

# Index

## • A •

- The ABC's of Special Needs Planning Made Easy* (Stevens), 331
- Abilify (aripiprazole), 103
- accommodations  
in action, 218–219  
fairness of, 219–221  
for higher education, 282–283
- Individualized Education Program (IEP), 217–218
- laundry list of, 219, 220–221
- ADA (Americans with Disabilities Act), 282
- Adapin (doxepin), 104
- Adapting Curriculum and Instruction in Inclusive Classrooms: A Teacher's Desk Reference* (Deschenes, Ebeling, and Sprague), 222
- AD/HD (Attention Deficit/Hyperactivity Disorder), 17, 31
- The ADHD-Autism Connection: A Step Toward More Accurate Diagnoses and Effective Treatments* (Kennedy), 33
- adults  
with Asperger Syndrome, 91–92  
community involvement, 295–300  
daily life, managing, 274–275  
dating, 307–312  
disclosure, 275, 283–284, 305, 310–311  
employment, 285–295  
friendships, 302–306  
higher education, 277–285  
interdependence, 274–277  
self-advocacy, 275, 283–284  
sexual behavior, 312–318  
where to live, 275–276
- affirmative sentences, 267
- allergy  
cerebral allergy theory, 46–47  
drug, 100  
food, 133, 141  
immune system, 110, 113  
nasal, 119  
role in causing autism, 46–47  
tests, 119, 141
- allergy elimination diet, 142–143
- American Hippotherapy Association, 200
- American Psychiatric Association (*Diagnostic and Statistical Manual of Mental Disorders*), 14, 62–63, 65, 242
- American Speech and Hearing Association, 200–201
- Americans with Disabilities Act (ADA), 282
- amino acids, 123
- amitriptyline (Elavil), 104
- amoxapine (Asendin), 104
- Anafranil (clomipramine), 104
- antidepressants, 24, 101–102
- antiepileptics, 105–106
- antioxidants, 118, 122–123
- antipsychotic drugs, atypical, 102–104
- antiviral agents, 120
- anxiety, SSRIs for, 101–102
- Applied Behavioral Analysis (ABA), 21, 151–154
- Applied Verbal Behavior, 154
- aripiprazole (Abilify), 103
- Asendin (amoxapine), 104
- Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum* (Shore), 219, 246, 284
- Asperger, Hans (child researcher), 29
- Asperger Syndrome  
adulthood, transitioning to, 91–92  
bullying, 89–91  
categories, 73–75  
characteristics of individuals with, 72–73, 74  
communication, 256  
description, 31–32, 71–72  
diagnosis, 73–75  
emotions, dealing with, 76–77, 82–89  
frustration, working through, 87  
hidden curriculum, 79–80, 81  
idioms and figures of speech, handling, 80–81  
personality traits, nondiagnostic, 76–78  
rage cycle, 83–87  
social interaction, 73–74, 77–82
- Asperger Syndrome and Adolescence: Helping Preteens and Teens Get Ready for the Real World* (Bolick), 306
- Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdowns* (Myles and Southwick), 83
- Asperger Syndrome Employment Handbook* (Meyer), 286
- Asperger's Syndrome: A Guide for Parents and Professionals* (Atwood), 346
- assessment, 62–65
- assistive technology  
in classroom, 189  
description, 187–189  
high technology, 192–193  
low technology, 189–191  
medium technology, 191
- Attention Deficit/Hyperactivity Disorder (AD/HD), 17, 31
- attorney, 323–325
- Atwood, Tony (*Asperger's Syndrome: A Guide for Parents and Professionals*), 346
- audiogram, 66
- auditory integration training, 199
- auditory learning, 211–212
- auditory processing, 204
- Autism, Advocates, and Law Enforcement Professionals: Recognizing and Reducing Risk Situations for People with Autism Spectrum Disorders* (Debbaudt), 339
- Autism: An Inside Out Approach* (Williams), 52, 346

