

April 2nd | World Autism Awareness Day

Social inclusion: It's everyone's duty

TO REDUCE PREJUDICE AND DISCRIMINATION
AGAINST PEOPLE DIAGNOSED WITH AUTISTIC
SPECTRUM DISORDER (ASD).



That is the goal of World Autism Awareness Day, which began in 2007. Let's learn more!

WHAT IS AUTISTIC SPECTRUM DISORDER?

According to the Pan American Health Organization (PAHO), Autism Spectrum Disorder (ASD) refers to a series of conditions characterized by some degree of impairment in an individual's social behavior, communication and language. Oftentimes, these people are interested in a limited number of activities, which are carried out in a repetitive manner, depending on the degree of impairment.

HOW DOES IT DEVELOP?

There are different agents that can influence the development of ASD, including environmental and genetic factors. Usually, the problem begins to manifest itself in childhood (in the first five years) and continues during the individual's lifetime.



DOES ASD AFFECT EVERYONE THE SAME WAY?

No. While some individuals are able to live independently, others have disabilities that require lifelong care. However, society's lack of knowledge about the condition can become an even bigger obstacle for the group.

IT'S POSSIBLE TO CONTRIBUTE TO INCLUSION. HERE ARE SOME RELEVANT THINGS TO REMEMBER:



- Inclusion must start at home. In order to do so, it is important that the person with ASD be welcomed by the family, who must be trained to understand what are the rights of the individual that presents this disorder.
- The same educational rights must be demanded. Public schools must have an educational plan for people with ASD, as should private schools too, and the latter cannot deny registration or demand additional payment.

- Individuals with ASD need affordable health services. Just like the rest of the population, people with Autistic Spectrum Disorder need access to health promotion and prevention programs, as well as treatments for acute or chronic illnesses.
- Psychosocial interventions need to be guaranteed. Behavioral treatment and skills training programs for parents and caregivers can reduce communication difficulties, which can have a positive impact on the quality of life and well-being of people with ASD.

