

AUTISM

THE MOVEMENT-SENSING PERSPECTIVE



Edited by Elizabeth B. Torres • Caroline Whyatt

Concluding Remarks to Section IV

Elizabeth B. Torres

As we approach a new era of precision medicine aiming at a personalized assessment and treatment of the patient, interventions to remediate autism spectrum disorder (ASD) will greatly benefit. The methods of practice in the United States are limited when used in isolation, but a comprehensive integrative approach to therapy, one that combines multiple interventions with diverse philosophies and tailors the treatment to the child's longitudinal progression, will be possible with the new methods developed by basic researchers. The new technological advances in wearable sensors and wellness and fitness devices for mobile-health concepts are beginning to be translated for use in neurodevelopmental disorders at large. Owing to the fast rate of growth and stunted development during the early years of life of infants with neurodevelopmental disorders, these new approaches will be critical for the cases that develop ASD. They will provide the types of longitudinally oriented outcome measures that insurance companies currently desire to provide coverage for diversification of therapies in ASD.

At the educational end, it will be necessary to educate teachers and school personnel on the intricacies of the autistic condition and the impact that societal rejection or apathy may have on the developing child. Beyond spotting the risk for ASD early enough to intervene, we must aim for an acceptance of the affected child and a new era that presumes competence and embraces the child and the family. If as a society we work together toward the main goal of supporting the person with ASD and better understanding the physiological underpinnings of this condition, we will be able to better our society at large. Perhaps learning from other cultures and opening our intervention programs to their ideas and diversity will help our endeavor.