- Autism Diagnostic Interview-Revised, 63
- Autism Diagnostic Observation Schedule, 64
- Autism Network for Dietary Intervention, 142
- Autism Network International, 28, 299, 351, 354
- Autism Research Institute (ARI), 137, 349
- Autism Screening Instrument for Educational Planning, Revised, 64
- Autism Society of America (ASA)
- annual conference, 297
  - Statement on Dietary Interventions, 47
  - statement on vaccines, 48
  - Web site, 263, 276, 297, 349
- autism spectrum disorders
- Asperger syndrome, 31–32
  - description, 27
  - Pervasive Developmental Disorder (PDD), 30
  - Pervasive Developmental Disorder-Not Otherwise Specified, 30–31
  - severe (classic) autism, 29
  - severity wedge, 28, 29
- Autism Spectrum Quotient test, 26
- Autism Tissue Program, 43
- Autism Treatment Evaluation Checklist, 196
- Autism-Asperger's and Sexuality* (Newport and Newport), 316
- autoimmunity, 49–50, 111, 114
- **B** •
- Baker, Sidney M. (*Biomedical Assessment Options for Children with Autism and Related Problems*), 346
- Baron-Cohen, Simon (researcher), 45
- Bauman, Margaret (pediatric neurologist), 43
- Bayley Scales of Infant Development, Revised, 64
- Behavior Analyst Certification Board (Web site), 154
- Behavioral Intervention for Young Children with Autism: A Manual for Parents and Professionals* (Maurice, Green, and Luce), 346
- Belcher, Ronald G. (*A Guide for Successful Employment for Individuals with Autism*), 286
- Berard, Guy (therapist), 199
- Beyond the Wall: My Experiences with Autism and Asperger Syndrome* (Shore), 30
- Biomedical Assessment Options for Children with Autism and Related Problems* (Pangborn and Baker), 346
- biomedical interventions, 24–25
- bipolar disorder, 34
- boardmaker, 191
- Bolick, Teresa (psychologist)
- Asperger Syndrome and Adolescence: Helping Preteens and Teens Get Ready for the Real World*, 306
  - on intimate relationships, 313
- Bolles, Richard (*What Color Is Your Parachute?*), 290
- Bondy, Andrew (*PECS Training Manual*), 190
- books, 345–348. *See also specific books*
- borderline personality disorder, 34
- brain
- assessments, 67
  - E-type and S-type, 45
  - gut connection, 44–45
  - size and structure, 42–44
- budget, 275, 277
- bullying, 89–91
- **C** •
- calcium, 117, 123, 138
- Cambridge Center for Behavioral Studies Publication Office, 154
- candida, 61, 135
- carbamazepine (Tegretol), 105–106
- Carb-Digest, 135
- caregivers
- autism's effect on, 19–20
  - community involvement, encouraging, 299–300
  - helping dependent establish friendships, 306
  - helping dependent find employment, 293–295
  - helping dependent realize higher-education dreams, 285
  - helping with dating, 311–312
  - preparing child for interdependent living, 276–277
  - responsibilities of, 19–20
  - sex education, 315–318
- casein, eliminating from diet, 133–136
- causes
- allergies, 46–47
  - biomedical theories, 45–50
  - genetic, 41–45
  - heavy-metal poisoning, 47–49
  - immune-system problems, 49–50
  - methylation problems, 44–45
  - research on, 39–40
  - testosterone, 45
  - virus-induced, 49–50
- Cave, Stephanie (*What Your Doctor May Not Tell You About Children's Vaccinations*), 48, 108
- Celexa (citalopram), 101
- celiac disease, 61
- Center for Effective Collaboration and Practice (Web site), 227
- Centers for Disease Control and Prevention (Web site), 41
- cerebral allergy theory, 46–47
- chat room, 352–353
- Checklist of Autism in Toddlers, 57
- chelation, 48, 125–128
- Child Autism Rating Scale, 64
- The Child with Special Needs* (Greenspan and Wieder), 158, 160
- childhood disintegrative disorder, 32–33
- citalopram (Celexa), 101
- cleanliness, 276–277
- clomipramine (Anafranil), 104
- Clonidine, 106
- clozapine (Clozaril), 103
- clubs and groups, activity-based, 305
- cognitive shifting, 165
- Collins, Chris (parent), 51
- colostrum, 119

- communication  
 in Asperger Syndrome, 72–73, 76–77  
 assistive technology, 187–193  
 barriers, 255–256  
 bridging the gap, 186–194  
 community involvement, 300  
 in DIR intervention, 158–159  
 echolalia, 16, 34, 256  
 expressive, 192  
 nonverbal, 16, 72, 76–77  
 receptive, 192  
 regressive autism, 16  
 Relationship Development Intervention (RDI), 167  
 in SCERTS program, 174–175  
 sign language, 186  
 social, 174–175  
 symptoms, 15, 16  
 vocal prosody, 73
- community, autism's effect on, 18–19
- community college, 280–281
- community involvement  
 activity-based events, 296  
 adult, 295–300  
 within autism community, 297–299  
 caregiver help with, 299–300  
 conferences, autism, 297  
 inserting structure into events, 297  
 Internet-based, 298  
 organizations, autistic-run, 299
- computer assisted axial tomography, 67
- conceptual thinking, 182–183
- conduct disorder, 34
- conferences, autism, 297
- controlled study, 24
- conversations, suggestions for facilitating, 268–269
- cool zone, 85
- Cornelia DeLange Syndrome, 34
- correlation study, 46
- Courchesne, Eric (researcher), 43
- cover letter, 290
- Cover Letters For Dummies* (Kennedy), 290
- Crook, William G. (*The Yeast Connection: A Medical Breakthrough*), 135
- cure, backlash against, 50–52
- Cyrano Communicator, 192
- cysteine, 123
- cytokines, 49, 111–112, 114–115
- D •
- daily life, managing, 274–275
- Daily Life Therapy, 22, 155–157
- dairy, eliminating from diet, 133–136
- dating  
 asking for a date, 307–309  
 behaving appropriately during, 309  
 caregiver help with, 311–312  
 disclosure, 310–311  
 sexual behavior, 312–318
- Debbaut, Dennis (*Autism, Advocates, and Law Enforcement Professionals: Recognizing and Reducing Risk Situations for People with Autism Spectrum Disorders*), 339
- Defeat Autism Now! (DAN!), 137, 349
- The Definitive Book of Body Language* (Pease and Pease), 81
- Depakene (valproic acid), 106–107
- Depakote (valproate), 105–106
- depression, 17, 34, 101–102, 104
- Deschenes (*Adapting Curriculum and Instruction in Inclusive Classrooms: A Teacher's Desk Reference*), 222
- descriptive sentences, 267
- desipramine (Norpramin), 104
- Deth, Richard (neuropharmacologist), 44, 47
- Developing Talents* (Grandin and Duffy), 286
- Developmental Individual Difference Relation-Based Intervention (DIR), 21, 157–160
- developmental pediatrician, 57–58, 59
- Diagnosing Jefferson* (Ledgin), 50
- diagnosis  
 Asperger Syndrome, 73–75  
 assessment process, 62–65  
 Autism Spectrum Quotient, 26  
 coexisting conditions, 17  
 conditions that resemble autism, 32–35  
 dealing with the impact of, 67–70  
 diagnostic criteria, 14–15  
 early identification, 35  
 educational, 37  
 impact of, 17–20  
 Miller Diagnostic Survey, 26  
 related conditions, 65–67  
 rise in diagnoses, 40  
 by specialist, 58–67  
 steps in getting a diagnosis, 55  
 symptom categories, 14–17  
 things to do after, 341–344  
 as trickle-down process, 13  
 undiagnosed autism, 25–26
- Diagnostic and Statistical Manual of Mental Disorders* (American Psychiatric Association), 14, 62–63, 65, 242
- Diagnostic Interview for Social and Communication Disorders, 63
- diary, food and symptom, 138–140
- diet  
 addressing after diagnosis, 344  
 immune system, 117–118
- dietary intervention  
 allergy elimination diet, 142–143  
 candida diets, 135  
 diary, food and symptom, 138–140  
 eating away from home, 143  
 expectations from, 130  
 Feingold's diet, 135  
 food sensitivities, 132–133  
 online resources, 142  
 professional help with, 140–141  
 refined sugars and processed foods, eliminating, 131–132  
 rotation diet, 143  
 school cooperation, 130  
 Specific Carbohydrate Diet (SCD), 135  
 supplements, 136–138  
 transition, easing, 141–142  
 wheat and dairy, eliminating, 133–136
- digestive enzymes, 117, 135, 138
- dimethylglycine, 123, 138
- DIR (Developmental Individual Difference Relation-Based Intervention), 21, 157–160
- directive sentences, 267

