

“这本手册的插图十分吸引人，内容简易让人容易明白，能协助忙碌的初级看护医生/照顾自闭症儿童的医务人员诊断自闭症。

“这本手册应当成为所有接触自闭症专业人士的必读之物。”

Margaret Bauman M.D.
哈佛医学院神经内科副教授
波士顿马萨诸塞州儿童总医院
学习与发展残疾评定和康复服务中心LADDERS 理事

“这本书提供了清晰的内容和绘画插图来协助诊断自闭症，同时它也提供建议给拥有自闭症孩子的家长 ”

Prof Dato Dr. See Ching Mey
拿督薛振美教授
马来西亚理科大学副校长
教育与心理辅导学家

“本手册是一本巧妙且简易的教育作品，它利用插图准确地描绘出了自闭症的特征，任何人读了这本手册一定会更加了解自闭症儿童以及如何提供自闭症儿童协助。”

Johanna Reivers
B. A. ED, Grad Dip Spec Ed.



自闭症 医师手册

HANS **Help
Autism
Now
Society**
www.helpautismnow.com



目录



第 1 页	目录
第 2 页	致谢
第 3 页	昔特自闭症儿童培训中心的讯息
第 4 页	自闭症检查表贴图
第 5-6 页	自闭症检查表筛选工具
第 7-24 页	图象引导行为症状
	第 7-8 页 社交问题
	第 9 页 沟通问题
	第 10-13 页 奇异/重复行为
	第 14-15 页 躯体运用问题
	第 16 页 感官超负荷
	第 17-20 页 感官问题
	第 21-24 页 自我伤害
第 25 页	通病：肠胃功能障碍
第 26 页	通病：睡眠障碍/移动疼痛 反应/癫痫发作
第 27 页	对家庭的影响
第 28 页	早期干预的作用（教育）
第 29 页	可咨询的相关单位
第 30-34 页	优化就诊自闭症儿童
第 35-38 页	家长网上资源
末页	早期干预联络号码与在线医生相关资源



致谢

我们由衷感谢 HANS (Help Autism Now Society) 给予我们机会将这份著作翻译成中文版本。自闭症是一种复杂的病症，通过阅读这一本充满趣味和创意力的描述手册能协助更多医生和这一方面的专业人士去诊断自闭症以便能尽早疗育和管理。中文版本手册能让中文读者更容易理解借此而扩大读者群。

昔特自闭儿童培训中心的讯息

REACH Segamat, 昔特自闭症儿童资源与教育协会是由一群志同道合的公益志愿者于 2008 年创办, 通过取自于 檳城 REACH 中心的各种课程来帮助自闭症患者增进他们的社交能力、智力、运动技能和职业技能。除此之外, 檳城 REACH 中心也提供我们导师训练和帮助。

我们希望能够协助更多面对社会求救无门和缺乏资源问题的自闭儿和他们的家庭。我们免费提供一系列的服务和课程予患有自闭症的儿童以及他们的家庭。提供的服务于课程包括:

- 诊断评估
- 发展评估
- 以个人教育计划 (IEP) 来进行一对一教学
- 美术和手工艺
- 音乐和韵律
- 职业培训 (陶艺和洗车)
- 团康治疗
- 父母和照顾人辅导服务
- 家长支援团
- 醒觉运动
- 资助开发本土化的自闭症应用程式 (App)

这些全面和综合性的课程计划将会持续的发展和升级。我们要让自闭症的孩子和他们的家庭不再觉得他们是孤独的, 他们就像其他人一样备受关怀。

昔特自闭儿童培训中心是一个依靠社会资助和自愿者来支持的社区服务项目。请浏览我们的网站或联络我们以便支持我们的努力。

昔特自闭儿童培训中心 (REACH Segamat)

www.reachsegamat.com

www.facebook.com/Reachsegamat

reachsegamat@yahoo.com

电话: +6079310205

当您的孩子满 18 个月时，他是否...

1. 在想要某样东西时，看着您并指着他要您看的東西？



2. 看着您指向的东西？



3. 懂得用想象力玩“家家酒”？



如果答案是否定的，您的孩子可能患有自闭症。请向您的医生查询问。

Based on CHAT (Checklist for Autism in Toddlers)

自闭症检查表

第 1/2 页 (需在 18 个月内完成)



项目 A: 由父母完成

- | | |
|---|-----|
| 1. 你的孩子是否喜欢你把他放在膝盖上弹跳或摆动? | 是/否 |
| 2. 你的孩子会注意其他孩子吗? | 是/否 |
| 3. 你的孩子喜欢爬高吗?例如: 爬楼梯 | 是/否 |
| 4. 你的孩子喜欢玩“躲猫猫”(抓迷藏)吗? | 是/否 |
| 5. 你的孩子会玩“家家酒”, 例如, 用玩具茶壶冲茶, 或其他? | 是/否 |
| 6. 你的孩子曾永食指指着他所要的东西吗? | 是/否 |
| 7. 你的孩子曾用食指指着东西, 表示对该样东西有兴趣吗? | 是/否 |
| 8. 你的孩子会正确玩小玩具(例如车子或积木), 而不是只把它们放在嘴里、随便乱动或是把它们丢掉。 | 是/否 |
| 9. 你的孩子曾经把他要让你看的东西拿给你(家长)看? | 是/否 |

