

## BEST PRACTICE MODELS

BEST PRACTICE MODELS for Prevention of Mental Disorders

### [3] Indicated Programs

- a) Biological factors
  - i Brain injury
  - ii Development Disorders including autism spectrum
  - iii Drug and alcohol abuse
  - iv Psychosexual and gender dysphoria
- b) Psychological factors
- c) Social factors

### **[3 a ii ] Developmental Disorders including autism spectrum**

See also 2a ii Chronic illnesses

Best practice management requires an assessment process that is generic enough to encompass the variety of possible pathophysiological disorders for specific diagnosis but also detailed enough to provide the information for an individualised management plan that enhances and optimises the strengths of the child.

Paediatric medical practice has protocols for assessment and management of a variety of disorders. It is important to apply the protocols for best outcome, including the protocol for optimal assessment of autism. However, the child does not come with a label which says, "I have autism, so you don't need to consider anything else". This is not an argument against the protocol because it is not either/or but both generic and specific.

The Cooperative Research Centre for Living with Autism (Autism CRC) has developed and published a National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorder in Australia. Autism CRC is the world's first national cooperative research centre focused on autism and takes a whole-of-life approach to autism focusing on diagnosis, education and adult life.

Autism CRC is a corporate enterprise funded primarily through the Australian Government Department of Industry, Innovation and Science. With the additional financial support of the National Disability Insurance Agency (NDIA), the Guideline aims to create greater consistency in diagnostic practices across the country to ensure individuals on the autism spectrum and their families can receive the optimal clinical care. The guideline recommendations were approved by Australia's National Health and Medical Research Council.

The Guideline also emphasises the importance of listening to individuals and their families about the impact of the behaviours on family life. It can be accessed through:

<https://www.autismcrc.com.au/knowledge-centre/resource/national-guideline>

[\[Go to Policies POL3a ii\]](#)

[\[Go to Project Evidence PE3a ii\]](#)

[\[Back to Index\]](#)

Last updated 15 January 2019