

HOT Evidence

Interventions to Support Participation for Autistic Children at Home

Why This Matters

- ▶ Autistic children and adolescents might sometimes have difficulty engaging in everyday activities at home.
- ▶ Occupational therapy practitioners support autistic children and caregivers at home to increase engagement in meaningful activities and typical family routines.

Note: Identity-first language (e.g., "autistic children") is used in this resource, as it is favored by many autistic communities and self-advocates. Practitioners should collaborate with clients and families and use language that is reflective of their preferences.

Improving Outcomes at Home

Evidence-Based Interventions

Feeding



Coach families on strategies to encourage participation



Introduce adaptive feeding skills



Engage in collaborative problem solving



Coach families on how to respond to food refusals

Social Participation and Routines



Promote the creation of routines (e.g. bath time, snack time, play time)



Coach families on strategies to support participation and engagement



Provide intervention to increase child's social communication skills

Sleep



Provide education to parent and child on the importance of sleep



Collaborate to establish a bedtime routine



Coach families on strategies to encourage participation



Model and role play strategy use

Find the Evidence

Visit AJOT Volume 77, Issue Supplement 1 to review the Systematic Review Briefs on this topic