选项 B: 医师的观察

- | | |
|---|-----|
| 1. 在诊疗室, 孩子与您有过眼神接触吗? | 是/否 |
| 2. 吸引孩子的注意, 然后指向房间对侧一个有趣的玩具, 说:
“嘿, 看, 那里有个(玩具名)”, 观察孩子的面部表情, 孩子有没有看着你指的玩具 | 是/否 |
| 3. 吸引孩子的注意, 然后给孩子一个玩具小茶杯和茶壶, 对孩子说:
“请泡一杯茶给我喝”。观察孩子有没有假装倒茶等动作。 | 是/否 |
| 4. 问孩子: “灯在哪里?” 或问: “把灯指给我看看”, 孩子会用他的食指指灯吗? | 是/否 |
| 5. 孩子能将积木叠高吗? 能, 叠__个积木) | 是/否 |

B2: 在这选项记录“是”之前必须确保孩子是看着你指向的物品而不是你的手。

B3: 如果你能举出类似的假设游戏, 请在这选项选择“是”

B4: 如果孩子不明白“灯”的意思, 请重复“小熊在哪里?” 或是其他无法到达的东西。孩子必须有看着你的脸在指着周围物品的时候。

(计算列表请看下一页)

自闭症检查表

第 2/2 页



自闭症检查表主要选项 选项 A

A5: 假设性游戏

A7: 自然而然的指向某样物品

选项 B

B2: 跟从指向的东西

B3: 假设/假装

B4: 懂得指向东西

自闭症检查表复选项 选项 A

A1: 翻滚和粗鲁地玩耍

A2: 社交兴趣

A3: 躯体运作发展

A4: 社交游戏

A6: 自然而然的指向某样物品

A8: 功能发挥

A9: 展示能力

选项 B

B1: 眼神交流

B5: 积木塔

风险分配

高风险的自闭症组 无法完成(无法回答)A5, A7, B2, B3, B4

中等风险的自闭症组 无法完成 A7, B4(但不属于高风险组)

低风险的自闭症组 不在其他两个风险组里

管理建议:

高风险组 : 请向发育门诊以及 ESD (教育处) 查询

中等风险组 : 高度怀疑-如上
 轻微怀疑-一个月后重新测试

低风险组 : 如果有任何无法回答的问题, 一个月后重新测试

自闭症行为特征



人际关系

语言交流

奇异/重复动作

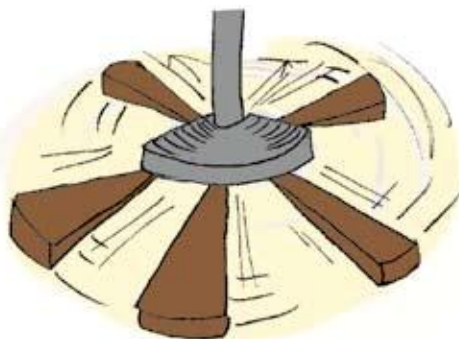
躯体运用

感官过度刺激的反应

特别的感官反应

自我伤害

安全意识



自闭症的行为特征



人际关系

对其他小朋友玩乐不感兴趣



凶狠地与兄弟姐妹争执



独自坐在婴儿床
哭喊而不是呼唤
妈妈



不会察觉父母
离开或回返



自闭症的行为特征



人际关系

对“躲猫猫”
(抓迷藏)或
合作性游戏没
兴趣



强烈拒绝父
母手握、拥抱或亲
吻



当别人要抱起他
时，他不会伸手表
现期待被抱

自闭症行为特征

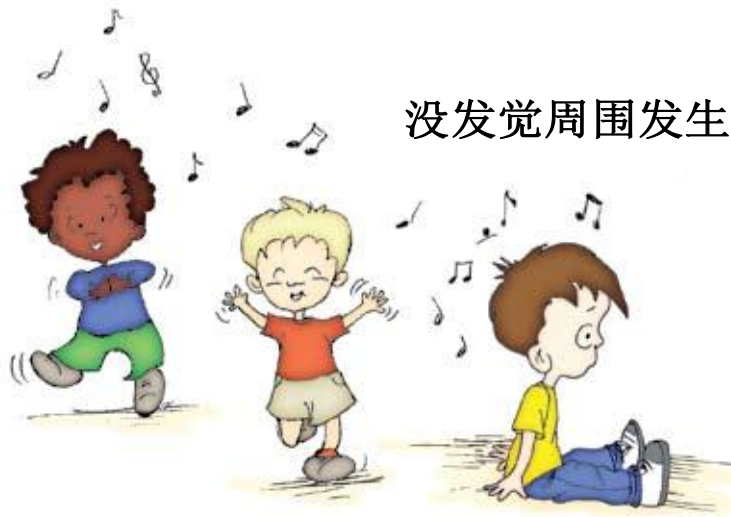
语言交流

他们不容易察觉周围发生的事物，也很难有眼神接触，因此常被认定对各类的交流没兴趣。

当他们要拿取某样物品时，常拉着父母的手到该物品处，借父母的手取得。普通（正常）的孩子会直接告诉父母或指向该物品。



没发觉周围发生的事物



无眼神交流

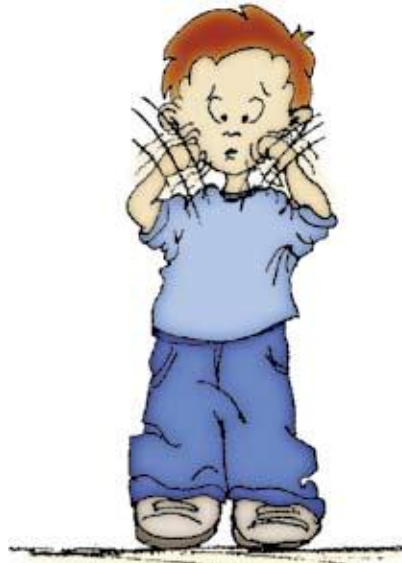


牵引



自闭症行为特征

奇异\重复动作



手上下或左右摇摆



着迷于旋转风扇



旋转动作

排列玩具车



自闭症行为特征

奇异/重复动作



对玩具没兴趣但对其他物品如加热器有兴趣



在阳光照射下抓取灰尘



不会玩玩具，专注于玩具中的一项零件，例如不停旋转玩具车的轮子

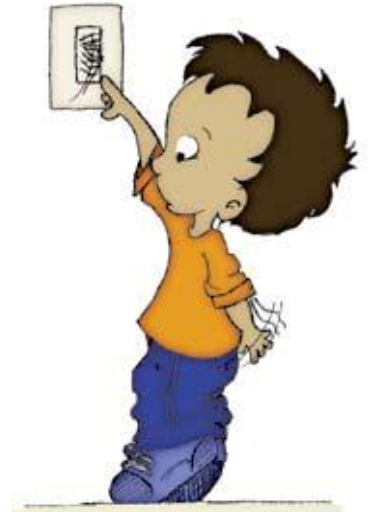


自闭症行为特征

奇异/重复动作



全身或局部摇摆



迷于按开关钮



乱咬吃东西如衣服、床垫和布帘



手指在眼前晃动

自闭症行为特征



奇异/重复动作

设法就压身体



涂抹粪便



设法重击身体



自闭症行为特征

躯体运用

虽然在某些方面有特殊的表现，但在其他方面还是有缺陷



无法做精细动作



四肢协调性差



以脚尖行走



测量力差

自闭症行为特征

躯体运用

虽然自闭小孩表面上掌握基本动作，但却在运行一些活动时面对困难。例如：骑脚车，骑上玩具车等等



特殊的平稳

或者



笨拙



无法骑
脚车或
玩具车



流口水

自闭症行为特征

感官过度刺激的反应



一个患有自闭症的孩子可能对音乐、噪音、某物品的质地、新体验或新环境十分抗拒。越大的感官刺激将造成越大的焦虑反应。

自闭症行为特征

特别的感官反应



不愿意理发



无法忍受
被扣上
安全带



不喜欢新事物如生日
蜡烛或气球



不愿意洗澡



自闭症行为特征

特别的感官反应



对普通的居家气
味捂住嘴巴或作
呕状



对音乐难
以忍受



靠近脸颊
转动某件
物体



对噪音无反应（好像聋
子），但其余时候听觉
正常



自闭症行为特征



特别的感官反应



冬天拒绝穿寒衣



拒绝更衣



撕裂自己的衣服、标签和接缝处

夏天坚持穿寒衣



自闭症行为特征



自我伤害



撞头

自咬，不
觉痛



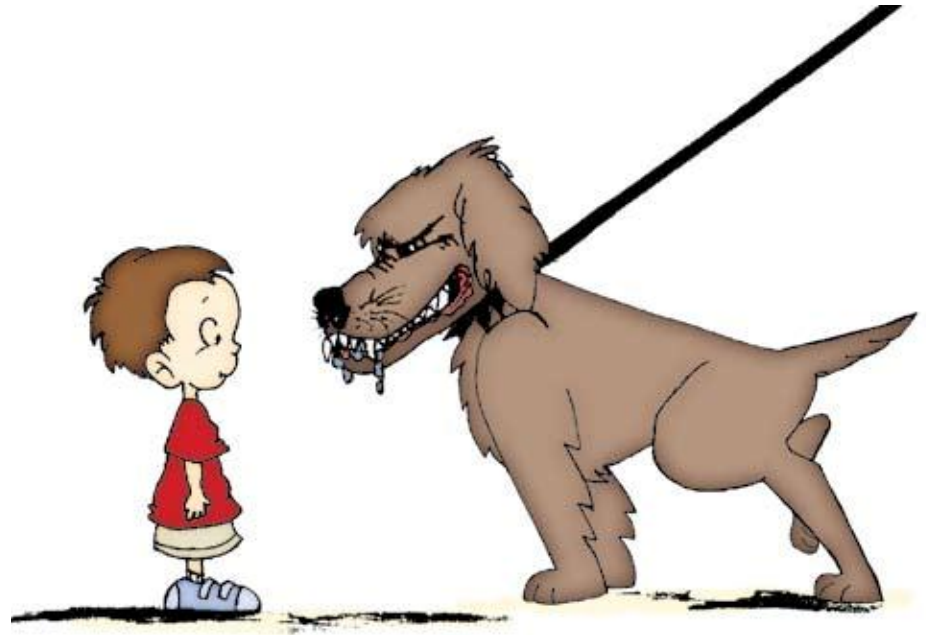
撕抓和刮伤身体

扯拉一撮头发

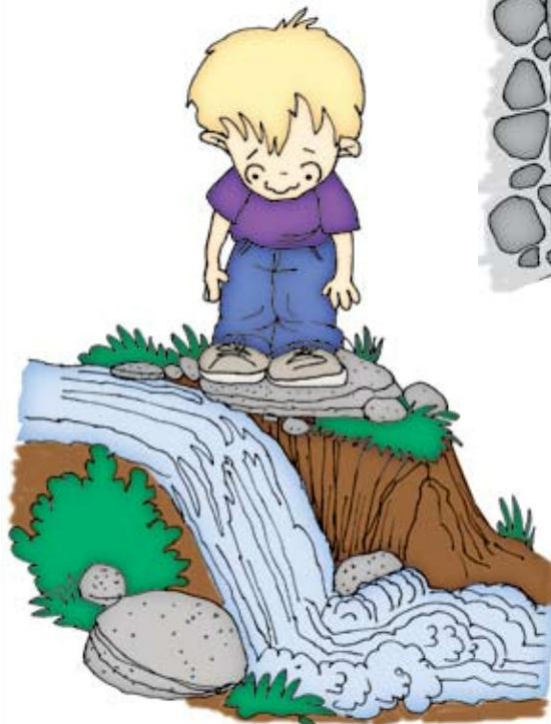


