

## 5 EVIDENCE-BASED BOOKS ON AUTISM: A MUST READ FOR UNDERSTANDING AND SUPPORT

Autism, a complex neurodevelopmental disorder, has gained increasing attention and awareness in recent years. With the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) as the guiding criteria, it's crucial to delve into the latest literature to better understand autism spectrum disorder (ASD). In this blog, we'll explore five evidence-based books about autism, with a particular focus on autism statistics in Australia, the impact of diagnosis on individuals and their families, and the importance of early intervention, self-identity, and school support.



### "NEUOTRIBES: THE LEGACY OF AUTISM AND THE FUTURE OF NEURODIVERSITY" BY STEVE SILBERMAN

Steve Silberman's groundbreaking work delves into the history of autism and its evolution as a diagnosis. Silberman explores the concept of neurodiversity, emphasizing that autism is not a disorder to be cured but a part of the human spectrum. In Australia, autism statistics indicate a growing prevalence, with an estimated 1 in 70 individuals diagnosed with ASD as of 2021. Understanding the historical context and embracing neurodiversity are essential for both individuals with autism and their families.

**"Thinking in Pictures: My Life with Autism" by Temple Grandin..**

Temple Grandin, an autistic advocate, and professor, offers a unique perspective on autism through her own experiences. This book provides valuable insights into the inner world of individuals with autism. Early intervention is vital for helping individuals reach their full potential. In Australia, timely diagnosis and intervention can significantly improve outcomes for children with ASD, enhancing their overall functioning.



**"The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism" by Naoki Higashida.**

Naoki Higashida, a non-verbal autistic teenager, offers profound insights into the autistic mind. His book provides a glimpse into the thoughts and feelings of individuals with autism, promoting empathy and understanding. Recognizing and supporting self-identity is crucial for individuals with autism, as it empowers them to navigate the world on their own terms.

**"Early Start Denver Model for Young Children with Autism: Promoting Language, Learning, and Engagement" by Sally J. Rogers and Geraldine Dawson.**

Early intervention is key to maximizing the potential of children with autism. The Early Start Denver Model (ESDM) is a proven, evidence-based approach that focuses on enhancing language, learning, and engagement in young children with autism. In Australia, ESDM and similar early intervention programs play a crucial role in helping children with ASD develop essential skills for future success.



**"Uniquely Human: A Different Way of Seeing Autism" by Barry M. Prizant.**

Barry M. Prizant, a renowned autism expert, emphasizes the importance of looking beyond behavior and symptoms to understand the underlying needs and strengths of individuals with autism. Supporting individuals with autism in school settings is vital. In Australia, educational institutions are increasingly recognizing the importance of tailored support for students with ASD, ensuring they can thrive academically and socially.



These five evidence-based books on autism offer valuable insights into the world of ASD, its history, and the evolving understanding of neurodiversity. In Australia, the prevalence of autism continues to rise, making it crucial for individuals, families, and educators to be informed and proactive. Early intervention, self-identity, and school support are all key elements in helping individuals with autism reach their full potential. By reading and sharing these books, we can foster a more inclusive and empathetic society where individuals with autism are valued for their unique perspectives and contributions.