- Disability World (Web site), 295
- disclosure
- adults, 275, 283–284, 305, 310–311
  - children, 260
- disinheriting your child, 327–328
- distance learning, 278, 279–280
- doctor. *See also* medical care
- developmental pediatrician, 57–58, 59
  - dietary intervention, help with, 140–141
  - getting diagnosis from, 55
  - ignorance of autism, 57
  - medications, discussing with, 97
  - medications from, 100–101
  - preparing for consultation, 56–57
  - referral, requesting, 57–58
  - specialists, 58–67
- Down's Syndrome, 35
- doxepin (Adapin), 104
- Drake system, 191
- Duffy, Kate (*Developing Talents*), 286
- Dunn, Willie (developer of Sensory Profile Assessments), 200
- dynamic intelligence, 164
- DynaVox, 188, 191
- dysbiosis, 119
- dyslexia, 17
- **E** •
- Early Periodic Screening, Diagnosis, Treatment program, 178
- Ebeling (*Adapting Curriculum and Instruction in Inclusive Classrooms: A Teacher's Desk Reference*), 222
- echolalia, 16, 34, 256
- education. *See also* learning;
- learning environment
  - challenging behaviors, dealing with, 226–233
  - characteristics to look for in an educator, 215–216
  - dissatisfaction with, 248–250, 251–252
  - home schooling, 224–226
  - inclusion, 208–209
  - Individual Family Service Plan (IFSP), 240–241
  - Individualized Education Program (IEP), 243–250
  - legal issues, 235–237
  - parental involvement in, 238–240
  - residential facilities, 226
  - sex, 315–318
  - special-education evaluation, 241–242
  - support at home, 239–240
  - warning flags to avoid in an educator, 216–217
- education, higher
- accommodations, 282–283
  - caregiver help with, 285
  - community college, 280–281
  - distance learning, 278, 279–280
  - easing into, 284
  - face-to-face learning, 278–279
  - four-year university, 281–282
  - self-advocacy and disclosure, 283–284
  - transportation issues, 279
- educational bullying, 90
- educational diagnosis, 37
- educational interventions
- actions and behaviors
  - leading to success, 149
- Applied Behavioral Analysis (ABA), 151
- Daily Life Therapy, 155–157
- keys to success in, 149–150
- Relationship Development Intervention (RDI), 164–168
- TEACCH, 169–172
- EEG Spectrum International (Web site), 195
- Elavil (amitriptyline), 104
- electroencephalography (EEG), 67, 195
- Electronic Ear*, 199
- emotional intelligence, 165
- emotional referencing, 165
- emotional regulation
- in Daily Life Therapy, 156
  - in DIR intervention, 159
  - in SCERTS program, 175
- emotional rescue, 265–266
- emotional thinking, 159
- emotions
- in Asperger Syndrome, 76–77, 82–89
  - emotion thermometers, 87–89
- frustration, working through, 87
- rage cycle, 83–87
- empathy, 45, 74
- employment
- applying for and obtaining, 288–290
  - caregiver help with, 293–295
  - cover letter, 290
  - exiting gracefully, 291–292
  - high-functioning individuals, 293–294
  - interview, 290
  - job coach, 287–288, 293
  - maintaining, 291
  - matching skills and desires to, 286–287
  - networking, 289, 293
  - portfolio, creating, 289
  - résumé, 290
  - self-employment, 292
  - severe autism, 294
  - sheltered workshop, 285, 295
- Ener-G Foods (Web site), 142
- enzymes, digestive, 117, 135, 138
- epilepsy, 105–106
- episodic memory, 166–167
- Epsom salts, 137
- escitalopram (Lexapro), 101
- essential fatty acids, 118, 136–137
- estate, 323
- Evans, J. R. (*Neurofeedback: Dynamics and Clinical Applications*), 196
- executive functioning, 268
- exercise, 155
- expressive communication, 192
- extrapyramidal symptoms, 102, 103, 104
- eye contact, 36, 258
- **F** •
- face-to-face education, 278–279
- familial patterns of autism, 41–42
- family
- autism's effect on, 18–19
  - extended family, 263–264
  - siblings, 260–263, 264
  - talking about autism with kids, 259–260
- Family Educational Rights and Privacy Act (FERPA), 241
- fantasy worlds, 17
- Feast Without Yeast: 4 Stages to Better Health* (Semon and Kornblum), 135

