

Autism

Literature Review

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## **Autism**

Autism is a condition that affects behavioral and communication abilities, which at the same time, contributes to developing aggression, self-injury, and elopement. Autism behaviors also cause stress on their families and how families interact with their children (Raulston et al., 2019).

Communication with an individual who is incapable of verbal communication relies mainly on using body language, sign language, texting, using pictures. Families know that their kids at school have a hard time making friends because of the lack of verbal communication. (Biggs & Snodgrass, 2020).

Positive relationships are fundamental for the mental health and overall development of an individual. Autism affects communication; it affects the way they interact and social stigma. (Biggs & Snodgrass, 2020). This literature review focus on the challenges and perceptions faced by parents with an autistic child.

## **"Managing the Wait": Parents' Experiences in Accessing Diagnostic and Treatment Services for Children and Adolescents Diagnosed with Autism Spectrum Disorder**

The article's primary purpose is to show how parents have a hard time getting their kids diagnosed and accessing timely treatments. This study relies on qualitative data gathered from 17 parents of autistic kids by interviews. These interviews answer the critical question the author addresses: how parents feel about getting their kids diagnosed and treated for Autism? (Smith-Young & Audas, 2020)

The journal shows that most therapies rely on the Government, which has been non-all-inclusive when offering service, plus it offers long waiting lists. When trying to avoid waiting lists, families will run with all of these costs, putting them in a financial burden since mental health is usually not covered by most insurance. (Smith-Young & Audas, 2020)

The main inferences from the article are that the earliest Autism is detected, the better the outcomes. A physician can diagnose as early as 18 months, but physicians usually delay the diagnosis until the kid is over four years old. This delay is mainly because of the lack of specialized physicians and therapists, the cost of therapies, and the lengthy process of diagnosing Autism (Gordon-Lipkin & Peacock, 2016).

Also, teachers in the public school's lack of knowledge of Autism in special education can damage them. This lack of training is what makes teachers frustrated and leave behind those who have Autism. The programs implemented at public schools are not evidence-based practice for Autism, even though Autism nowadays is in the raise (Stahmer et al., 2015)

The main point of view presented in this article is that parents of kids with autism rates poorly the Government's job in offering precise, timely diagnoses and treatments, including appropriate education for kids with Autism. (Smith-Young & Audas, 2020)

The most critical information in this article is that the public school curriculum for Autism needs improvement. If we take this line of reasoning seriously, the Government has to adopt evidence-based education for kids with Autism in public schools and improve diagnosis and treatment access. If we fail to take this line of reasoning seriously, the implication is that autistic kids won't reach the maximal potential because of the lack of adequate treatment and education (Smith-Young, & Audas, 2020)

### **Key Points**

Specialists may be hesitant to promptly diagnose kids to get early therapy, which impacts negatively. Public health waiting lists for treatment can be lengthy, and paying privately for treatment causes a financial burden to the family.

Parents state dissatisfaction with healthcare and education systems; parents advocacy plays a crucial role in diagnosis and getting therapies and appropriate education (Smith-Young, & Audas, 2020)

### **Assumptions**

The Government has failed in providing adequate and comprehensive treatment for individuals affected by Autism. Parental income should not be a reason a child with Autism would be unable to access treatment.

Parents need to be continuously reminding schools about their kid's needs to them to get adequate therapies and education. (McLaughlin, 2017)

## **Deficit/Conclusion**

Autism parents face a challenge in diagnosis, treatment, and even future employment of their kids. Physicians are not diagnosing kids promptly to get therapies and services in time. On the other hand, Governmental agencies are difficult to navigate and have long waiting lists for treatment and adequate education; the lack of parental advocacy will directly affect autistic kid's success and development. (Smith-Young & Audas, 2020)

## **Parents' voices: experiences and coping as a parent of a child with Autism**

The primary purpose is to provide a more in-depth look at what autism parents feel and their coping mechanisms. The critical question that the author is addressing is How does it feel to have a kid with Autism? (Reddy et al., 2019).

The most critical information in this article is that the study from parents' interviews shows that no social support and services are challenging to find for their ASD kids. They rely on their faith and personality traits to cope with and overcome all the obstacles.

The commitment and the impacts of ASD on personal life, such as relationships, job stability, finances, and the entire family affects how parents interact with their child. (Reddy et al., 2019).

Coping is the individual's actions to deal with stressful situations, and coping mechanisms are crucial in successful parenting.

In parents with autism children, evidence shows that parents that continuously search for support in the community and a problem-solving approach instead of an emotional approach to problems have demonstrated positive outcomes and better child-parent interaction. (Lee & Shivers, 2019).

The main inferences in this article are that if a parent lacks these personality traits, financial stability, and a community that counts with useful quality resources and qualified professionals are going to be depressed, and their kids and family will have a terrible outcome. (Lee & Shivers, 2019).

