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Effectiveness of Siblings Participation during Occupational Therapy Sessions (SPOT) on the Sensory Profile of Autism Spectrum Disorder and Quality of Life of their Family

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Siblings are the major part of lives of special need children and their family. They play major role in physical, emotional and cognitive skills development of their special needs which are intrinsic development and their relationship and bonding.

Relationship between siblings plays importance in occupational therapy services. Family centered services are emerging mainly in early intervention program. The impact of siblings on various aspects of the cognitive and social behavior of the special needs' child. Siblings make an impact on the developmental skills of the special needs to achieve their maximal potential.

Methods: Pre & Post Experimental study with 48 children with ASD both 24 male and 24 female children and stratified sampling to allow 24 children with sibling will participate in SPOT Program and 24 children with siblings will continue regular occupational therapy sessions.

Results: Siblings of children with ASD participated in SPOT program and others attended regular Occupational Therapy session. SPOT program Sensory Profile 2 Scores showed improvement in their emotional, attentive and conduct percentile and impact on their quality of life WHOQOL BREF score. Even regular occupational therapy session showed improvement, but SPOT program had impacted in WHOQOL Score highest in Paired 'T' Test.

Conclusion: This study showed family centered services can reduce the therapy cost and reduce stress in the family as improved quality of life of family with ASD.

Key Words: Siblings Relationship and bonding, SPOT Program, Optimal Functioning, Functional Independence, Sensory Profile, Quality of life of family of Special Needs.