- feeding therapy, 201  
 Feingold's diet, 135  
 figures of speech, handling in  
   Asperger Syndrome, 80–81  
 financial aid, 342–343  
 financial planner, 323–325  
 First Signs (Web site), 57  
 Fishbein, Herman  
   (educator), 212  
 fixation, 185  
 flexible thinking, 165  
 Floortime therapy, 21–22,  
   157–160  
 fluoxetine (Prozac),  
   24, 101–102  
 fluvoxamine (Luvox), 101  
 food allergies/intolerances, 46,  
   61, 141  
 Food and Drug Admin-  
   istration (FDA), 15  
 food diary, 138–140  
 food sensitivity, 132–133  
 Fouse, Beth (*A Treasure Chest  
   of Behavioral Strategies  
   for Individuals with  
   Autism*), 346  
 Fragile X Syndrome, 34, 67  
 friendships, 302–306  
 Frith, Uta (researcher), 150  
 Frost, Lori (*PECS Training  
   Manual*), 190  
 frustration, working  
   through, 87  
 Functional Behavioral  
   Assessment, 227–233, 293  
 functional communication,  
   186–193  
 future, planning for  
   estate, sizing up, 323  
   government services,  
     eligibility for, 322  
   guardianship, 323, 331–332  
   living arrangements, 323  
   mistakes, avoiding common  
     financial, 320  
   professional help, 323–325  
   prognosis, planning  
     according to, 321  
   questions to ask yourself,  
     320–321  
   will, 325–332
- **G** ●
- gabapentin (Neurontin),  
 105–106
- Gagnon, Elisa (*Power Cards:  
 Using Special Interests to  
 Motivate Children and  
 Youth with Asperger  
 Syndrome and Autism*),  
 87, 268
- gastrointestinal system  
 lining permeability (leaky  
 gut), 114–115  
 stool analysis, 115  
 symptoms in autistic  
 persons, 114, 115  
 gaze following, 36  
 generalizing, problems  
   with, 182  
 genetic link to autism, 41–45  
 genetic testing, 67  
 Geodon (ziprasidone), 103  
 Gerhardt, Peter (president of  
 the Organization for  
 Autism Research),  
 317, 318  
 GF/CF (gluten-free/casein-free)  
 diet, 133–136  
 Gilliam Autism Rating Scale  
 (GARS), 63  
 glutathione, 48, 123  
 government assistance,  
 178–179, 322  
 Grandin, Temple (professor)  
 on brain development, 44  
 on cure, 52  
*Developing Talents*, 286  
 recommended reading, 346  
 on regressive epileptics, 32  
 on sensory issues, 202  
*Thinking in Pictures*, 181, 346  
 tricyclic use by, 104  
 Grant, Kathy (autism  
 advocate), 28, 29, 187, 258  
 Gray, Carol (*The New Social  
 Story Book*), 266  
 Green, Gina (*Behavioral  
 Intervention for Young  
 Children with Autism: A  
 Manual for Parents and  
 Professionals*), 346  
 Greenspan, Stanley  
 (psychiatrist)  
*The Child with Special Needs*,  
 158, 160  
 DIR development, 21, 157  
 group homes, 276  
 guardianship, 323, 331–332
- A *Guide for Successful  
 Employment for Individuals  
 with Autism* (Smith,  
 Belcher, and Juhrs), 286  
 gut-brain connection, 44–45  
 Gutstein, Steven  
 RDI development, 164  
*Relationship Development  
 Intervention with Young  
 Children: Social and  
 Emotional Development  
 Activities for Asperger  
 Syndrome, Autism, PDD  
 and NLD*, 168
- **H** ●
- hearing tests, 66  
 heavy metals  
   as autism cause, 47–49  
   chelation, 48, 125–128  
   link to autism, 124–126  
   methylation problems, 44–45  
   testing for toxicity, 125  
 Heinrichs, Rebekah (*Perfect  
 Targets: Asperger  
 Syndrome and Bullying*), 91  
 hidden curriculum, 79–80,  
   81, 312  
*The Hidden Curriculum:  
 Practical Solutions for  
 Understanding Unstated  
 Rules in Social Situations*  
 (Myles, Trautman,  
 Schelvan), 79  
 Higashi Schools, 155–157  
 hippotherapy, 200  
 home schooling, 224–226  
 hygiene schedule, 306, 313–314  
 hyperlexia, 17
- **I** ●
- IDEA (Individuals with  
 Disabilities Education  
 Act), 217, 236–237,  
 246, 248  
 idioms, handling in Asperger  
 Syndrome, 80–81  
 IEE (Independent Educational  
 Evaluation), 241  
 IEP. *See* Individualized  
 Education Program

