

The Autism Spectrum Disorder (ASD) journey: Managing and coping

Raising a child with ASD can be physically tiring and emotionally draining. You will need a team of people around you to help support you in the journey. These suggestions may be helpful.

Find a team of professionals you can work with and trust.

It is important that your team are all experts in ASD and may include a social worker, teachers, and therapists. Depending on your child's needs, your team may also include medical professionals such as a neurologist, geneticist, developmental paediatrician, gastroenterologist, child psychiatrist, or nutritionist. It helps to have a case manager or key worker to coordinate services and help you to access financial support and government programs. Keep an organized file of meetings and reports so all your information is in one handy place.



[Learn about the ASD.](#)

There are many myths about ASD and there is also a lot of misinformation on the www. Learning the facts helps you to understand what ASD is and how it is affecting your child. With time, intervention and your help and support, you'll be rewarded by seeing your child grow and learn in his or her own way.

<http://www.autismvictoria.org.au/home/>

[Take time for yourself and other family members.](#)

Caring for a child with ASD can put stress on your personal relationships and your family. It's important to take time out to relax, exercise or enjoy your favourite activities. Plan 1:1 time with your other children and have date nights with your spouse or partner— even if it's just doing something special at home.

[Meet other families of children with ASD.](#)

Joining in with a parent education and skills program is a good way to meet other parents. Many local communities also have support groups for parents and siblings of children with ASD. It can be helpful to meet with other families facing the challenges of ASD. There are several parent support groups that can be contacted. The Association for Children with a Disability (ACD) will be able to help you to find a support group in your local area.

<http://www.acd.org.au/>