

“這本手冊的插圖十分吸引人，內容簡易讓人容易明白，能協助忙碌的初級看護醫生/照顧自閉症兒童的醫務人員診斷自閉症。

“這本手冊應當成為所有接觸自閉症專業人士的必讀之物。”

Margaret Bauman M.D.
哈佛醫學院神經內科副教授
波士頓馬薩諸塞州兒童總醫院
學習與發展殘疾評定和康復服務中心LADDERS理事

“這本書提供了清晰的內容和繪畫插圖來協助診斷自閉症，同時它也提供建議給擁有自閉症孩子的家長”

Prof Dato Dr. See ChingMey
拿督薛振美教授
馬來西亞理科學副校長
教育與心理輔導學家

“本手冊是一本巧妙且簡易的教育作品，它利用插圖準確地描繪出了自閉症的特征，任何人讀了這本手冊一定會更加了解自閉症兒童以及如何提供協助給自閉症兒童。”

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



自閉症 醫師手冊

HANS Help
Autism
Now
Society
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致謝

我們由衷感謝 HANS(Help Autism Now Society)給予我們機會將這份著作翻譯成中文版本。自閉症是一種很複雜的病症，通過閱讀這本趣味和創意豐富的描述手冊，這將能協助有份參與的醫生和專家們更容易地去診斷自閉症以便能做早期療育和管理。中文版本手冊將增加更多中文讀者并擴大讀者群，藉此讓更多人理解自閉症。

昔特自閉兒童培訓中心的訊息

REACH Segamat, 昔特自閉兒童資源與教育協會是由一群志同道合的公益誌願者於 2008 年創辦，通過取自於檳城 REACH 中心的各種課程來幫助自閉症患者增進他們的社交能力、智力、運動技能和職業技能。除此之外，檳城 REACH 中心也提供我們導師訓練和各种幫助。

我們希望能夠協助更多面對社會求救無門和缺乏資源問題的自閉兒和他們的家庭。我們也免費提供一系列的服務和課程予患有自閉症的兒童以及他們的家庭。提供的服務與課程包括：

- 診斷評估
- 發展評估
- 以個人教育計劃（IEP）來進行一對一教學
- 美術和手工藝
- 音樂和韻律
- 職業培訓（陶藝和洗車）
- 團康治療
- 父母與監護人輔導服務
- 家長支援團
- 醒覺運動
- 資助開發本土化的自閉症應用程式（App）

這些全面和綜合性的課程計劃將會持續的發展和升級。我們要让患有自閉症的孩子和他們的家庭不再覺得他們是孤獨的，他們就像其他人一樣備受關懷。

昔特自閉兒童培訓中心是一個依靠社會資助和自願者來支持的社區服務項目。請瀏覽我們的網站或聯絡我們以便支持我們的努力。

昔特自閉兒童培訓中心（REACH Segamat）

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當您的孩子滿 18 個月時，他是否...



1. 在想要某樣東西時，看著您並指著他要您看的東西？



2. 看著您指向的東西？



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閉症。請向您的醫生查問諮詢。

Based on CHAT (Checklist for Autism in Toddlers)

自閉症檢查表

第 1/2 頁(需在 18 個月內完成)



項目 A:由父母完成

1. 你的孩子是否喜歡你把他放在膝蓋上彈跳或擺蕩? 是/否
2. 你的孩子會注意其他孩子嗎? 是/否
3. 你的孩子喜歡爬高嗎?例如: 爬樓梯 是/否
4. 你的孩子喜歡玩“躲貓貓”(抓迷藏)嗎? 是/否
5. 你的孩子會玩“家家酒”, 例如, 用玩具茶壺沖茶, 或其他? 是/否
6. 你的孩子曾用食指指著他所要的東西嗎? 是/否
7. 你的孩子曾用食指指著東西, 表示對該樣東西有興趣嗎? 是/否
8. 你的孩子會正確玩小玩具(例如車子或積木), 而不是只把它們放在嘴裏、隨便亂動或是把它們丟掉。 是/否
9. 你的孩子曾經把他要讓你看的東西拿給你(家長)看? 是/否