自闭症行为特征

安全意识



无安全意识



自闭症行为特征

安全意识



没有能力意识到将会受伤的
危险状况



自闭症行为特征

安全意识



不畏惧高



通病：肠胃功能障碍



“Buie Tim, 儿童肠胃病专家，哈佛，波士顿马萨诸塞州儿童总医院，MA. LADDER** 自闭症儿童肠胃功能的初步研究结果**

LADDERS

www.ladders.org

学习与发展残疾人士教育和康复服务中心。

波士顿马萨诸塞州儿童总医院，Margaret Bauman 医生，理事。为评估和治疗自闭症的儿童和成人、广泛性发育障碍以及相关疾病提供跨学科计划的服务。

Horvath K, Patadimitriou JC, John C, et al. *Gastrointestinal abnormalities in children with autistic disorder.* Journal of Pediatrics, 1999 Nov; 135(5): 559-563

Knivsberg AM, Reichelt KL, Høien T, Nodland M. A Randomized, Controlled Study of Dietary Intervention in Autistic Syndromes. *Nutritional Neuroscience*, 2002 Vol. 5(4), pp 251-261

Help Autism Now Society
www.helpautismnow.com

Tim Buie 医生，哈佛大学与 LADDER*程序的肠胃病专家，波士顿马萨诸塞州儿童总医院，在 1000 名患有自闭症的儿童身上进行显微镜检查，在最初 400 名自闭症儿童中发现自闭症儿的肠胃道问题明显比正常的孩子多。

•20% 食管炎
•12% 结肠炎

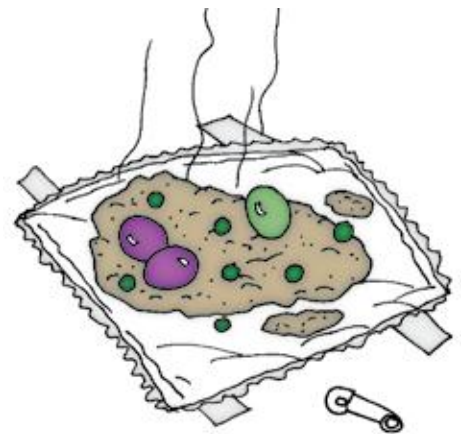
•12% 胃炎
•55% 缺乏乳糖酶

•10% 十二指肠炎

建议向肠胃专家咨询。



腹泻



排泄物中有未消化的食物



严重自我饮食限制和 /或食物敏感



便秘

睡眠干扰/疼痛反应/癫痫发作



睡眠干扰

有些孩子可以整天没有显示出爱睡的现象，或者没注意白天和黑夜的区别，又或者无法正常入睡或保持睡眠状态。可能只睡一小时或最多两个小时。

试设想父母的睡眠时间被剥夺的后果。



癫痫发作
随着年龄的增
长，癫痫发作但
病因不明。

异常的疼痛反应
减少/无疼痛反应或
加剧疼痛反应

自闭症带给家庭的影响



一个拥有自闭孩子的家庭，日常生活将存在许多难以忍受的事。夫妻婚姻和兄弟姐妹都得承受巨大压力，他们需要接受辅导和社会的支持。

早期疗育的重要性



有研究显示，早期疗育能有效改善孩子和家庭的状况。初期计划包括先教导孩子注意身边发生的事物，引起孩子对事物的重视，加强模仿能力，后期则教导孩子沟通技巧。



如果孩子有任何发育迟缓的症状，需告诉家长尽早进行早期疗育评估（EI）。根据孩子情况所需，EI 可能包括语音，职业培训和/或物理治疗。

可咨询的相关单位



1. 成长发展专科
2. 早期疗育评估
3. 听觉能力评估
4. 言语治疗
5. 物理治疗
6. 职业治疗
7. 小儿肠胃专家（如果孩子有严重的腹泻 / 便血 / 未消化的食物 / 频繁呕吐）
8. 神经科（如果有癫痫发作）
9. 儿童心理学家 / 心理学家
10. 社会工作者 / 家庭辅导
11. 当地家长支援小组

