

Changamoto za kutangamana na watu

- matatizo ya kumwalia mtu machoni
- haelewi ishara za mawasiliano
- ana matatizo ya njia za mawasiliano yasiyohitaji kuongea kama vile mawasiliano kwa sura, mwili, toni, sauti na ishara.
- anapenda kuwa peke yake ikiwa hakuna wa kuongea naye
- anarudia matukio na miendo kila mara kama vile kusokota, kubemba, kupigamikono, kukimbia, kuruka (huenda ikachukuliwa kuwahaliyakufanya mambo kupitakiasi)
- huenda akawa na hisia nyingi au wasiwasi

Tabia

- ana tabia zinazojirudia na zisizo za kawaida kama vile kusongesha mikono, vidole au hata mwili mzima
- anakuwa na mawazo yanayojirudia akilini
- anapenda kushika vifaa kama vile vijiti, nyuzi
- hachezi vizuri na vifaa vya kuchezea
- ana ugumu kutoka kwa zoezi moja hadi lingine
- ana ugumu wa kushiriki mchezo wa kiubunifu na wa kujifanya.
- anakasirika ikiwa vitu apendavyo kufanya vimebadilishwa, huenda akaghadhabika

Kuangalia hisia

- ana hisia kali kwa sauti, na harufu
- ana hisia zisizo za kawaida kama vile kunusa na kugusa watu na vitu.
- anaweka vitu visivyoliwa mdomoni.
- anarudia matukio na miendo kila mara kama vile kusokota, kubemba, kupiga mikono, kukimbia, kuruka (huenda ikachukuliwa kuwa hali ya kufanya mambo kupita kiasi) huenda akawa na hisia nyingi au wasiwasi

Si watoto wote walio na autism wana dalili zilizotajwa hapo juu. Kutokea kwa dalili moja au zaidi hakumaanishi

mtoto ana autism. Tafuta ushauri unapokuwa na wasiwasi.

Matibabu ya mapema

Watoto walio na autism wana hali ya kudumu inayoweza kushughulikiwa kwa matibabu yanayofaa. Matibabu ya mapema yanayohusisha tiba ya mazoezi, mazoezi ya kuongea, masomo maalum, mazoezi ya kucheza na kuchangamsha yanaweza kumsaidia mtoto wako afikie uwezo wake wa kuishi maisha ya kuridhisha na ya kujitegemea. Watoto walio na ASD wanaweza kupelekwa kwa wataalamu walioboea katika kutoa matibabu ya kitabia, kisaikolojia, kielimu au kukuza ujuzi. Programu hizi zina mpangilio wa hali ya juu na zinahusisha wazazi, ndugu, na wanafamilia wengine.

Njia zingine za matibabu zinazomsaidia mtoto aliye na autism:

- Kumpatia mazingira yenye utaratibu na mpangilio
- Kutumia ratiba zenye vielelezo
- Njia mbadala za mifumo ya mawasiliano
- Kuhakikisha mlo unaofaa kwa usaidizi wa mtaalamu
- Kujihusisha na mazoezi
- Kuhakikisha hali ya usalama imeimarishwa

Wazazi walioelimika wanaleta tofauti kubwa katika ukuaji wa mtoto.

Watoto walio na autism wanafaa kuenda katika shule za mitaani mwao pamoja na wenzao. Watoto walio na autism wanahitaji kutangamana na watu kwa njia ya kawaida. Watoto walio na autism wanahitaji utaratibu, mpangilio na kutangamana na watu sana.

Wazazi wenye maarifa wanaleta tofauti kubwa katika ukuaji wa mtoto. Makundi ya kusaidiana ya wataalamu wa mazoezi, walimu, watoaji huduma wengine na wazazi yanapatikana ili kumsaidia mtoto wako pamoja nawe kama familia.

OTHER SEP BROCHURES

- Cerebral Palsy
- Communication Disorder
- Down syndrome
- Hydrocephalus
- Learning Disabilities
- Rickets
- Rights for Children with Disabilities
- Spina Bifida

THIS IS ME

My name is Samuel, I have Autism
My name is Gloria, I have Down syndrome
My name is Peter, I have Cerebral Palsy

CONTACT DETAILS

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**AUTISM
SPECTRUM
DISORDER**



MY CHILD HAS AUTISM

Your child will reach all physical milestones as other children do but development of language is delayed. Your child does not respond to social interactions as other children do. You may observe some odd behaviours that are of concern to you. You may also observe special interests with an amazing focus on specific topics.

What is Autism Spectrum Disorder ASD?

Autism Spectrum Disorder is a brain disorder manifested with challenges with social skills, repetitive behaviours and communication skills. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The way they learn, think, and problem solve can range from high functioning to severely challenged. They share a common difficulty in making sense of the world in the way others do.