選項 B:醫師的觀察

1. 在診療室, 孩子與您有過眼神接觸嗎? 是/否
2. 吸引孩子的注意, 然後指向房間對側一個有趣的玩具, 說:
“嘿, 看, 那裏有個(玩具名)”, 觀察孩子的面部表情, 孩子有沒有看著你指的玩具。 是/否
3. 吸引孩子的注意, 然後給孩子一個玩具小茶杯和茶壺, 對孩子說:
“請泡一杯茶給我喝”。觀察孩子有沒有假裝倒茶等動作。 是/否
4. 問孩子: “燈在哪裏?” 或問: “把燈指給我看看”, 孩子會用他的食指指燈嗎? 是/否
5. 孩子能將積木疊高嗎? 能, 疊__個積木? 是/否

B2: 在這選項記錄“是”之前必須確保孩子是看著你指向的物品而不是你的手。

B3: 如果你能舉出類似的假設遊戲, 請在這選項選擇“是”

B4: 如果孩子不明白“燈”的意思, 請重復“小熊在哪裏?” 或是其他無法到達的東西。孩子必須有看著你的臉在指著周圍物品的時候。

(計算列表請看下一頁)

自閉症檢查表

第 2/2 页



自閉症檢查表主要選項

選項 A

A5: 假設性遊戲

A7: 自然而然的指向某樣物品

選項 B

B2: 跟從指向的東西

B3: 假設/假裝

B4: 懂得指向東西

自閉症檢查表復選項

選項 A

A1: 翻滾和粗魯地玩耍

A2: 社交興趣

A3: 軀體運作發展

A4: 社交遊戲

A6: 自然而然的指向某樣物品

A8: 功能發揮

A9: 展示能力

選項 B

B1: 眼神交流

B5: 積木塔

風險分配

高風險的自閉症組 無法完成(無法回答)A5, A7, B2, B3, B4

中等風險的自閉症組 無法完成 A7, B4(但不屬於高風險組)

低風險的自閉症組 不在其他两个風險組里

管理建議:

高風險組 : 請向发育门诊以及 ESD (教育处) 查詢

中等風險組 : 高度懷疑-如上
輕微懷疑-一個月後重新測試

低風險組 : 如果有任何無法回答的問題, 一個月後重新測驗

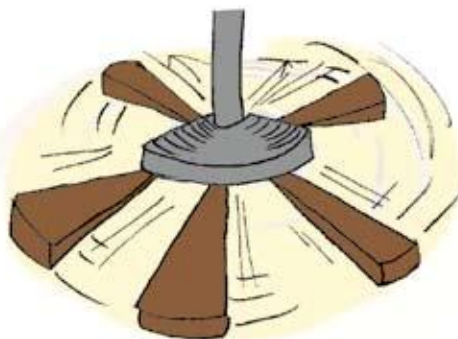
自閉症行為特征



人際關係

語言交流

奇異/重複動作



軀體運用

感官過度刺激的反應

特別的感官反應

自我傷害

安全意識



自閉症的行為特征



人際關係

對其他小朋友玩樂不感興趣



兇狠地與兄弟
姐妹爭執



獨自坐在嬰兒床
哭喊而不是呼喚
媽媽



不會察覺父母
離開或回返



自閉症的行為特征

人際關係



對“躲貓貓”
(抓迷藏)或
合作性遊戲沒
興趣



強烈拒絕父
母手握、擁抱或親
吻



當別人要抱起他時，
他不會伸手表現期
待被抱

自闭症行为特征

語言交流



他們不容易察覺周圍發生的事物，也很難有眼神接觸，因此常被認為是對各類的交流沒興趣。

當他們要拿取某樣物品時，會拉著父母的手到該物品處，借父母的手取得。普通（正常）的孩子會直接告訴父母或指向該物品。



沒發覺周圍發生的事物

無眼神交流

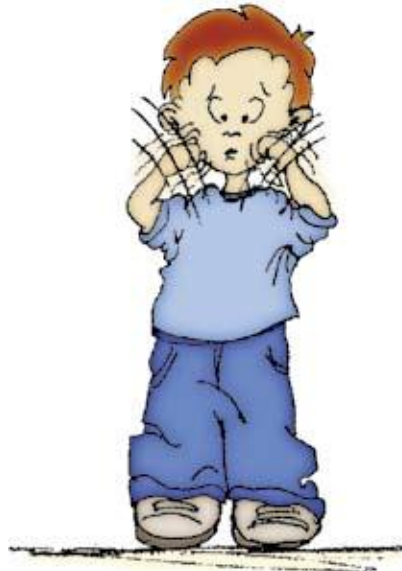


牽引



自闭症行为特征

奇異\重複動作



手上下或左右搖擺



著迷於旋轉風扇



旋轉動作

排列玩具車



自闭症行为特征



奇異/重複動作



對玩具沒興趣但對其他物品如加熱器有興趣



在陽光照射下抓取灰塵



不會玩玩具，專注於玩具中的一項零件，例如不停旋轉玩具車的輪子

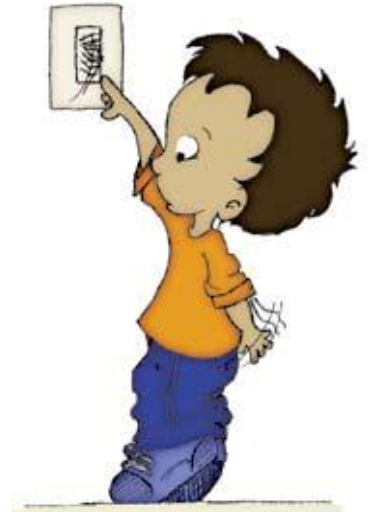


自闭症行为特征

奇異/重複動作



全身或局部搖擺



迷於按開關鈕



亂咬吃東西如衣服、
床墊和布簾



手指
在眼前
晃動

自闭症行为特征

奇異/重複動作



設法就壓身體



塗抹糞便



設法重擊身體



自闭症行为特征

躯体運用

雖然在某些方面有特殊的表現，但在其他方面還是有缺陷



無法做精細動作



四肢協調性差



以腳尖行走



測量力差

自闭症行为特征

肢體運用

雖然自閉小孩表面上掌握基本動作，但卻在運行一些活動時面對困難。例如：騎腳車，騎上玩具車等等



或者



無法騎
腳車或
玩具車



流口水

自闭症行为特征

感官过度刺激的反应