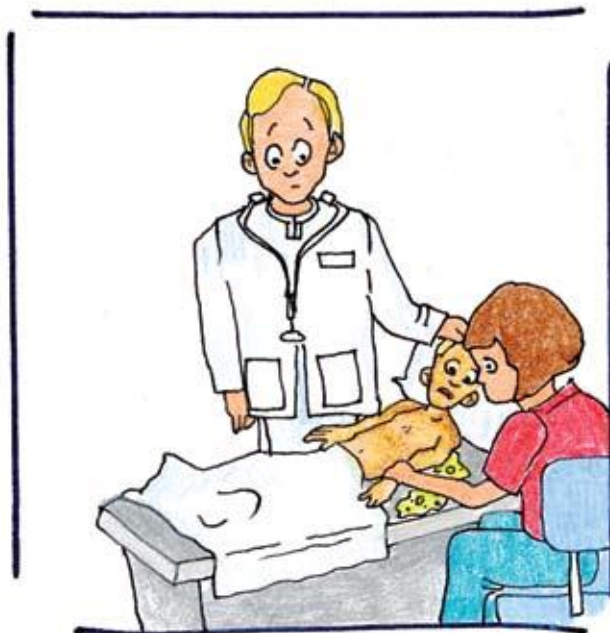


优化自闭症儿童的 门诊服务



身为一个医师，
我们主要被培训
去诊断病症。

自闭症儿童很少会
像病人的样子，他
们看起来可能完全
正常，发育也很健
全。



他们会表现得好像
他们只是缺少
父母的关注和严
格管教。

他们通常拒绝改变，
往往对新的环境，
新的体验以及陌生人
非常抗拒。



优化自闭症儿童的门诊服务

考虑提前通过电话与家长进行沟通



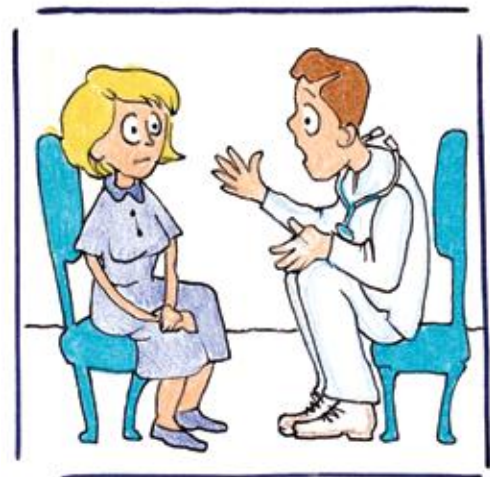
优点包括:

1. 从家人那儿得到孩子过去的详细病历。
2. 与家长商量如何让访问、探访变得更加方便
3. 要求家长带个孩子喜欢（有安全感）的东西陪伴他们进行检查。
4. 若预计需要抽血，请预先提供麻醉剂处方，让家长能提前做好准备。
5. 建议家长在这之前先把关于社会医疗的故事如：“要去看医生了”或“要去抽血了”读给孩子听，让他们对将进行的检查有一定的概念或心理准备。



听父母的建议

父母是最理解孩子的专家。



优化自闭症儿童的门诊服务



准备检查室

有关监察室，护士/医疗助理可在事前与家长沟通。这包括了：

没有窗户的安静房间

柔和的灯光

无需播放音乐

尽可能把可当成武器 / 威胁性的物品移走。



尽可能缩短等待时间

考虑：

把当天的首个看诊时间保留给这些孩子（提早 10 分钟抵达，能避免他看到其他人）

成果：

大幅度地降低风险：

- 1.孩子的情绪崩溃
- 2.干扰其他在等待室的家庭
- 3.使父母尴尬
- 4.破坏等待室

若可能，预先通过电话为孩子进行登记。



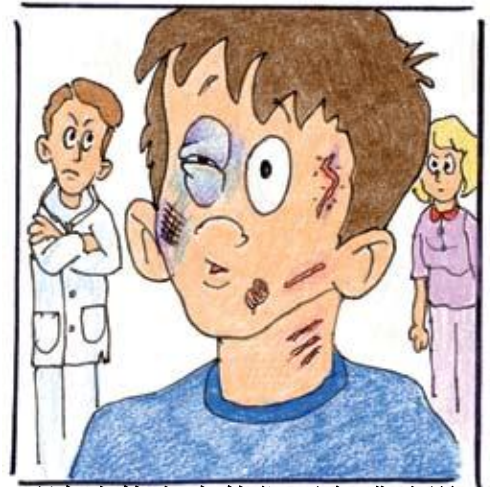
优化自闭症儿童的门诊服务



事情不能光看表面

这些儿童也许看起来像被忽视及/或被虐待，但事情不能只看表面，必须考虑以下因素：

严重的自残行为
自咬，撞头，搔抓等
有限或毫无疼痛感
毫无危机意识



严重的感知问题会使到这些儿童无法让他人为他们更衣或洗澡

对意料之外的事要有心理准备

要提高自身安全警惕，因为一些自闭症儿童可能无法明白你的存在是为了帮助他们，相反的，他们可能认为你是个威胁。他们可以在平静时突然爆发如：

撞击头部
咬
踢
吐口水
用拳头猛击
拉扯头发
逃跑等

尊重孩子的个人空间。
(他们需要比正常人更大的空间)



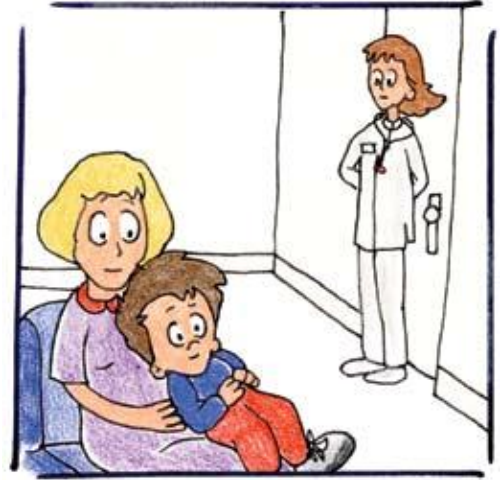
优化自闭症儿童的门诊服务



有限的理解及表达能力

一些自闭儿也许能背诵整个迪士尼的视频（故事情节），但无法说出自己的名字或表达他当时的状况（如受伤）

他们对于处理听觉信息会有一些困难。



考虑自闭症对整个家庭的影响

在适当的时候咨询：

兄弟姐妹研讨会

患儿家庭互助团体

暂托服务



See pages 34, 35, and 36 for parent resources. See inside back cover for State Early Intervention Referral and Online Physician Resources.

对家长有帮助的网站

(Copy this page as needed. Available electronically as a PDF at www.helpautismnow.com)

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.



