

Frequently Asked Questions : General

Do we know what causes Autism Spectrum Disorders (ASD) and can it be cured?

At this time, there is no conclusive evidence that any one thing is the cause or cure for ASD. Research around the world is in search of the causes of Autism Spectrum Disorders

There are several theories being explored (and disputed). It is important to seek this type of information from a reputable source. The topic of causes and cures are largely disputed the world over.

Generally speaking, with supports and the appropriate learning environments, individuals with ASD can develop many skills and abilities that assist with management.

It should also be noted that not all individuals want a 'cure', but more so 'acceptance'.

Can someone grow out of Autism?

Autism is a lifelong neurological Disorder.

A person doesn't grow out of Autism, but may learn management techniques that mask many of the ASD behavioural characteristics.

Knowing what the outcomes might be for an individual is difficult to assume or calculate, just as it is with a typically developing child.

It is important to understand that should management techniques be removed, the individual may regress. Often removing management strategies or not having enough strategies in place may lead to a 'melt down' and/or anxiety and depression.

Most people with an Autism Spectrum Disorder will require varying levels of support throughout their life.

Are Autism Spectrum Disorders associated with other disorders?

Autism Spectrum Disorders can be associated with Fragile X, Obsessive Compulsive Disorder, Tourette 's syndrome, Attention Deficit Disorders, Anxiety Disorders, Central Auditory Processing Disorder and many more.

Not everyone with an ASD has an intellectual disability; the IQ can range from having an intellectual disability to an individual having a superior IQ, and everywhere in between.

The range of abilities is just as wide and varied.

How might the diagnosis of an Autism Spectrum Disorder affect a family?

Initially, families react in their own individual way when they are informed of an ASD diagnosis. Reactions can include denial, relief, shock, grief, anger or the need to place blame, generally on themselves.

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Bringing up a child with an ASD can place significant pressure and strain on all members of the family including sibling and grandparents. It is not uncommon for the family unit to break down without sufficient supports.

Families often feel they become alienated by other family members and friends when the complexities of ASD begin to impact on relationships. Families often feel that they are misunderstood.

It is important that families seek supports and are met with understanding and options that suit their family's unique needs.

Often people with an ASD, particularly those that don't have an intellectual disability, feel that they don't have a disability. This in itself can be a complex situation.

Regular disability supports are not always suitable for families and individuals who are impacted by an ASD and positive solutions are often the result of a creative response.