一個患有自閉症的孩子可能對音樂、噪音、某物品的質地、新體驗或新環境十分抗拒。越大的感官刺激將造成越大的焦慮反應。

自闭症行为特征



特别的感官反应

不願意理發



無法忍受
被扣上
安全帶



不喜歡新事物如生日
蠟燭或氣球



不願意洗澡



自闭症行为特征

特别的感官反应



對普通的居家氣
味捂住嘴巴或作
嘔狀



對音樂難以
忍受



靠近臉頰
轉動某件
物體



對噪音無反應（好像聾
子），但其余時候聽覺
正常



自闭症行为特征



特别的感官反应



冬天拒絕穿寒衣

拒絕更衣



撕裂自己的衣服、標籤和接縫處

夏天堅持穿寒衣



自闭症行为特征



自我傷害



撞頭

自咬，不
覺痛



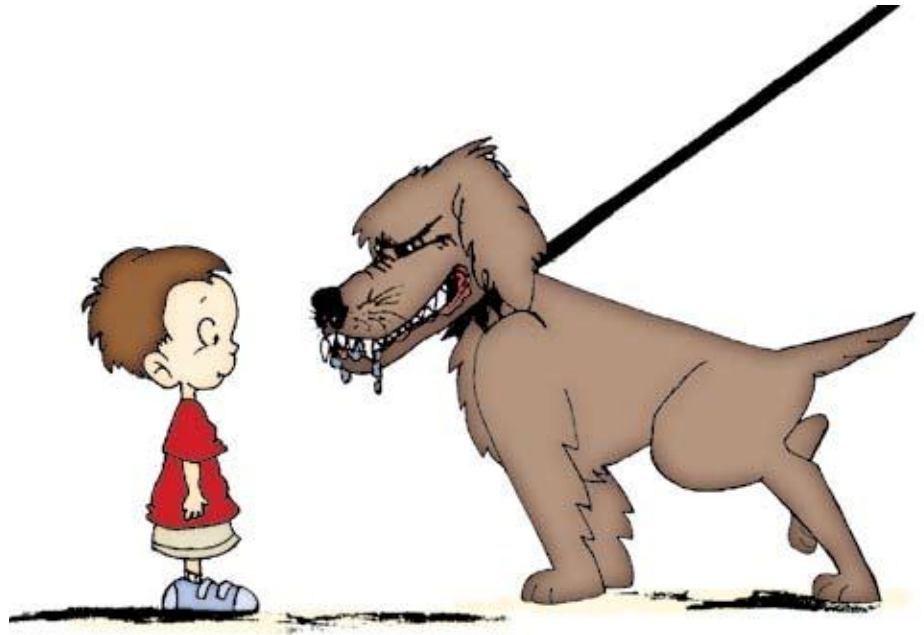
撕抓和刮傷身體

扯拉一撮頭髮

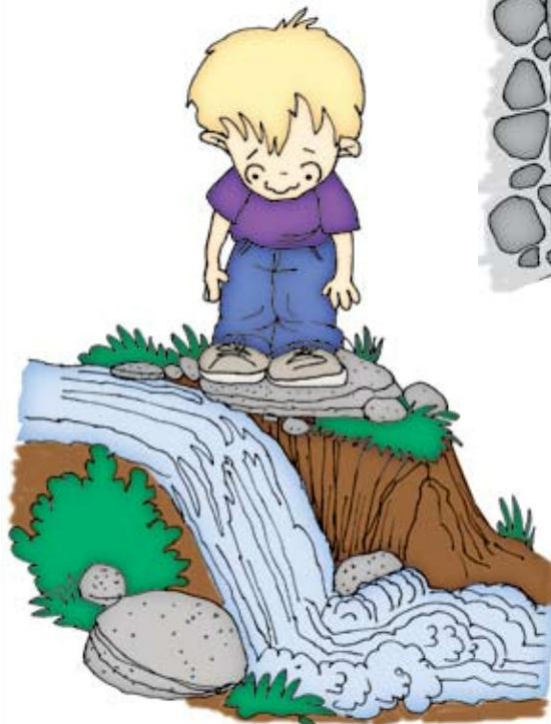


自闭症行为特征

安全意識



無安全意識

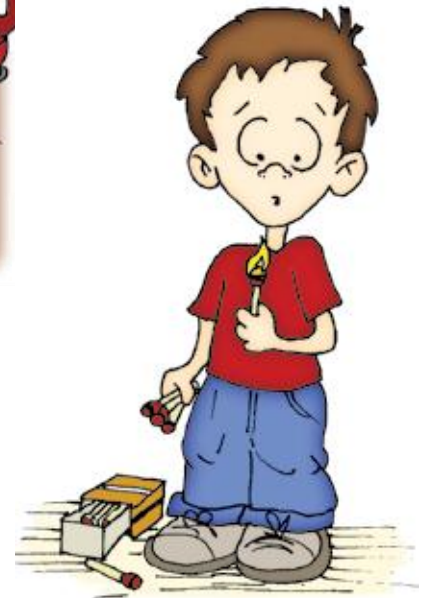


自闭症行为特征

安全意识



沒有能力意識到將會受傷的
危險狀況



自闭症行为特征



安全意識



不畏懼高



通病：腸胃功能障礙

Tim Buie 醫生，哈佛大學與 LADDER*程序的腸胃病專家，波士頓馬薩諸塞州兒童總醫院，在 1000 名患有自閉症的兒童身上進行內診鏡檢查，在最初 400 名自閉症兒童中發現自閉兒的腸胃道出問題的現象明顯比正常小孩多。

- 20%食管炎
- 12%結腸炎

- 12%胃炎
- 55%缺乏乳糖酶

- 10%十二指腸炎

建議向腸胃專家諮詢



“Buie Tim, 兒童腸胃病專家，哈佛，波士頓馬薩諸塞州兒童總醫院，MA. LADDER** 自閉症兒童腸胃功能的初步研究結果**

LADDERS

www.ladders.org

學習與發展殘疾人士教育和康復服務中心。

波士頓馬薩諸塞州兒童總醫院，Margaret Bauman 醫生，理事。為評估和治療自閉症的兒童和成人、廣泛性發育障礙以及相關疾病提供跨學科計劃的服務。

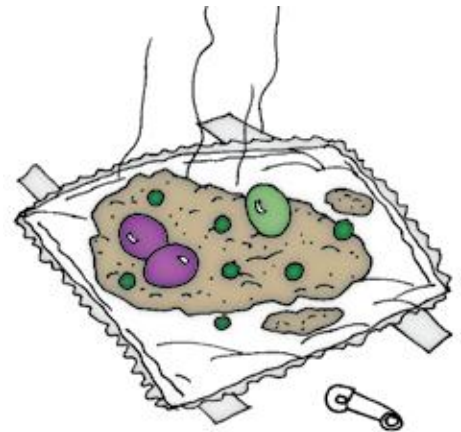
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Help Autism Now Society
www.helpautismnow.com