中国

中国孤独症网

<http://www.cautism.com/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和专家热线。

中国孤独症支援网

<http://www.guduzheng.net/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和专家热线。

好大夫在线

<http://www.haodf.com/jibing/zibizheng.htm>

中国医疗网站，聚集了自闭症/孤独症的医生及专家为父母解答关于自闭症的各种问题。

中国孤独症网

<http://www.cnautism.com/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和在线孤独症测试。

摇篮网，育儿百科

<http://www.yaolan.com/zhishi/zibizheng/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和在线孤独症测试。

疾病查询

<http://jb.9939.com/dis/141131/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和专家热线。

疾病百科

<http://jbk.39.net/zbz/>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法和家长经验分享。

宝宝树

<http://www.babytree.com/learn/specialtopic/zibizheng>

提供家长关于自闭症/孤独症的资讯、书籍、新闻、参考病例、治疗方法和家长经验分享。

挺身而出

<http://psychspace.com/psych/category-219>

提供许多自闭症/孤独症专家发表的文章和视频。

爱网-星星的孩子

<http://www.julia4christ.org/Soul/JSAutism.htm>

提供关于自闭症/孤独症的文章。



台湾

财团法人中华民国自闭症基金会

<http://www.fact.org.tw/>

提供教育课程，专业研习以及各项活动。

星星儿社会福利基金会

<http://www.starlet.org.tw/style/front001/bexfront.php?sid=264594303>

提供关于自闭症/孤独症的资讯。

香港

香港自闭症人士康復服務概覽

<http://www.autism.hk/hk-asd-ser.htm>

提供在香港能寻求帮助的有关部门网站。

新马

Autism Link

<http://www.autism.my/>

提供家长关于自闭症/孤独症的资讯。

Service for children with autism

<http://www.autism.sg/>

提供家长关于自闭症/孤独症的资讯。

南马特别孩子关怀协会

<https://www.facebook.com/pibgkki>

一个提供家长协助各项有益活动的平台。

亮心海岸

<https://www.facebook.com/litabay2011>

提供家长关于自闭症/孤独症的资讯、书籍、活动、新闻、参考病例、治疗方法、家长经验分享和专家热线。

其它语言的网站与资源:

(Copy this page as needed. Available electronically as a PDF at www.helpautismnow.com)

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

American Academy of Pediatrics

www.aap.org/healthtopics/autism.cfm

Autism-specific news, resources.

Arc of the United States

www.thearc.org

Network to improve systems of supports and services; connect families; inspire communities, influence public policy. Advocates for rights, full participation of all persons with intellectual and developmental disabilities.

Autism and PDD Support Network

www.autism-pdd.net/resources-by-state.html

Comprehensive state-by-state guide to local Early Intervention (birth-5 yrs), state agencies, and resources.

AutismInfo.com

www.autisminfo.com/

Extensive list of "A to Z" autism resources; daily updates, studies, and news articles.

Autism Key

www.autismkey.com/

News, videos, information, resources. Autism Message Boards; find other local parents and support.

www.autismkey.com/autism_directory.htm

Resource list of organizations, foundations, and treatment centers.

AutismLinkListServ

<http://lists.autismlink.com/lists/>

Online news service covering autism-related news including biomedical, research, education, advocacy, etc. Sign up for areas of interest nationally or regionally.

AutisticLiving.com

www.autisticliving.com/

Comprehensive web site developed by parents for parents. "The goal of AutisticLiving.com is to allow parents to spend more time living instead of researching, which in turn will give their autistic child a better life". Topics include: news articles, behavioral therapy information, dietary information, doctor directory, events, forum discussion, links, etc.

Autism Research Center, Cambridge University, England

www.autismresearchcenter.com

Mission of ARC is to understand the biomedical causes of autism spectrum conditions, and develop new and validated methods for assessment and intervention. The ARC fosters collaboration between scientists in Cambridge University and outside. Dr. Simon Baron-Cohen, Co-Director, is developer of CHAT screening tool and author of numerous books and research papers.

Autism Research Institute

www.autism.com

Non-profit founded in 1967 by Dr. Bernard Rimland, Ph.D. to conduct and foster scientific research designed to improve the methods of diagnosing, treating, and preventing autism and disseminate findings to parents and others seeking help. The ARI data bank, the world's largest, contains over 40,000 detailed case histories of children with autism from more than 60 countries. Dr. Stephen M. Edelson, Ph.D. is the current director of ARI.

Online resource includes a database covering more than two decades of responses from over 25,000 parents on the behavioral effects of biological interventions. Articles available in Spanish, French, Italian, Russian, and Portuguese.

Autism Research Unit, University of Sunderland, UK

<http://osiris.sunderland.ac.uk/autism/aru.htm>

Provides a basis for research into the cause of autism and an accessible store of traditional and current research on autism. Produces a booklet guide for parents/clinicians with current research and treatment suggestions.

Autism Resources

www.autism-resources.com

Extensive book list and international resource links. Translates into 16 languages: Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Autism Society of America

www.autism-society.org

"Improving the lives of all affected by autism. ASA is the leading voice and resource of the entire autism community in education, advocacy, services, research and support. ASA, a chapter- and member-based organization, is committed to meaningful participation and self-determination in all aspects of life... with a successful network of chapters, members, supporters and organizations."

Autism Society Canada

www.autismsocietycanada.ca

Information, resources, research, treatment, education, events, conferences, links. Available in French.

Autism Speaks

www.autismspeaks.org

Autism Speaks is committed to raising public awareness about autism and its effects on individuals, families, and society, and to giving hope to all who deal with the hardships of this disorder. Autism Speaks raises funds to facilitate effective treatment and research, and is dedicated to uncovering the biology of autism and developing effective biomedical treatments through research funding.



Autism Today

www.autismtoday.com

Creative, interactive, one-stop shop to navigate the maze of autism-related information. Over 2,500 pages, is the largest autism resource online and resource distributors in the world. Bookstore, conference s, online access to experts, etc. Translates into Chinese, French, German, Italian, Japanese, Korean, and Spanish.

