Choosing Autism Interventions
A Research-Based Guide
Are you confused about treatments and therapies for autism?
Are you looking for an unbiased guide?

This book provides an accessible, evidence-based overview of the most commonly used interventions for children and adults on the autism spectrum, and guides you through the information and tools needed to help you evaluate interventions for yourself, including:

• key information on autism: what it is, and common issues facing people on the autism spectrum
• a comprehensive overview of a wide range of interventions and what scientific research tells us about their effectiveness and safety
• best practice guidance from the National Institute for Health and Care Excellence
• tools to help you make informed decisions about interventions such as questions to ask, and a list of principles that any intervention should follow
• personal perspectives, organisations and websites, further reading.

‘As someone diagnosed with autism who also has children with autism, I found this book very informative, easy to read, honest, well written and unbiased. It is a great resource for newly diagnosed people, parents, adults, professionals and anyone with an interest in the facts about autism. It invites the reader to learn all they can about making decisions regarding autism and autism interventions. It is empowering and powerful in many ways.’

Shell Spectrum, a parent on the autism spectrum