

QR-code link to autism resources website for parents and caregivers



Background

- Autism spectrum disorder (ASD) is increasingly common.
- Developmental specialists and rehabilitation therapists are not widely available.
- Doctors may be able to recognise speech delay and autistic behaviour, but do not know how to counsel the family or have access to speech and occupational therapy for ongoing management.
- There is concern that information given at diagnosis may be forgotten.
- Caregivers may struggle to explain the child's condition and prognosis to the rest of the family.
- Some families have specific concerns (eg tantrums) and it is difficult to address these adequately in brief clinic visits.

WHO caregiver videos

- The World Health Organisation (WHO) has produced 15 videos for families of children with developmental delays, but these are not widely accessible.
- Other online resources are available but may be misleading or incorrect.



Autism resources website

Scan me!



- A simple parent resource website was created, with basic autism information in 3 languages, links to credible websites, as well as the 15 WHO videos.
- The website was linked with a QR code.

Use in clinic

- Doctors counsel families with the website open on the PC or their phone, and demonstrate the resources and videos.
- The caregiver is given a slip of paper with the website URL and the QR code to scan when they have internet access.
- If they have a smartphone, the QR code is scanned immediately and the resources website is opened on their phone before they leave the clinic.
- Parents are encouraged to share the resources website with their families, friends and school teachers.

<https://tinyurl.com/Autism999resources>

Parent info and handouts

[Autism self-training](#)
[Autism practical papers English](#)
[Autism practical papers Afrikaans](#)
[Autism practical papers Xhosa](#)

Useful websites:
<http://www.autism.org.uk/>
<http://www.autismtrust.org/>
<http://www.autism-website.com/>
<http://www.autismhelp.com/>
"Autism is a Spectrum" Doesn't Mean What You Think - NeuroQuest
TED talks:
https://www.ted.com/playlist/1131/the_autism_spectrum

Some Tony Attwood material:
<https://www.youtube.com/watch?v=8Dn33r0t>
<https://www.youtube.com/watch?v=8Dn33r0t>

WHO caregiver skills training for families of children with developmental delays or disabilities

Impact

Counselling families affected by ASD can be daunting. Doctors who have access to resources and information:

- Gain confidence in counselling affected families.
- Feel less pressure to tell the family too much information initially.
- Spend more time listening to and engaging with caregivers.

The "ASD resources website" has been viewed over 1000 times.

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