- imipramine (Tofranil), 104  
 immune system  
   adoptive and innate, 111, 115–116  
   allergy, 133, 141  
   autism's relationship to, 112–116  
   autoimmunity, 111, 114  
   deficiency/dysfunction, 110  
   food sensitivities, 132–133  
   functions, 110  
   gastrointestinal system, 114–115  
   hypersensitivity/allergy, 110, 113  
   immune measurements in blood, 113–114  
   improving immunity, 116–120  
   inflammation, 110, 114, 115–116  
   Johns Hopkins University research, 115–116  
   role in autism causation, 49–50  
 immunoglobulins, 111, 112, 119–120  
 impact of autism  
   effect on caregivers, 19–20  
   effect on families, schools, and communities, 18–19  
   effect on individual, 18  
   far-reaching nature of, 17–20  
 incidental learning, 167  
 inclusion  
   educational techniques for promoting, 222–223  
   geographical, 223  
   spectrum of, 208–209  
 Independent Educational Evaluation (IEE), 241  
 Individualized Education Program (IEP)  
   accommodation, 217–218  
   appealing, 248–250  
   assistive technology, 189  
   child involvement in, 246  
   developing, 244–245  
   evaluating, 246–248  
   goals, 247  
   progress, assessing, 250–251  
   red flags to watch for, 243  
   speech therapist use, 200  
   team formation, 243–244  
 Individualized Family Service Plan (IFSP), 240  
 Individuals with Disabilities Education Act (IDEA), 217, 236–237, 246, 248  
 infections, 111, 113, 119  
 inflammation, 112, 114, 115–116  
 informational cards, 25  
 institution, living in, 276  
 insurance, 60  
 interactive play, 269–270  
 interdependence, 274–277  
 Interdisciplinary Council of Developmental and Learning Disorders, 160  
 Internet resources  
   activities for kids, 351  
   advocacy organizations, 349–350  
   Asperger Syndrome, 351–352  
   chat rooms, 352–353  
   general information sites, 350–351  
   listserves, 353–354  
   world-wide organizations and resources, 354  
 Internet-based interactions, 298  
 interventions. *See also medications; specific therapies*  
   Applied Behavioral Analysis (ABA), 21, 151–154  
   biomedical, 24–25, 121–124  
   for bullying, 91  
   categories of, 181–182  
   caution with, 20–21  
   changes, making, 21  
   chelation, 125–128  
   choosing method, 176–177  
   Daily Life Therapy, 22, 155–157  
   Developmental Individual Difference Relation-Based Intervention (DIR), 157–160  
   diet, 130–143  
   early, 35–38  
   educational, 149–150  
   financing at-home, 177–179  
   Floortime, 21–22  
   idioms and figures of speech, teaching, 80–81  
   immunity improvement, 116–120  
   individualized programs, need for, 20  
   listening therapies, 23  
   Lovaas method, 21  
   medications, 23–24  
   Miller Method, 22, 160–164  
   multiple at same time, 21  
   occupational therapy, 23  
   Relationship Development Intervention (RDI), 22, 164–168  
   for rumbling stage of rage cycle, 84–85  
   scams, avoiding, 69–70  
   sensory integration therapy, 23  
   Social Communication Emotional Regulation Transactional Support Model (SCERTS), 173–176  
   speech-language therapy, 23  
   success, actions and behaviors leading to, 149  
   Treatment and Education of Autistic and Communication Handicapped Children (TEACCH), 22, 169–172  
   Verbal Behavior, 22  
 interview  
   employment, 290  
   structured, 63  
 intimate relations, 312–318  
 Inventory of Wrongful Activities (I.O.W.A.), 91  
 Irlen lenses, 201–202
- J •
- James, Jill (professor of pediatrics), 44  
 Jefferson, Thomas (president), 50  
 job coach, 287–288, 293  
*Job Hunting For Dummies* (Messmer), 286  
 Johns Hopkins University, 115–116  
 joint attention, 36, 174  
 journals, 348  
 Juhrs, Patricia (*A Guide for Successful Employment for Individuals with Autism*), 286
- K •
- Kanner, Leo (child researcher), 28, 29  
 Kanner's Syndrome, 29  
 Kennedy, Diane (*The ADHD-Autism Connection: A Step Toward More Accurate Diagnoses and Effective Treatments*), 33  
 Kennedy, Joyce Lain (author) *Cover Letters For Dummies*, 290  
*Résumés For Dummies*, 290

- Keppra (leviteracetam), 105  
 kinesthetic learning, 212  
 Kinnikinnick Foods (Web site), 142  
 Kitahara, Kiyo (teacher), 155  
 Kornblum, Lori (*Feast Without Yeast: 4 Stages to Better Health*), 135
- **L** ●
- LADDERS Clinic, 43  
 lamotrigine (Lamictal), 105–106  
 Landau-Kleffner Syndrome, 35  
 language  
   Applied Verbal Behavior, 154  
   in Asperger Syndrome, 73, 75  
   in Childhood Disintegrative Disorder, 32  
   declarative, 165  
   development with Kanner's Syndrome, 29  
   echolalia, 16, 34, 256  
   expressive, 255–256  
   receptive, 255–256  
 Language and Cognitive Development Center, 26, 160–161, 164  
 Language Master, 188, 191  
 Laurent, Amy (*The SCERTS Model: A Comprehensive Educational Approach for Children with Autism Spectrum Disorders*), 173  
 Lawson, Wendy (*Sex, Sexuality and the Autism Spectrum*), 316  
 learning  
   communication gap, bridging the, 186–194  
   routine, incorporating, 184–185  
   thinking conceptually and transferring concepts, 182–183  
   through senses, 211–212  
 learning environment  
   accommodations, 217–221  
   classroom, evaluation of, 212–215  
   educator characteristics, 215–217  
   inclusion, 208–209, 222–223  
   routine and predictability, 209–210  
   sensory environment, 211–212
- Ledgin, Norm (*Diagnosing Jefferson*), 50  
 legal issues, education, 235–237  
 letter of intent, 328–329  
 leviteracetam (Keppra), 105  
 Lewis, Lisa (*Special Diets for Special Kids*), 142  
 Lexapro (escitalopram), 101  
 lighting, classroom, 213  
 listening therapy, 23, 199  
 listserves, 353–354  
 literal thought, in Asperger Syndrome, 76, 77  
 living arrangements, 275–276, 323  
 living skills, 274–275  
 Lovaas, Ivar (therapist), 21, 151, 153  
 Lovaas method, 21  
 Luce, C. (*Behavioral Intervention for Young Children with Autism: A Manual for Parents and Professionals*), 346  
 Luvox (fluvoxamine), 101
- **M** ●
- MAAP Services conference, 297  
 Madaule, Paul (therapist), 199  
 magazines, 348  
 magnesium, 123, 137  
 magnetic resonance imaging (MRI), 67  
 maldigestion of dietary proteins theory, 47  
 manding, 154  
 masturbation, 315, 318  
 Maurice, Catherine (*Behavioral Intervention for Young Children with Autism: A Manual for Parents and Professionals*), 346  
 Mayer Johnson pictures, 188, 191  
 McAfee, Jeanette (*Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders*), 346  
 means testing, 322  
 measles, 49–50, 115  
 measles, mumps, rubella (MMR) vaccine, 48, 120  
 mediation, 248, 251  
 Medicaid, 178–179, 322  
 medical care  
   finding good care, 36–37  
   preparing for consultation, 56–57  
   referral, requesting, 57–58  
   specialist, consulting, 58–67  
   steps to getting a diagnosis, 55  
 medical history, 54–55  
 medications. *See also specific drugs*  
   antiepileptics, 105–106  
   antipsychotic drugs, atypical, 102–104  
   benefits of use, 96  
   changing, 99  
   commonly prescribed, 24  
   doctors, working with, 100–101  
   educational resources, 96–97  
   mistakes, 99  
   mixing, 98  
   off-label use, 106  
   overview of therapy, 23–24  
   side effects, 97, 98–99, 102–106  
 SSRIs (Selective Serotonin Reuptake Inhibitors), 101–102  
 tricyclic drugs, 104–105  
 using wisely, 97–99  
 vaccines, 107–108  
 melatonin, 123  
 mental retardation, as coexisting condition, 17  
 mentor, 288  
 mercury, 47–49, 124–128  
 Mesibov, Gary B. (*The TEACCH Approach to Autism Spectrum Disorders*), 169, 172  
 Messmer, Max (*Job Hunting For Dummies*), 286  
 metabolic screening, 67  
 metabolism, 121–124  
 methylation, 44–45, 122  
 MetLife, 324  
 Meyer, Roger (*Asperger Syndrome Employment Handbook*), 286  
 milk, avoiding, 117  
 Miller, Arnold (psychology professor)  
   Miller Method, 160–164  
   narration technique, 211–212  
   on timeouts, 86

