

## Media



Ms Tang Oi Lam in 2008 talked about the rising number of autism cases. It was 1 every 10,000 children 20 years ago but now the figure shot up to 1:166 children!



ACF joined hands with ARN, help set up the "Hong Kong Junior School" which provides a specialized learning program for children with learning issues.

## Treatment

We are also constantly updating the treatment options list and if anyone has any information they feel may be useful to other parents, please let us know.

Treatment options/services include:-

- Applied Behaviour Analysis (ABA)
- TEACHH
- Speech Therapy (ST)
- Sensory Integration Therapy (SI)
- Occupational Therapy (OT)
- Biomedical interventions
- Far Infrared Sauna
- Hyperbaric Oxygen Therapy (HBOT)
- Acupuncture Treatment
- Cranio-Sacrum Treatment
- NAETs Allergy Treatment

## Supporting organizations

- Autism Recovery Network (ABA services) ([www.autismrec.net](http://www.autismrec.net))
- Autism Hong Kong ([www.autism.hk](http://www.autism.hk))
- Little Giant (Nutrition and Therapy Resources) ([www.littlegianthk.com](http://www.littlegianthk.com))
- Hong Kong Junior School  
(offering special program for children with developmental issues) ([www.hkjuniior.org](http://www.hkjuniior.org))
- SimPro Events ([www.simproevents.com](http://www.simproevents.com))



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# Autism Children Foundation

## 自閉症兒童基金協會



Autism is treatable!

Investigate your options, there is hope!

Helping autistic children to achieve their full potential!



[www.autismchildren.org.hk](http://www.autismchildren.org.hk)

# History-Autism Children Foundation (ACF)



Autism Children Foundation (ACF) is a non-profit making organization founded in 2005 by a group of parents and professionals who are determined and passionate to help autistic children in Hong Kong.

Formerly called the Autism Parents Network Foundation, the Foundation was renamed Autism Children Foundation in 2008. It seeks to empower parents and families with the knowledge and training in tackling and managing a complex and debilitating child developmental disorder.

What is autism (Global estimate of 1: 166 children affected)

- A childhood developmental disorder can be found as early as 2 years old. More boys affected than girls.(about 1 girl to 4 boys).
- Not understand what you say. Have problem in speaking.
- Engage in repetitive behaviours. Behavioural problems such as tantrums, aggression, anxiety and self injuries.
- Their senses ( visual, hearing, tactile, vestibular) do not work properly, causing delay or distortion in responding.
- Avoid eye contact and tend to focus or fixated on small parts rather than the big picture. They miss social clues and seem to live in their own world.
- The spectrum of severity is broad, ranging from severely afflicted requiring institutional care to very mild that are "brushed" with the disorder and grow up (though with much challenges and hardship).

ACF organized its first Asian conferences in 2006 and then the second one in 2007 that attracted over 1,000 participants from the region. Participants include parents and other related professionals such as therapists, clinical psychologists, academics & special school teachers. This attendance is testament to the demand for updated strategies in Autism treatment.

*The Centre for Disease Control & Prevention released a new report that 1 in every 70 boys in the US is affected by autism - and 1 in every 110 children has autism spectrum disease.*

# Services

Autism is a childhood developmental disorder. There is no single cure to autism. The treatment program is usually a combination of therapies working on multi-dimensions. It is not a quick fix, so "patience" is a must.

For parents, we urge you to :

## DOs

- Express and share your worries with family and friends. It is not a shame having an autistic kid !
- Open and seek for advice and help. Do not shoulder all the burden
- Join parent mutual help groups to share experience
- Keep an open mind on different treatment methods, study and evaluate their effectiveness
- Get proper evaluations from doctors and professionals experienced with ASD but should not be afraid to trust your parent instinct about what your child needs
- Use a treatment plan that is intensive, consistent and cost effective. A few hours per week only will usually yield slow results
- Study and learn treatments and strategies diligently.

## DON'Ts

- Lay the blame on either father or mother's genes
- Blame it's caused by problems in pregnancy or delivery
- Blame the cause on poor parental or teaching method
- Hide your children to outsiders
- Feel shameful to admit your children are autistic
- Deny and delay treatments
- Give up hope



Supporting friends:  
Mr Liu Kai Chi & Ms Chan Man Yee in 2008



Parents Journal -  
May 2009 Issue: Interview with ACF