## **Key Points**

The main key points are that parents of kids with ASD face financial burdens where the mothers are the most affected by fatigue and depression. Adaptive and problem-focused, good family resources and great personality traits like empathy, acceptance, and patience are vital in fighting depression and isolation and improve family dynamics. Also, Respite time allows time for the parents to have time for themselves and reduce stress. (Reddy et al., 2019).

## **Assumptions**

Parents rely on their personality traits to deal with depression. When they have a kid with ASD, parents may lack personal traits and coping mechanisms and resources in the community to help them; having an adverse outcome for both parents and ASD kids' mental health. (Lee & Shivers, 2019).

## **Deficit/Conclusion**

The main point of view presented in this article is that Parenting a child with Autism needs accommodation, self-sacrifice, change in family dynamics, and stress arising from the lack of support and understanding from their communities. Personal traits and a problem-solving approach, as well as better resources and support from societies, is a must for a successful parenting and parenting mental health when dealing with the diagnosis of Autism in a child. (Iadarola et al., 2019).

If we take this line of reasoning seriously, the implications are that community resources for parents of ASD kids need to improve and help parents learn coping mechanisms and provide support to empower them and consequently empower their kids for a better quality of life.

If we fail to take this line of reasoning seriously, the implications are many ASD parents will live in depression and isolation and lack the help they need. Their kids will suffer the consequences of a conflicted family environment. (Reddy et al., 2019).

## **Parent's perspectives on family violence against children with Autism**

The primary purpose is to show that children with Autism are more vulnerable to family violence. The critical question that the author is addressing is why children with Autism are at higher risk of family violence? (Mohammadi et al., 2019).

The most critical information in this article is children with Autism are at higher risk of being abused. (Mohammadi et al., 2019).

The communication ability of the child and parents enclosing information makes it very difficult for researchers to identify if family violence is happening and what the real numbers are.

Society has moved away from institutional treatments for Autism because there were abuse and social isolation problems in these places. However, transitioning care to home without providing resources and support doesn't guarantee a better picture since parents are the ones who run with the financial, emotional, and psychological challenges. Plus, not all of the family count with equal resources, and minorities and low-income families are at higher risk of lacking social and community support. These are factors that contribute to stress and a potential environment to incite violence product of frustration. Previous attempts to provide holistic family support have failed in the past because of a lack of financial support from national and local bodies. (Moss & Miller, 2019).

The main inferences in this article are that children with Autism are the target of abuse by families, but exact numbers are difficult to reach; the nature of ASD creates parental stress, and the lack of support for parents to cope with these issues makes the kids victims of abuse.

There is not a community program that targets or prevents family. (Moss & Miller, 2019).

## **Key Points**

The study shows that kids with ASD are targets of emotional and physical abuse such as isolation, diminishing kids' self-confidence, physical neglect, beating, neglecting education, verbal violence, verbal harassment, and stigma. (Mohammadi et al., 2019).

## **Assumptions**

There is a need to increase parents' coping mechanisms and community resources and improve the mental health of parents of kids with disabilities. There is a need for a holistic family approach to improving kids with disabilities' quality of life. (McConkey et al., 2020)

There are not enough studies since children with disabilities are a minority, and families may not want to disclose their privacy. Still, stress, lack of support, and financial burdens and the lack of a cure are contributing factors related to autism stress.

There is no community resource to assist high-risk families in reducing the chances of abuse of children with disabilities because of the lack of funds for mental health programs. (Moss & Miller, 2019).

## **Deficit/Conclusion**

The central assumption underlying the author's thinking is that kids with Autism are the target of family abuse. Since families who lack support and coping mechanisms have shown contributes to stress and promote harmful coping mechanisms and outcomes; However, studies on this population are very few because the practical information is challenging to reach. (Moss & Miller, 2019).

If we take this line of reasoning seriously, the implications are that there is a need to improve mental health and resources for parents of kids with Autism; the better their coping mechanism, the fewer chances of abuse. (Mohammadi et al., 2019).

If we fail to take this line of reasoning seriously, the implications are abuse that many children with ASD will be the target of violence. The lack of communication abilities will make it almost impossible for them to reveal what is going on inside families closed doors.

(Mohammadi et al., 2019).

## **Conclusion**

Being a parent of a child with Autism is a very challenging and stressful task. Not only is it challenging to get timely diagnosis and treatment, but the kid shows the behaviors put them at risk for violence from their parents. That is why community resources are so essential and promoting inclusion relieving stress on parents. (McConkey et al.,2020).

Also, based on the fact that the environment and diagnosis process is unlikely to change, parents should consider appropriate coping skills such as problem focus approaches and emotional disengagement. (Ishtiaq et al., 2020).

Even though being a parent of an ASD kid is challenging, if parents don't give up looking for resources and help in their community, keeping the right attitude and problem-solving approaches would make this task easier. (Ishtiaq et al., 2020).

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