Miller Diagnostic Survey, 26  
 Miller Method, 22, 26, 160–164  
 minerals, 123, 137–138  
 Miss Roben's (Web site), 142  
 MMR (measles, mumps, rubella) vaccine, 48, 120  
 morally obligated gift, 330–331  
 motor mannerisms, stereotyped and repetitive, 75  
 motor skills, in Asperger Syndrome, 78  
 MRI (magnetic resonance imaging), 67  
 Mundy, Peter (professor of psychology), 36  
 Music Theory Association, 193  
 music therapy, 193–194  
 Myles, Brenda Smith (researcher)  
*Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdowns*, 83  
*The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations*, 79

## • N •

Nardil, 106  
 narration technique, 211–212  
 National Dissemination Center for Children with Disabilities, 322  
*Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders* (McAfee), 346  
 networking, 289, 293, 342  
*Neurofeedback: Dynamics and Clinical Applications* (Evans), 196  
 neuroleptic malignant syndrome, 103  
 Neurontin (gabapentin), 105–106  
 neurotherapy, 182, 194–196  
 neurotoxins, 42  
 neurotransmitters, 43  
*The New Social Story Book* (Gray), 266

Newport, Jerry and Mary (*Autism-Asperger's and Sexuality*), 316  
 Newschaffer, Craig (Johns Hopkins School of Medicine), 41  
 newsletters, 341  
 Norpramin (desipramine), 104  
 nortriptyline (Pamelor), 104  
 nutrition  
   addressing after diagnosis, 344  
   adult, 275, 277  
   antioxidants, 118, 122–123  
   dietary intervention options, 130–138  
   essential fatty acids, 118, 136–137  
   expectations of diet change, 130  
   immune system, 117–118  
   minerals, 123, 137–138  
   probiotics, 118, 138  
   professional help with, 140–141  
   supplements, 136–140  
   vitamins, 118, 122–123, 137–138

## • O •

obsessions, 17  
 obsessive compulsive disorder (OCD), 17, 34  
 occupational therapy, 23, 199  
 olanzapine (Zyprexa), 103, 104  
 omega-3/omega-6 fatty acids, 136  
 opioid peptide theory, 47  
 oppositional defiant disorder, 34  
 Organization for Autism Research, 317, 318, 350  
 organizations, autistic-run, 299  
 orienting, in Miller Method, 161–162  
 oxidative stress, 122

## • P •

Pamelor (nortriptyline), 104  
 Pangborn, John B. (*Biomedical Assessment Options for Children with Autism and Related Problems*), 346  
 paradoxical reactions, 97

parallel play, 269  
 Parent Interview for Autism (PIA), 63  
 paroxetine (Paxil), 101  
 Pease, Allan and Barbara (*The Definitive Book of Body Language*), 81  
 PECS (Picture Exchange Communication System), 154, 174, 190  
*PECS Training Manual* (Frost and Bondy), 190  
 Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (PANDAS), 112  
*Perfect Targets: Asperger Syndrome and Bullying* (Heinrichs), 91  
 Personal Digital Assistants (PDAs), 192  
 Pervasive Developmental Disorder (PDD), 30  
 Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS), 30–31  
 Picture Exchange Communication System (PECS), 154, 174, 190  
*The Pill Book* (Silverman), 97  
 play, interactive, 269–270  
 portfolio, 289  
 posttraumatic stress syndrome, 90  
 Power Cards, 87, 267–268  
*Power Cards: Using Special Interests to Motivate Children and Youth with Asperger Syndrome and Autism* (Gagnon), 87, 268  
 predictability  
   classroom, 209–210  
   importance in Asperger Syndrome, 84  
   in TEACCH philosophy, 170  
 pregnancy, keeping records of, 55  
 preoccupations, 17, 75  
*Pretending to be Normal: Living with Asperger's Syndrome* (Willey), 31  
 Prizant, Barry (*The SCERTS Model: A Comprehensive Educational Approach for Children with Autism Spectrum Disorders*), 173

probiotics, 118, 138  
 processed foods, eliminating,  
 131–132  
 proprioceptive sense, 197, 198  
 protriptyline (Vivactil), 104  
 provocation test, 125  
 Prozac (fluoxetine), 24,  
 101–102  
 publishers, 347–348  
 Purkinje cells, 49

## • Q •

questions, responses to  
 challenging  
 appearance of autistic  
 persons, 340  
 attitude of those with  
 Asperger's, 337  
 bad-parent look, 339  
 control of children, 336–337  
 growing out of autism, 340  
 inheritance of autism, 337  
 kidnapping, 338–339  
 own world, 339–340  
 special talents, 335  
 special treatment for your  
 child, 338  
 quetiapine (Seroquel),  
 103, 104