腹瀉



排泄物中有未消化的食物



嚴重自我飲食限制和 /或食物敏感



便秘

睡眠干擾/疼痛反應/癲癇發作



睡眠干擾

有些孩子可以整天沒有顯示出愛睡的現象，或者沒注意白天和黑夜的區別，又或者無法正常入睡和保持睡眠狀態。可能只睡一小時或最多兩個小時。

試設想父母的睡眠時間被剝奪的後果。



異常的疼痛反應
減少/無疼痛反應或
加劇疼痛反應



癲癇發作
隨著年齡的增長，
癲癇發作但病因
不明。

自閉症帶給家庭的影響



一個擁有自閉孩子的家庭，日常生活將存在許多難以忍受的事。夫妻婚姻和兄弟姐妹都得承受巨大壓力，他們需要接受輔導和社會的支持。

早期療育的重要性



有研究顯示，早期療育能有效幫助改善孩子和家庭的狀況。初期計劃包括先教導孩子注意身邊發生的事物，引起孩子對事物的重視，加強模仿能力，後期則教導孩子溝通等技巧。



如果孩子有任何發育遲緩的症狀，需告訴家長盡早進行早期療育評估（EI）。根據孩子情況所需，EI 可能包括語音，職業培訓和/或物理治療。

可諮詢的相關單位



1. 成長發展專科
2. 早期療育評估
3. 聽覺能力評估
4. 言語治療
5. 物理治療
6. 職業治療
7. 小兒腸胃專家（如果孩子有嚴重的腹瀉 / 便血 / 未消化的食物 / 頻繁嘔吐）
8. 神經科（如果有癲癇發作）
9. 兒童心理學家 / 心理學家
10. 社會工作者 / 家庭輔導
11. 當地家長支援小組



優化自閉症兒童的 門診服務



身為一個醫師，
我們主要被培訓
去診斷病症。

自閉症兒童很少會
像是病人樣子，他
們看起來可能完全
正常，發育也很健
全。



他們會表現得好
像他們只是缺少
父母的關注和嚴
格管教。

他們通常拒絕改變，
往往對新的環境，
新的體驗以及陌生人
非常抗拒。



優化自閉症兒童的門診服務



考慮提前通過電話與家長進行溝通

優點包括：

1. 從家人哪兒得到孩子過去的詳細病歷。
2. 與家長商量如何讓訪問、探訪變得更加方便。
3. 要求家長帶個孩子喜歡（有安全感）的東西陪伴他們進行檢查
4. 若預計需要抽血，請預先提供麻醉劑處方，讓家長能提前做好準備。。
5. 建議家長在這之前先把關於社會醫療的故事如：“要去看醫生了”或“要去抽血了”讀給孩子聽，讓他們對將進行的檢查有一定的概念或心理準備。



聆聽父母的意見

父母是最理解孩子的專家。



優化自閉症兒童的門診服務



準備檢查室

有關監察室，護士/醫療助理
可在事前與家長溝通。
這包括了：

沒有窗戶的安靜房間

柔和的燈光

無需播放音樂

盡可能把可當成武器 / 威脅
性的物品移走。



盡可能縮短等待時間

考慮：

把當天的首個看診時間保留
給這些孩子（提早 10 分鐘抵
達，能避免他看到其他人）

成果：

大幅度地降低風險：

1. 孩子情緒崩潰
2. 幹擾其他在等待室的家庭
3. 造成父母的尷尬
4. 破壞等待室

若可能，預先通過電話為孩子進行登記。



優化自閉症兒童的門診服務



事情不能光看表面

這些兒童也許看起來像被忽視及/或被虐待，但事情不能只看表面，必須考慮以下因素：

嚴重的自殘行為：
自咬，撞頭，搔抓等

有限或毫無疼痛感

毫無危機意識



嚴重的感知問題會使到這些兒童無法讓他人為他們更衣或洗澡

對意料之外的事要有心理準備

要提高自身安全警惕，因為一些自閉症兒童可能無法明白你的存在是為了幫助他們，相反的，他們可能認為你是個威脅。他們可以在平靜時突然爆發如：

撞擊頭部
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)