What causes Autism?

There is no known single cause of autism. There is strong evidence that autism can be caused by a variety of physical reasons, all of which affect the area of brain development that processes language and information received from the senses. Research indicates that genetic factors may be involved and there may be some imbalance of certain chemicals in the brain. Onset of autism is usually before the age of three years. Autism affects four times as many boys as girls, and has no class, creed or racial barriers.

Signs to watch out for

Challenges with communication

- little or no smiling
- limited use of gestures
- no social babbling, delayed speech, at times copy everything they hear (echolalia)
- makes unusual sounds

- has unusual tone of voice
- may have developed some language and then lost it

Challenges with social interaction

- difficulty maintaining eye contact
- does not understand social clues
- has difficulties with non-verbal communication such as facial expressions, body language, tone, voice and gestures
- likes to be alone if not engaged

Behaviours

- has repetitive and unusual behaviours such as moving hands, fingers or whole body
- develops rigid and obsessive rituals
- attached to unusual kinds of objects such as sticks, threads
- does not play appropriately with toys
- challenges with transitioning from one activity to another
- creative and pretend play can be challenging
- gets upset when routine is changed, may have tantrums

Sensory observations

- over-sensitive to sounds, textures and smells
- unusual sensory interests such as smelling and touching people and objects
- puts non eatable objects in the mouth
- repeats the same actions or movements over and over again such as spinning, rocking, flapping hands, running, jumping (may be confused with hyperactivity)
- may have sensory overload or meltdowns

Not all children with autism manifest all above mentioned characteristics. The occurrence of one or more of these symptoms does not mean the child has autism. Seek advice when concerned.

Early Interventions

Children with autism have a life-long condition that can be managed with appropriate and effective intervention. Early intervention involving physiotherapy, occupational therapy, speech therapy, special education support, and intensive play and stimulation can help your child develop skills to live a fulfilling and independent life. Children with ASD may be referred to professionals who specialize in providing behavioral, psychological, educational, or skill-building interventions. These programs are typically highly structured and intensive and involve parents, siblings, and other family members.

Other effective interventions that work for the child with autism

- Providing routine and a structured environment
- Use of visual schedules
- Alternative mode of communication systems
- Dietary intervention with support from a practitioner
- Engagement in physical activities
- Putting safety measures in place

Empowered parents make a big difference in the development of their child.

Children with autism should go to their neighborhood school along with their peers. Children with autism need routine, structure, and intensive interaction.

Informed parents make a big difference in the child's development. Therapists, teachers, other service providers, and parents support groups are available to support your child and you as a family.

MTOTO WANGU ANA AUTISM

Mtoto wako atazidi kukua kama watoto wengine lakini atachelewa kuongea. Mtoto wako hachangamki kama wanavyofanya watoto wengine. Huenda ukatazama tabia zisizo za kawaida ambazo zinakupatia wasiwasi. Pia huenda ukatazama baadhi ya mambo anayopenda kufanya ukiangazia mada maalum.

Autism Spectrum Disorder (ASD) ni nini?

Autism Spectrum Disorder ni tatizo la kiakili linalosababisha matatizo ya kuhusiana na watu, tabia zinazojirudia na uwezo wa kuwasiliana. Kwa sababu autism ni tatizo la spektra, kila mtu aliye na autism ana uwezo na changamoto tofauti. Jinsi wanavyojifunza, kufikiri na kutatua shida inaweza kutofautiana kwa kuwa juu hadi kupita kiasi. Wana matatizo sawa katika kuelewa dunia jinsi wengine wafanyavyo.

Autism husababishwa na nini?

Hakuna chanzo hata kimoja cha autism kinachojulikana. Kuna ushahidi mkubwa kuwa autism inaweza kusababishwa na sababu kadhaa za kimwili, zote zikiathiri sehemu ya ukuaji wa ubongo inayosaidia kuelewa lugha na habari inayopokelewa kutoka kwa sehemu za hisi. Utafiti unaonyesha kuwa huenda masuala ya kijenetiki yakahusishwa na huenda kukawa na ukosefu wa usawa wa kemikali fulani kwenye ubongo. Autism huanza kuonekana kabla ya umri wa miaka mitatu. Autism huathiri wavulana mara nne zaidi kuliko inavyoathiri wasichana na haibagui hadhi, imani au rangi ya ngozi.

Dalili za kuzingatia

Changamoto za kuwasiliana

- Kutabasamu kidogo au kukosa kutabasamu kabisa
- Kutotumia ishara sana
- Kutoongea sana, kuchelewa kuongea, wakati mwingine kuiga kila kitu wanachosikia (echolalia)
- anatoa sauti zisizo za kawaida
- ana toni ya sauti isiyo ya kawaida
- huenda alijifunza lugha fulani ikapotea