

## Impact of Occupation Therapy in Autism

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### DESCRIPTION

Autism is one of the many disorders that can be treated holistically by occupational therapy for those who have been injured, have impairments, or have other medical conditions. Occupational Therapists (OTs) assist patients in developing, regaining, or maintaining their capacity to take part in important everyday activities, including correctly communicating with others. OTs start the process by speaking with the patient and family directly to understand the patient's specific requirements.

Prior to creating appropriate goals and a treatment plan, they evaluate the patient's physical, sensory, emotional, and cognitive capacities. The OT then assists the patient in moving closer to their objectives throughout the course of multiple sessions or over a longer period of time. Occupational Therapy (OT) helps people work on cognitive, physical, social, and motor skills. The goal is to raise daily skills that enable people to gain more independence and take part in a variety of activities. OT treatments for people with autism frequently emphasize play skills, learning techniques, and self-care.

Sensory difficulties can be managed with the aid of OT techniques to start; the occupational therapist will assess the patient's present level of competence. The evaluation examines a number of things, such as how the person learns, plays, and takes care of oneself and interacts with surroundings. The evaluation will also reveal any barriers that the subject faces in engaging in any common daily activities.

Children with Autism Spectrum Disorders (ASD) are susceptible to inequities in oral health.

As the prevalence of ASD among children has dramatically increased to 1 in 54, it is anticipated that more dental professionals may come into contact with or be required to treat children with ASD. This essay examines theories for the rising incidence of ASD, explains why children with ASD are more likely to have poor oral health, and explores novel interprofessional partnerships between occupational therapists and dentists.

Together, occupational therapists and dentists can devise changes to the dental environment or modify dental procedures to lessen some of the barriers faced by people with ASD, offer desensitization techniques prior to clinic visits, or assist a child with emotional control during clinical procedures.

Sessions for occupational therapy typically last between 30 minutes to an hour. Depending on each person's demands, the number of sessions each week varies. In addition to therapy sessions, the autistic person with autism may practice these techniques at home and in other environments, such as school. Some Occupational Therapists (OTs) have specialized training in helping autistic people who have trouble swallowing and eating. They can assess the specific problem a person is having and offer treatment strategies for easing feeding-related difficulties.

### Common interventions for autism in occupational therapy

The occupational therapist collaborates with the patient and family to create an intervention strategy and treatment objectives when the evaluation is finished. Interventions in occupational therapy for autism may include:

- Putting a heavy emphasis on sensory integration and sensory-based tactics.
- Putting a focus on mental health and wellbeing.
- Putting self-regulation and emotional development ideas and programs into practice.
- Setting up activities for social interaction, play, and peer groups.
- Enhancing self-care practices to assist with regular chores including feeding, washing, and grooming.
- Developing your motor skills.
- Assisting a teenager's journey to maturity and assisting them in developing the skills they need to find employment.
- Supporting constructive behavior with cognitive behavioral methods.
- Benefits of Occupational Therapy for Autism

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**Received:** 01-Jun-2022, Manuscript No. AUO-22-18270; **Editor assigned:** 03-Jun-2022, Pre QC No. AUO-22-18270 (PQ); **Reviewed:** 17-Jun-2022, QC No. AUO-22-18270; **Revised:** 24-Jun-2022, Manuscript No. AUO-22-18270 (R); **Published:** 01-Jul-2022, DOI: 10.35248/2165-7890.22.12.323.

**Citation:** Reddy R (2022) Impact of Occupation Therapy in Autism. *Autism Open Access*.12: 323.

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Enhancing the patient's quality of life is the primary objective of Occupational Therapy for autism. Occupational Therapists can help people with ASD become more independent through interventions and:

- Concentrate on your schoolwork.
- Make appropriate communication.
- Uphold and encourage connections.
- Join forces with others to fulfill a shared objective.  
Become a patient person.
- Arousal level regulation and healthy, effective emotional expression are both important.
- Become more self-reliant and assured.  
Feel less tense.