## • R •

rage cycle  
 interventions for rumbling  
 stage, 84–85  
 recovery stage, 86–87  
 stages, description of, 83  
 surviving rage stage, 85–86  
 Ratey, John (author)  
*Shadow Syndromes*, 28  
*The User's Guide to the  
 Brain*, 44  
 receptive communication, 192  
 redirecting, 84–85  
 referral, requesting, 57  
 regressive autism, 16, 48  
 Relationship Development  
 Intervention (RDI)  
 description, 22, 164–168  
 guiding principles of, 166–168  
 informational resources, 168

*Relationship Development  
 Intervention with Young  
 Children: Social and  
 Emotional Development  
 Activities for Asperger  
 Syndrome, Autism, PDD  
 and NLD* (Gutstein and  
 Sheely), 168  
 relationships  
 circle of, 302–303  
 dating, 307–312  
 first contact, 305  
 friendships, 302–306  
 sexual behavior, 312–318  
 removal, nonjudgmental, 84  
 repetitive behavior, 17, 75,  
 204–205  
 research, funding of, 39  
 residential treatment  
 facilities, 226  
 resources  
 books, 345–348  
 Internet, 348–354  
 journals and magazines, 348  
 newsletters, 341  
 résumé, 290  
*Résumés For Dummies*  
 (Kennedy), 290  
 Rett Syndrome, 30  
 Rimland, Bernard (director of  
 the Autism Research  
 Institute), 137  
 Risperdal (risperidone), 24,  
 102, 103, 107  
 Robbins, Jim (*A Symphony in  
 the Brain*), 195  
 role-playing, for Asperger  
 Syndrome, 80  
 routine  
 classroom, 209–210  
 importance in Asperger  
 Syndrome, 84  
 incorporating into daily life,  
 184–185  
 in TEACCH philosophy, 170  
 Rubin, Emily (*The SCERTS  
 Model: A Comprehensive  
 Educational Approach for  
 Children with Autism  
 Spectrum Disorders*), 173  
 Rydell, Patrick (*The SCERTS  
 Model: A Comprehensive  
 Educational Approach for  
 Children with Autism  
 Spectrum Disorders*), 173

## • S •

safety, severe behaviors, 206  
 scams, avoiding, 69–70  
*The SCERTS Model: A  
 Comprehensive  
 Educational Approach for  
 Children with Autism  
 Spectrum Disorders*  
 (Prizant, Wetherby, Rubin,  
 Laurent, and Rydell), 173  
 SCERTS (Social  
 Communication Emotional  
 Regulation Transactional  
 Support Model), 173–176  
 Schelvan, Ronda L. (*The  
 Hidden Curriculum:  
 Practical Solutions  
 for Understanding  
 Unstated Rules in Social  
 Situations*), 79  
 school. *See* education  
 scotopic sensitivity, 201  
 seizures, 32, 105–106  
 Selective Serotonin Reuptake  
 Inhibitors (SSRIs), 101–102  
 selenium, 123  
 self-advocacy, 275, 277,  
 283–284  
 self-employment, 292  
 self-regulation  
 in DIR intervention, 158  
 in SCERTS program, 175  
 by stimming, 204–205  
 Semon, Bruce (*Feast Without  
 Yeast: 4 Stages to Better  
 Health*), 135  
 senses, learning through,  
 211–212  
 Sensory Integration  
 International, 199  
 sensory integration therapy  
 auditory processing, 204  
 challenges, observing the,  
 197–200  
 description, 23, 182  
 echolalia, 34  
 hippotherapy, 200  
 inner and outer senses, 197  
 Irlen lens, 201–202  
 sensory violator, 197  
 stimming, 204–205  
 supermarket test, 202–203  
 visual processing, 203  
 sensory overload, in Asperger  
 Syndrome, 77

- Sensory Profile Assessments, 200
- sensory violation room, 212
- Seroquel (quetiapine), 103, 104
- sertraline (Zoloff), 24, 101–102
- sex education, 315–318
- Sex, Sexuality and the Autism Spectrum* (Lawson), 316
- sexual activity, 314–315
- shadow autism, 28
- Shadow Syndromes* (Ratey), 28
- Shea, Victoria (*The TEACCH Approach to Autism Spectrum Disorders*), 169, 172
- Sheely, Rachel
- RDI development, 164
  - Relationship Development Intervention with Young Children: Social and Emotional Development Activities for Asperger Syndrome, Autism, PDD and NLD*, 168
- sheltered workshop, 285, 295
- Shopler, Eric (*The TEACCH Approach to Autism Spectrum Disorders*), 169, 172
- Shore, Stephen (author)
- Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum*, 219, 246, 284
  - Asperger Syndrome in, 30, 32
  - Beyond the Wall: My Experiences with Autism and Asperger Syndrome*, 30
  - on correlation, 46
  - on cure for autism, 52
  - on dating, 308, 310
  - on diagnosis, 76
  - on inclusion, 223
  - on inserting structure, 297
  - President Emeritus of the Asperger's Association of New England, 73
  - on sensory integration, 197, 198
  - on talking to kids about autism, 259, 260
- Sibley, Kassiane (person with autism), 99, 100
- siblings, 260–263, 264
- sign language, 186
- Silverman, Harold (*The Pill Book*), 97
- Sinclair, Jim (organizer of Autism Network International event), 28
- small talk, 304
- smell, learning through, 212
- Smith, Marica Datlow (*A Guide for Successful Employment for Individuals with Autism*), 286
- Social Communication Emotional Regulation Transactional Support Model (SCERTS), 173–176
- social interaction
- adults, 275, 277
  - Asperger Syndrome, 73–74, 77–82, 256
  - communication barriers, 255–256
  - family relationships, 258–264
  - friendships, 264–270
  - in Relationship Development Intervention (RDI), 165
  - in SCERTS program, 174–175
  - social norms, understanding, 254–255
  - symptoms, 14, 16
  - tips to support child's social adjustment, 257–258
- social responder, 78
- Social Security Disability Insurance, 322
- social stories, 185, 265, 266–267
- social worker, 288
- Southwick, Jack (*Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdowns*), 83
- soy, 132
- Special Diets for Special Kids* (Lewis), 142
- special-education evaluation, 241–242
- specialist
- actions of, 61
  - assessment process, 62–65
  - contacting qualified, 59
  - diagnosing related conditions, 65–67
  - questions to ask, 59–60
  - referral to, 57–58
  - sharing information, 62
- special-needs trust, 326–330
- Specific Carbohydrate Diet, 135
- speech-language therapy, 23, 200–201
- Sprague (*Adapting Curriculum and Instruction in Inclusive Classrooms: A Teacher's Desk Reference*), 222
- SSRIs (Selective Serotonin Reuptake Inhibitors), 101–102
- Stanford-Binet Intelligence Scale, 64
- statistics, autism, 12
- Step by Step Communicator, 191
- Stevens, Bart (*The ABC's of Special Needs Planning Made Easy*), 331
- stimming, 204–205
- stimulants, 24
- stool, analysis of, 115
- stress, on caregivers, 19–20
- structured interview, 63
- sugars, eliminating refined, 131–132
- sulfation, 122
- supermarket test, 202–203
- Supplemental Security Income program, 322
- support group, 20, 68
- symbol use, in SCERTS program, 174
- A Symphony in the Brain* (Robbins), 195
- symptoms
- age of occurrence, 15
  - behavior, 15, 17
  - communication, 15, 16
  - social interaction, 14, 16
- system concept, Miller Method's use of, 161



