

Therapies

There are many different types of therapies available to assist with ASD symptoms. It is important to know that although there are many safe therapies, there are also some unsafe therapies. It can be helpful to consider the level of evidence for each therapy before deciding to proceed.

Therapy and its success on individuals with an ASD is often a controversial topic.

Where can I find out more about the levels of evidence for a therapy?

Often a clinic will provide their own evidence of effectiveness. It is important to know that the clinic has conducted the studies to determine the evidence base. This is not necessarily a negative, but is something to keep in mind when considering a therapy.

A great place to start investigating the therapy you have chosen is to look at the [Raising Children's Network website](#) parents guide to therapies pages. This site provides information on effectiveness, costs and levels of evidence.

What types of therapies are targeted at ASD?

Aside from those therapies that are indicated under Medicare for Autism Spectrum Disorders, there are a large amount of what might be considered alternative therapies.

Some of these therapies are well documented and well received by families and their children, some are not. There is also current research looking at the various types of Autism Spectrum Disorders and that different therapies might work for different “sub types” of ASD. The conclusions of this type of research may in the future take the guess work out of what will work for one individual to the next.

The Raising Children’s Network website has a section that explains [the different types of interventions](#).

Where can I find information on therapies?

- The internet will provide you with a variety of therapy options; just remember to be careful to check if you are happy with the reported levels of evidence, effectiveness and costs.
- Refer to Raising Children Network website ASD therapy services page.
http://raisingchildren.net.au/therapies_services/asd_therapies_services.html
- Parents can call Autism Victorias Infoline on 1300 308 699
- Professionals can contact the ASD Case Consultant Practitioner for Loddon Mallee