

D11

Effects of Personal Hygiene among Girls Children with ASD on Changing Clothes After Discomfort

Darpana Tokas, Himangshu Das, P. Kamraj
NIEPMD, Chennai

Autism Spectrum Disorder (ASD) is a dyad condition characteristics with impairment in Communication, Socialization and associate with unusual behaviours. They also have the problems of over sensitivity or hyposensitivity in their senses which leads to sensory integration dysfunctions. The children with ASD does not withstand any changes in their routine and they habituated to practice the activities regularly on their routine program. The children with ASD have the problem in performing their Activities of Daily Living. It was observed and reported that the children with ASD often tend to cry when they continuously wear their clothes and feel discomfort such as the sense of odor sweating or any feeling sticky in their body. Such children need to be provided appropriate training on communicating the discomfort feeling and maintain their personal hygiene through freshening themselves and changing their clothes in addition to their routine program such as to brush teeth twice a day and take bath daily. This study is conducted on six children with Autism Spectrum Disorder to maintain their personal hygiene using simulation method of Video, Social Stories and on hands on training.

The result shows that there is a change in care personal hygiene using the combination of techniques such as video, social story and hands on experiences.

References:

1. Crissey, P. (2004). Personal hygiene? Whats that got to do with me? London: Jessica Kingsley Publishers
2. Hayes, G.R., & Hosaflook, S.W. (2013). HygieneHelper: Promoting awareness and teaching life skills to youth with autism spectrum disorder.
3. Baker, B. L., & Bright man, A. J. (2004). Steps to independence: Teaching everyday skills to children with special needs (4th ed.). Baltimore, MD: Paul H. Brookes Publishing.