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Play Based Home Intervention in Autism Spectrum Disorder.

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Introduction/Rationale: Intervention of Children with Autism Spectrum disorder require multidisciplinary approach to achieve child's holistic development. Parents must visit multiple therapies and follow multiple home programs in order to gains good results from the therapy. This procedure is time consuming and expensive for many parents, also we have experienced that parent's efforts are must in the intervention process. Many parents fail to follow this busy schedule. To work on this issue, we started to work on child's multiple skill in home environment using play-based intervention methods in which parents and therapist were working together on same goals to work on child's development and dysfunctions. Play is a physical or mental leisure activity that is undertaken purely for enjoyment or amusement and has no other objective'.

Objective: To understand effect of play based home intervention on child with Autism Spectrum disorder and observe the changes over period of time.

Design/Method: Case Study

Therapist has worked on a five years old male child with Autism Spectrum Disorder for one year seven months by conducting play-based therapy sessions in child's home to work on Emotional regulation, Autonomy, play based communication and interpersonal/social skills. Using various plays including sensory play, garden play, pretend play, competitive games. Parents were included in the intervention process to achieve fixed goals for specific time period. To assess the development, we used screening tools- Vineland Social maturity scale (VSMS) and Gilliam's Autism Rating scale II (GARS II)

Results: Child showed significant improvement in areas of socialization and communication and he reduced his stereotypical behaviours. Child's SQ on (VSMS) before intervention was 34 and post intervention is 35. Child's score on (GARS II) before was to be in the 'Very likely' range. Child exhibits autistic characteristics in areas of stereotyped Behavior, communication and social interaction in a Very likely range. Post intervention Scores from the (GARS II) indicate the probability of autism to be in the 'Unlikely' range. Child exhibits autistic characteristics in areas of stereotyped behaviour in an unlikely range, severity in communication in a possibly range and no severity is found in social interaction area.

Conclusion: This case study highlights needs of play and active participation of parents in the intervention procedure of Autism.

References:

1. <https://www.acsh.org/news/2014/08/28/importance-childs-play-developing-life-skills>
2. <https://www.scholastic.com/teachers/articles/teaching-content/emotional-development-importance-pleasure-play/>