



## Raising a child with Autism, has no age limit...

Raising a child with Autism comes with unique challenges. Studies show parents of Autistic children experience higher stress levels and may require additional support systems for the duration of their lives. Such systems consist of: ASD Counseling Services, respite care, ABA Therapy, family support, and spiritual support to help manage their own well-being and ensure they have the energy and resources to care for their child effectively.

## What Is Autism

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition characterized by social communication challenges, restricted interests, and repetitive behaviors. While the exact cause of Autism remains a mystery, research indicates a strong genetic component with potential environmental influences. Let's explore ways to manage symptoms, uplift the family unit surrounding Autism Spectrum Disorders, and explore its prevalence, demographics, risk factors, and the impact it has on individuals and families.

### Contact Us

Phone: 833-8-**AUTISM**

Email: [tiffany@auttieworld.org](mailto:tiffany@auttieworld.org)

Web: <https://auttieworld.org>



Auttie World, Inc. <sup>TM</sup>  
101 N. 7<sup>th</sup> street  
Louisville, KY 40202



**AUTTIE WORLD, INC.**

P.O. Box 585

Richmond, KY 40475



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## FAQs

### How many people have autism?

The CDC estimates 1 in 36 children in the US is diagnosed with Autism. Globally, the WHO estimates 1 in 100 children have autism.

### Is autism more common in boys or girls?

Boys are diagnosed at a higher rate than girls, with a current CDC-reported ratio of 4:1. However, some research suggests a closer ratio of 3:1.

### Does race or ethnicity play a role in Autism rates?

Yes. Black and Hispanic children have a higher prevalence of Autism compared to White children.

### What causes autism?

Autism has a strong genetic component, but environmental factors may also be involved. These include maternal infections, drug use, parental age, complications during pregnancy or childbirth, and potential exposure to toxins.

### Is there a cure for Autism?

No, there is no cure for Autism. However, various therapies can help individuals manage symptoms, such as ABA therapy, speech therapy, occupational therapy, and medication.

### What are some of the challenges faced by Autistic children?

Children with autism are more likely to experience anxiety, ADHD, sleep issues, gastrointestinal problems, weight management challenges, epilepsy, and sensory processing difficulties. They may also face a higher risk of injuries and suicide.

### What kind of support do parents of ASD children need?

Parents often experience higher stress levels and may require support groups, counseling, and assistance with special education needs and lost productivity.

### Is there hope for the future of people with Autism?

Yes! Autism research, awareness, and acceptance are growing. Studies show positive outcomes for many autistic children, with most acquiring language skills and many functioning well in various developmental areas by age 10.



## Challenges and Risks Associated with Autism

**Comorbid Conditions:** Children with Autism are more likely to experience a range of co-occurring conditions compared to Neurotypical children. These include anxiety disorders, which affect an estimated 40% of Autistic children and adolescents. Attention Deficit Hyperactivity Disorder (ADHD) is also prevalent, with roughly half of autistic children exhibiting ADHD symptoms. Sleep issues, gastrointestinal problems, and weight management challenges are also more common in autistic individuals.

**Epilepsy:** Children with autism have a higher risk of developing epilepsy compared to the general population. Estimates suggest that around 9% of autistic individuals may have epilepsy.

**Increased Risk of Injuries:** Autistic children are more prone to accidents and injuries due to factors like inattention, impulsivity, and potential difficulties with motor skills.

**Mental Health Concerns:** Research suggests a higher risk of suicide among autistic individuals. Social communication challenges and feelings of isolation may contribute to this increased risk. Early identification and intervention for mental health concerns are crucial.