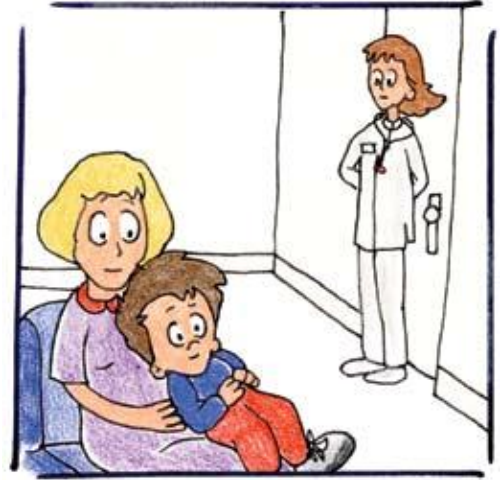
優化自閉症兒童的門診服務



有限的理解及表達能力

一些自閉兒也許能背誦整個
迪士尼的視頻（故事情節），
但無法說出自己的名字或表
達他當時的狀況（如受傷）

他們對於處理聽覺訊息會
有一定的困難。



考慮自閉症對整個家庭的影響

在適當的時候諮詢：

兄弟姐妹研討會

患兒家庭互助團體

暫托服務



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

一些可能對家長有幫助的網站:

(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.



中國

中國孤獨症網

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

中國孤獨症支援網

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

好大夫在線

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

中國醫療網站，聚集了自閉症/孤獨症的醫生及專家為父母解答關於自閉症的各種問題。

中國孤獨症網

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

搖籃網，育兒百科

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

疾病查詢

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

提供家長關於自閉症/孤獨症的知識、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

疾病百科

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法和家長經驗分享。

寶寶樹

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

提供家長關於自閉症/孤獨症的資訊、書籍、新聞、參考病例、治療方法和家長經驗分享。

挺身而說

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

提供許多自閉症/孤獨症專家發表的文章和視頻。

愛網-星星的孩子

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

提供關於自閉症/孤獨症的文章。



台灣

財團法人中華民國自閉症基金會

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

提供教育課程，專業研習以及各項活動。

星星兒社會福利基金會

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

提供關於自閉症/孤獨症的資訊。

香港

香港自閉症人士康復服務概覽

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

提供在香港能尋求幫助的有關當局網站。

新馬

Autism Link

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

提供家長關於自閉症/孤獨症的資訊。

Service for children with autism

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

提供家長關於自閉症/孤獨症的資訊。

南馬特別孩子關懷協會

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

提供家長協助與各項有益活動的平台。

亮心海岸

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

提供家長關於自閉症/孤獨症的資訊、書籍、活動、新聞、參考病例、治療方法、家長經驗分享和專家熱線。

一些可能對家長有幫助的網站:

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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 disseminates 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, online access to experts, etc. Translates into Chinese, French, German, Italian, Japanese, Korea, 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

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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

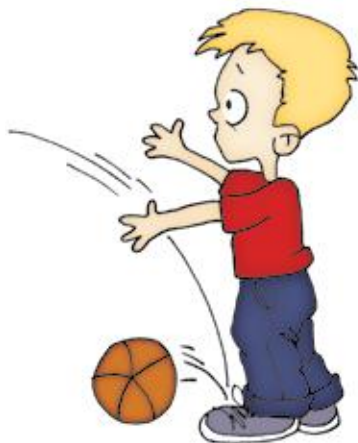
Resource for parents and professionals regarding normal/typical developmental milestones. Useful baseline information for parent to discuss with physician if they have developmental concerns about their child.

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/autismmenu.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 north western 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 fee.

Syracuse University Autism Web-links:

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

Site provides over 100 links to diverse website resources.



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.

一些可能對家長有幫助的網站:

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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 NICHD 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.

醫師網上資源

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