Autismweb.com

www.autismweb.com/

General information including: Early Warning signs, What's Autism? Interventions, books, conferences, teaching methods, message board, etc.

CDC Autism Information Center

www.cdc.gov/ncbddd/autism/index.htm

Screening/diagnosis, treatment/therapy, resources, news, research, state and congressional activities, educational materials

其它语言的网站与资源:

(Copy this page as needed. Available electronically as a PDF at www.helpautismnow.com)

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

Children's Disabilities Information

www.childrensdisabilities.info/

General disability information with autism-specific resources including: books, articles, links, etc.

Dan Marino Childnett:

www.childnett.tv

A first-of-its-kind internet web channel dedicated to autism and other neurological disorders.

Dan Marino Foundation

www.danmarinofoundation.com

Non-profit organization founded in 1992 by Claire and Dan Marino, to support programs which provide integrated intervention services for children with special needs: medical, emotional and/or behavioral.

Doug Flutie, Jr. Foundation

www.dougflutiejrfoundation.org/

Grants for families, events, resources; education, and advocacy.

First Signs

www.firstsigns.org

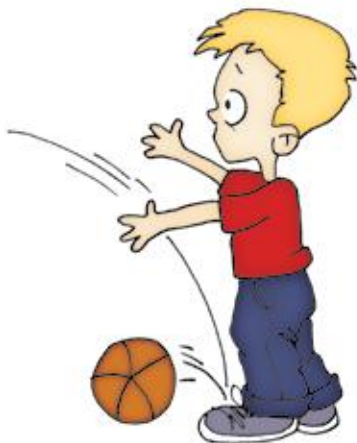
Resource for parents and professionals regarding normal/typical developmental milestones. Useful baseline information for parent to discuss with physician if they have developmental concerns about their child.

Help Autism Now Society

www.helpautismnow.com

Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism, handbook with over 100 illustrations depicting the "behavioral symptoms" of autism, 4-minute tutorial video of CHAT screening tool. Online social stories: "Going to See the Doctor" and "Going to Have Blood drawn" can help prepare children with autism for these events. Online readable book for siblings written through an 8-year-old sibling's eyes,

Autism: Living with My Brother Tiger.



LADDERS

www.ladders.org/

Learning and Developmental Disabilities Evaluation and Rehabilitation Services. Mass. General Hospital for Children, Boston MA. Interdisciplinary program designed to provide services in the evaluation and treatment of children and adults with autism, pervasive developmental disorder and related disorders.



MedLinePlus

www.nlm.nih.gov/medlineplus/autism.html

Links to news, NIH; diagnosis/symptoms, treatment, research, organizations. Available in Spanish.

National Autistic Society, UK

www.nas.org.uk/

Based in UK but provides useful info for US residents. Telephone hotline, free parent-to-parent telephone service, support, schools, news, and events.

NICHCY, National Dissemination Center for Children with Disabilities

www.nichcy.org/pubs/factshe/fs1txt.htm

Autism facts, resources, organizations.

Spanish translation.

www.nichcy.org/states.htm

State agencies and organizations, parent groups in each state.

NIH Autism Website

www.nichd.nih.gov/autism/

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

NIMH, National Institute of Mental Health

www.nimh.nih.gov/healthinformation/autism/menu.cfm

Signs/symptoms, treatment, fact sheets, news, links to research.

Northwest Autism Foundation

www.autismnwaf.org

Non-profit organization provides education and information for parents and professionals in the northwestern US. Publishes a useful NW Resource Directory available at no charge.

Pubmed

www.ncbi.nlm.nih.gov/pubmed

Free, immediate, internet access to the most up-to-date and previously published medical studies from numerous US and international medical journals. Can access by subject, author, or title of study. Abstracts often available electronically at no charge.

Schafer Autism Report

www.sarnet.org/

Online newsletter of all major news sources, websites, and latest research for important and practical new developments regarding autism. Studies often available for viewing in advance of publication. Subscription free.

Syracuse University Autism Web-links:

<http://web.syr.edu/~rjkopp/data/autlinkinfo.html>

Site provides over 100 links to diverse website resources.



其他语言的网站与资源

Action for Autism

www.autism-india.org/worldorgs.html

Worldwide links to autism organizations, resources in almost 100 different countries.

Autism Canada

www.autismcanada.org

"Autism Canada Foundation is a registered Canadian charity focused on engaging, educating, empowering and uniting people to find the cause and the cure for Autism. Autism Canada supports a 'multi-disciplinary' approach to treating individuals on the autism spectrum combining biomedical and educational treatments". Online resources include: signs/symptoms, treatment options, research, news, library, conferences, events, links to organizations and service providers.

其它语言的网站与资源:

(Copy this page as needed. Available electronically as a PDF at www.helpautismnow.com)

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

Autism Resources

www.autism-resources.com/links/nonenglish.html

Extensive book list and international resource links. Available in Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Autism Research Institute

www.autism.com

Comprehensive online resource includes a database covering more than two decades of responses from over 25,000 parents on the behavioral effects of biological interventions. Articles available in Spanish, French, Italian, Russian, and Portuguese.

Autism Society Canada

www.autismsocietycanada.ca

Information, resources, research, treatment, education, events, conferences, links. Available in French.

Autism Today

www.autismtoday.com

Creative, interactive, one-stop shop to navigate them a zeofautism-related information. Over 2,500 pages, is the largest autism resource online and resource distributors in the world. Bookstore, conferences, Online access to experts, etc. Translates into Chinese, French, German, Italian, Japanese, Korean, and Spanish.

Future Horizons

www.autismoespanol.com

Extensive resource for publishing and books relating to the autism spectrum; books and tapes available online. Website in Spanish.

