

# PARENT/CAREGIVER MANAGEMENT TRAINING

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# BEFORE DIAGNOSIS

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- Period of uncertainty and fear

Confusion, self blame, guilt feeling, hopelessness

- Relief in some situation following diagnosis

Hope not lost, positively living with autism

- Early diagnosis and intervention means better outcome

Stigma, lack of knowledge

# AFTER DIAGNOSIS

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- Caregivers should request for specific family design and implement treatment plan at home

Majority of the work load is done at home. Ownership of the therapy is key

- Learn more about the condition. Search through the Internet, journals and attend seminars

Individual and group discussion help

- Develop coping skill or mechanism

Skill on how to overcome stress of caring

# PARENT/CAREGIVER OWN THE TREATMENT

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# RELATING WITH THE CHILD AT HOME

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- Keep rules clear and simple, give clues that serve as reminder calmly
- Understand what triggers abnormal behavior response and keep records
- Ensure that the child make eye contact before giving instruction

# PARENT MUST SET A REASONABLE GOAL

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➤ Child capabilities in term of intellectual functioning

\*Some are gifted in areas like music or computer \* intellectual disable

➤ Verbal fluency

\* Minimal verbal \* delay verbal

➤ Social development

\*mildly impaired \* grossly impaired

# CREATE A HOME SAFETY ZONE

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- Spacious room if possible
- Keep away dangerous materials around the house
- Padded room if possible. In the absent of that device mean to prevent self inflicted injuries \* Head banging

# SAFE HOME ENVIRONMENT

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# STICK TO A SCHEDULE

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➤ Regular meal time

➤ Therapy session

➤ School activity

➤ Bedtime

# TICK TO A SCHEDULE PROGRAM

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# STUDY THE CHILD CLOSELY

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➤ Learn to understand their non verbal cues example sound, gestures, facial expressions

\* Keep diary of event

➤ Sensory sensitivity such as hypersensitive to light, touch, smell or taste

Intense focus on minute details and react to it.

➤ Be positive and consistent with the therapy at home after seeing the child therapist

# CONTINGENCY MANAGEMENT

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- Uses principle that if any behavior persists, it is being reinforced by certain of its consequences and if the consequence can be altered, the behavior will change
- The goal will be to reinforce a positive behavior through reward system (token economy)
- Example instead of non verbal communication of pointing to express a desire you can get them to speak and give reward for that
- Ethical issue may be problem

# ASSIST THE BEHAVIORAL THERAPIST

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- Keep record of event at home
- A B C
- A= Activating event or trigger factor
- B= Behavior shown or display by the child
- C= consequence of the behavior or response

# JOIN SUPPORT GROUP

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- Advice
- Opportunity for training from various agencies
- Sharing view and experience with other parent/carers
- Friendly atmosphere

# SEEK RELIEF FROM STRESSFUL HOME ENVIRONMENT

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- You must take time out and attend to your personal needs and health concerns
  - \* Respite care using relatives or paid carers
  
- Seek assistance from counsellor, health professionals

# COMORBIDITY

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- Intellectual disability (5% have IQ above 100 while majority of those described by Leo Kanner have low IQ)
- ADHD (30% to 40%)
- Anxiety disorder especially in a new environment
- Epilepsy (25% develop seizure disorder)
- Depression
- Schizophrenia (some schizophrenic symptom like social withdrawal mimic social impairment)



# USE OF MEDICATION

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- Maladaptive behaviour that fail to respond to behavioral therapy eg aggressive, self injurious, disruptive or severe hyperactivity behaviours
- Co-existing medical conditions....
  - Seizure
  - OCD
  - Depression etc

# OUTCOME

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- Depending on the scale on the spectrum
- Severe form as described by Leo Kanner < 15% lives an independent life while two third remain severely handicapped throughout adult life
- Milder form as described by Hans Aspergers have normal average IQ and are called high functioning autism
- CDC (2007) gave rate of 67 per 10,000 but majority are not the severe form.

**Thank you  
for  
your attention**