*Taking the Mystery Out of Medications in Autism/Asperger Syndrome* (Tsai), 346

Talk Pad, 191

tardive dyskinesia, 102, 103

taste, learning through, 212

- The TEACCH Approach to Autism Spectrum Disorders* (Mesibov, Shea, and Shopler), 169, 172
- TEACCH (Treatment and Education of Autistic and Communication Handicapped Children), 22, 169–172
- Tegretol (carbamazepine), 105–106
- testosterone, link to autism, 45
- Theory of Mind, 150
- thermometers, emotion, 87–89
- thimerosal, 48, 107, 124, 126
- Thinking in Pictures* (Grandin), 181, 346
- time management, 274, 277
- timeout, 86
- Tofranil (imipramine), 104
- Tomatis, Alfred (researcher), 199
- touch, learning through, 183, 211
- touching, appropriate, 306
- Tourette's Syndrome, 34
- transactional supports, SCERTS program, 175–176
- transitions, difficulty with, 74
- transportation, 279, 300
- Trautman, Melissa L. (*The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations*), 79
- A Treasure Chest of Behavioral Strategies for Individuals with Autism* (Fouse and Wheeler), 346
- Treatment and Education of Autistic and Communication Handicapped Children (TEACCH), 22, 169–172
- tricyclic drugs, 104–105
- trimethylglycine, 123
- trust, special-needs, 326–330
- trustee, appointing, 329–330
- Tsai, Luke (*Taking the Mystery Out of Medications in Autism/Asperger Syndrome*), 346
- tympogram, 66
- U •
- undiagnosed autism, 25–26
- university, 281–282
- U.S. Department of Education (Web site), 237
- The User's Guide to the Brain* (Ratey), 44
- V •
- vaccines
- medical history
  - considerations, 107–108
  - role in autism, 48
  - thimerosal in, 107, 124, 126
  - vaccination schedule, 108
- valproate (Depakote), 105–106
- valproic acid (Depakene), 106–107
- Verbal Behavior Therapy, 22
- vestibular sense, 197, 198
- Vineland Adaptive Behavior Scales, 64
- violence, Asperger Syndrome, 91
- viruses, 49, 120
- visual learning, 211
- visual processing, 203
- visual schedules, 170–171
- vitamins, 118, 122–123, 137–138
- Vivactil (protriptyline), 104
- vocal prosody, 73
- Voice in the Box, 191
- Voice Output Communication Aids (VOCAs), 191
- W •
- Wakefield, Andrew (researcher), 49, 115
- Web sites. *See* Internet resources
- Wetherby, Amy (*The SCERTS Model: A Comprehensive Educational Approach for Children with Autism Spectrum Disorders*), 173
- What Color Is Your Parachute?* (Bolles), 290
- What Your Doctor May Not Tell You About Children's Vaccinations* (Cave), 48, 108
- wheat, eliminating from diet, 133
- Wheeler, Maria (*A Treasure Chest of Behavioral Strategies for Individuals with Autism*), 346
- Widgit Rebus symbols, 191
- Wieder, Serena (psychologist) *The Child with Special Needs*, 158, 160
- DIR development, 157
- will
- guardianship, designating, 331–332
  - intestate, dying, 325–326
  - morally obligated gift, 330–331
  - trust, special-needs, 326–330
- Willey, Liane Holliday (*Pretending to be Normal: Living with Asperger's Syndrome*), 31
- Williams, Donna (writer) *Autism: An Inside Out Approach*, 52, 346
- Somebody Somewhere: Breaking Free from the World of Autism*, 202
- William's Syndrome, 34
- Wright, Peter and Pamela Darr (*Wrightslaw: From Emotions to Advocacy — The Special Education Survival Guide*), 237
- Writing with Symbols (2000) program, 190
- Y •
- The Yeast Connection: A Medical Breakthrough* (Crook), 135
- Z •
- zinc, 123
- ziprasidone (Geodon), 103
- Zolof (sertraline), 24, 101–102
- Zyprexa (olanzapine), 103, 104