National Autistic Society, UK

www.nas.org.uk/

Based in UK, but provides useful information for US residents. Telephone hotline, and free parent-to-parent telephone service, support, schools, news, and events.



NICHCY, National Dissemination Center for Children

With Disabilities

www.nichcy.org/pubs/factshe/fs1txt.htm

Autism facts, resources, organizations. Available in Spanish.

NIH Autism Website

www.nichd.nih.gov/autism

Most current information about NICHHD research projects, publications, news releases, and other activities related to autism. Available in Spanish.



Autismshop.com

www.autismshop.com/

Store with wide selection of products that focus specifically on autism products including book, videos, games, visuals, timers, picture exchange schedules, etc

雜誌

The Autism Asperger's Digest

www.futurehorizons-autism.com

Features articles and material from around the world; covers the latest people, products, research, news and viewpoints emerging in the autism field. Full-length excerpts from groundbreaking new books on autism, original articles from top specialists, etc.

The Autism Perspective, TAP

www.theautismperspective.org

Provides balanced information on the myriad of therapies and treatments for the vast and complicated realm of autism.

The Autism Spectrum Quarterly

www.ASQuarterly.com

ASQ is a "magajournal", combining the read ability and interest of a high-level magazine with the substance and depth of a professional journal. Features research and commentary aimed at helping parents, teachers, and clinicians to translate research into practice.

Spectrum

www.spectrumpublications.com

For parents of children with autism and developmental disabilities. Wide variety of topics, including educational, biomedical and research. Contains autism-specific news articles and interviews with autism experts and mainstream celebrities affiliated with autism.



自闭症网上商城

Baby Bumble Bee

www.babybumblebee.com/I_landings/Autism_PDD.cfm

Originally developed for typical children however parents of children with autism have found the real-life video format helpful for language development, etc. Video Series includes: Verbs and Nouns, Numbers, Alphabet, Phonics, Colors and Opposites.

Bright Start Therapeutics/ The Adaptive Child

www.bright-start.com/

Wide selection adaptive therapy products focus on movement, positioning, sensorimotor, exercise, aquatics and play, including special needs strollers, toys, clothing, learning tools and other adaptive equipment.

Do To Learn

www.dotolearn.com/

Early educational materials, many specifically geared toward "visual learners", including flash cards and schedules. Many free educational products available. Suitable for parents and educators.

Future Horizons

www.futurehorizons-autism.com/

Extensive selection of books, conferences, and other valuable information on Autism (ASD), Asperger's Syndrome, Pervasive Developmental Disorders(PDD).

Model Me Kids:

www.modelmekids.com/

Educational video series demonstrates social skills by modeling peer behavior in different scenarios, e.g. school, play dates, birthday parties, playgrounds, library.

Parents can check local newspapers/ health food stores for listing of support groups.

Parents can "search" to find online autism support groups, which are "list serves", electronic mailing lists. Follow directions to join groups of interest, then interact online with other parents dealing with similar issues.

医师网上资源

U.S.: State-by-State Department of Education, Early Intervention Programs, Birth-5years.

www.nichcy.org/states.htm

American Academy of Pediatrics

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/5/1221>

Pediatrician's Role in the Diagnosis and Management of Autistic Spectrum Disorder in Children.

American Academy of Pediatrics

www.aap.org/healthtopics/autism.cfm

Autism-specific news, resources.

Autism and PDD Support Network

www.autism-pdd.net/resources-by-state.html

Comprehensive state-by-state guide to local Early Intervention (birth-5 yrs), state agencies, and resources.

Autism Society of America

www.autism-society.org/site/PageServer?pagename=about_resources

State-by-state resources, including parent and sibling support groups; education, treatment options, conferences, books.

Autism Treatment Network

www.autismtreatmentnetwork.org/

Dr. Margaret Bauman, Director. Regional treatment centers developing National Medical Database to record results of treatments and studies:

- Massachusetts General Hospital-Boston, MA
- Oregon Health and Sciences University-Portland, OR
- Baylor College of Medicine-Houston, TX
- University of Washington Medical Center-Seattle, WA
- Columbia University Medical Center-New York, NY
- Cleveland Clinic, Cleveland, OH

CDC Autism Information Center

www.cdc.gov/ncbddd/autism/index.htm

Screening, diagnosis, treatment/therapy, news, research, state and congressional activities, educational materials.

Medline Plus

www.nlm.nih.gov/medlineplus/autism.html

NIH links to news, diagnosis/symptoms, treatment, research, organizations. Available in Spanish.

Help Autism Now Society

www.helpautismnow.com

Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism, handbook with over 100 illustrations depicting the "behavioral symptoms" of autism. 4-minute tutorial video of CHAT screening tool. Online social stories: "Going to See the Doctor" and "Going to Have Blood Drawn" can help prepare children with autism for these events. Online readable book for siblings written through an 8-year-old sibling's eyes, Autism: Living with My Brother Tiger.

NICHCY, National Dissemination Center for Children with Disabilities

[www.nichcy.org/states.htm\(SpanishandEnglish\)](http://www.nichcy.org/states.htm(SpanishandEnglish))

NICHCY: central source of information on disabilities in infants, toddlers, children, and youth, IDEA (law authorizing special education), No Child Left Behind (how it relates to children with disabilities), and research-based information on effective educational practices. NICHCY creates disability-related State Resource Sheets including agencies serving children and youth with disabilities, state chapters of disability organizations and parent groups, Parent Training and Information projects.

NIH Autism Website

www.nichd.nih.gov/autism/

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

NIMH National Institute of Mental Health

www.nimh.nih.gov/healthinformation/autismmenu.cfm

Signs/symptoms, treatment, fact sheets, news, links To research.

Other languages & International sites listed at end of Parent Resource page

