



Autism Spectrum Disorder: Occupational Therapy's Possibility and Acceptability

Davidson Paul*

Department of Human Development and Family Studies, Colorado State University, Fort Collins, USA

DESCRIPTION

Developmental impairment known as Autism Spectrum Disorder (ASD) is brought on by variations in the brain. People with ASD may struggle with confined or repetitive activities or interests, as well as social communication and engagement. Additionally, people with ASD may learn, move, or pay attention in various ways. Behaviour characteristics define autism is a developmental disability. Essential characteristics of autism are described as issues in language abilities, plays and social interactions. It is viewed as a spectrum disorder, as the capacities of children with autism may extraordinarily start with one child then onto another. Early symptoms include distinct incompetence and limited, repetitive behaviours in the socio-communicative domain. People with autism typically also have sensory processing and sensory integration dysfunction, both of which affect adaptive behaviour and participation in daily activities. Many children who have autism are unable to perceive many of their surroundings. They are unable to make sense of space by combining those sensations. Sensory systems' inhibition and facilitation processes can be disrupted by atypical sensory registration and orientation. Children with autism exhibit some self-stimulatory behaviour as an expression of a sensory need. People's cognitive, physical, social, and motor skills are all supported by Occupational Therapy (OT). The objective is to enhance everyday skills that enable individuals to become more self-reliant and take part in a wide range of activities. Occupational therapy programs frequently often focusing on self-care, learning strategies and play skills for autism patients. Sensory issues can also be managed with the help of Occupational Therapy (OT) strategies.

Occupational therapy usually includes half-hour to one-hour meetings. The number of sessions each week is determined by the client's requirements. These strategies and abilities may also be practiced by an autistic person outside of therapy sessions at home and in other settings, such as school. Some occupational

therapists have been trained to help people with autism who have trouble swallowing and eating. They are able to assess the individual's problem and offer treatment plans for overcoming feeding-related challenges. Occupational therapists work to help students develop, maintain, and promote the skills they need to function at school and beyond. For example, self-care (such as dressing, eating, managing toileting, and personal hygiene), productivity (such as emotional regulation, alertness levels, participation, handwriting, and organizational skills), and leisure (such as socializing with friends, belonging to a group, participating in hobbies/play, and motor skills for physical education). Since there is no medical test, such as a blood test, to diagnose ASD, doing so can be challenging. To determine a diagnosis, doctors consider the child's behavior and developmental stage.

ASD can occasionally be identified in children as young as 18 months. A valid diagnosis made by a qualified expert can be assumed by the age of two. However, a lot of kids don't get a definitive diagnosis until they're considerably older. Some patients don't receive a diagnosis until they are teenagers or adults. People with ASD may not receive the early assistance they require as a result of this delay.

CONCLUSION

People with Autism Spectrum Disorder (ASD) struggle with confined or repetitive activities, as well as social communication and engagement. Early symptoms include distinct incompetence and limited, repetitive behaviours in the socio-communicative domain. People with autism typically also have sensory processing and sensory integration dysfunction. Occupational therapists help students develop, maintain, and promote the skills they need to function at school and beyond. People with Autism Spectrum Disorders (ASD) can occasionally be identified in children as young as 18 months. There is no medical test, such as a blood test, to diagnose ASD.

Correspondence to: Davidson Paul, Department of Human Development and Family Studies, Colorado State University, Fort Collins, USA, Email id: pauldavid12123@gmail.com

Received: 25-Nov-2022, Manuscript No. AYO- 23-21259; **Editor assigned:** 28-Nov-2022, Pre QC No. AYO- 23-21259 (PQ); **Reviewed:** 12-Dec-2022, QC No. AYO- 23-21259; **Revised:** 19-Dec-2022, Manuscript No. AYO- 23-21259 (R); **Published:** 26-Dec-2022, DOI: 10.35248/2165-7890.22.12.357

Citation: Paul D (2022) Autism Spectrum Disorder: Occupational Therapy's Possibility and Acceptability. 12:357

Copyright: © 2022 Paul D. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.