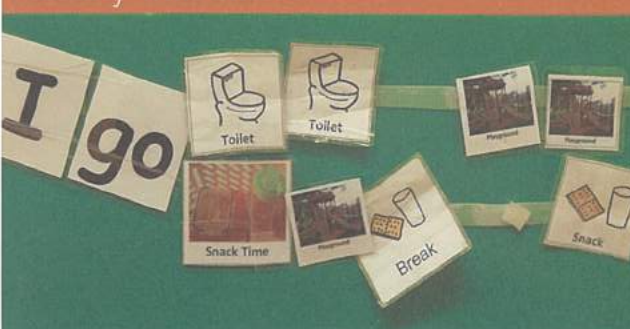
Schedule

	Greetings	<input checked="" type="checkbox"/>
	Handbook	<input checked="" type="checkbox"/>
1.30 - 1.40pm	Snackbag	<input checked="" type="checkbox"/>
1.40 - 2.30pm	English	<input checked="" type="checkbox"/>
2.30 - 3.00pm	Recess	<input type="checkbox"/>
3 - 4pm	Art	<input type="checkbox"/>
4 - 4.30pm	Math	<input type="checkbox"/>
	Good Bye	<input type="checkbox"/>

directed learning helps me engage meaningfully in class and the community.



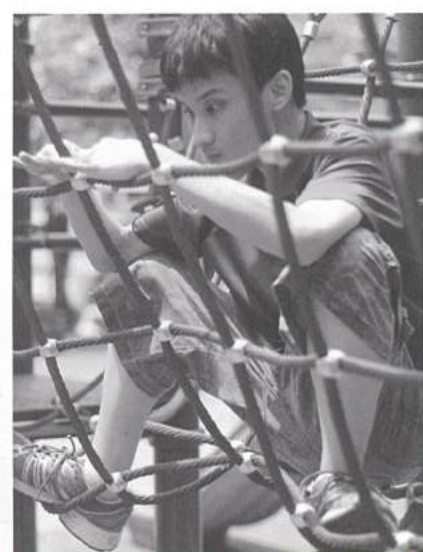
visual cues help me communicate clearly with others.



School Going Years

There are many ways that teachers and classmates can help support the student with autism, including giving time to process the information and breaking complex tasks into small steps.

As a child with autism enters adolescence, there is a need for continued support, education and guidance aimed at developing social safety and positive relationships with others. Youths with autism also need to develop good daily routines and understand how to comply with social rules and expectations.



i can feel trapped and confused. education and support bring hope.



i need support to navigate in this world.

The Adult with Autism

Persons with autism can be valuable members of the work force. With training and support, they can work, be reliable and productive. Persons with autism have their own unique niches and preferences for certain types of jobs, which should be matched to employment opportunities in either blue or white collared jobs.



i assembled this terrarium myself.



i can make dinner for my parents.



i'm better at work with training and support.



Ageing Out

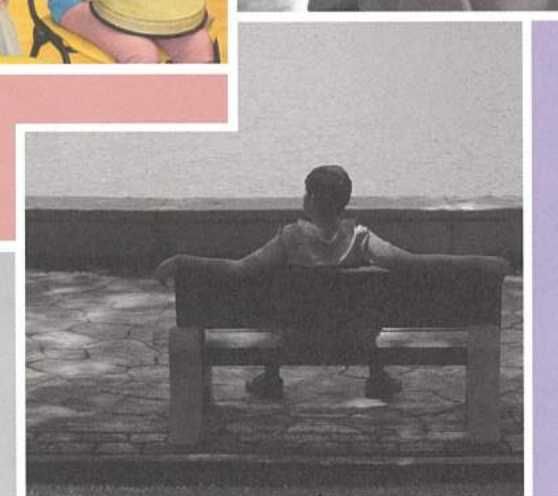
Individuals do not "outgrow" autism as they get older, but their symptoms may lessen or change as they mature and receive intervention. Some adults with autism may continue to be gainfully employed in various part and full time jobs, or on project basis. For other adults with moderate to severe autism, Day Activity Centres that offer social, recreational and work-related activities to help them lead dignified and meaningful lives remain an option.

i want to lead a happy and meaningful life, just like you.



i need hobbies, just like you.

i seek for calmness and peace, just like you.



Autism is a brain-based developmental disorder, ranging from mild to moderate to severe.

Autism

- Impacts how one relates with others and the environment
- Impacts how one communicates and adapt to life's daily spontaneity
- Shows up as early as 18 months
- Lasts a lifetime

Signs & Symptoms of Autism

Autism is characterised by impairments in social interaction, communication and behaviour. Look out for some of these signs:

- Solitary, prefers to be alone
- Little or no interest in others or have trouble relating to others
- Repeats certain behaviours in the same manner
- Have difficulties with changes in schedule or routine

No two persons with autism are alike. People with autism and their families need our understanding, acceptance and support.