

Good Practices Guide for non-clinical e-health solutions for Adults with Autism and their Caregivers



eHealth4Autism

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1. Project Description

The "eHealth4Autism" project aimed to achieve several objectives: Firstly, it sought to diminish stigma and discrimination against adults with autism and their family caregivers by disseminating successful awareness campaigns across Cyprus, Greece, and Belgium. Secondly, it aimed to highlight effective practices in digital healthcare services tailored for adults living with autism. Thirdly, the project aimed to alleviate caregivers' levels of depression, stress, insecurity, and anxiety regarding the future of adults with autism. Finally, it aimed to bring together high-functioning adults with autism from various countries for a training activity.

To support these objectives, the project focused on addressing digital transformation through the development of digital readiness, resilience, and capacity. This approach involved leveraging digital healthcare services like virtual support groups, apps, and e-services offered by EU member states. The project conducted two webinars and a learning teaching training activity to promote these digital services. Additionally, the project aimed to improve the competencies of educators and adult education staff. Partners from Cyprus, Greece, and Belgium had the opportunity to enhance their skills in conducting successful awareness campaigns, particularly on World Autism Day 2023 and European Carers Day 2023. Good practices were shared on a dedicated webpage.

Moreover, the project aligned with the adult education priority of "inclusion and diversity in all fields of education." By enhancing social support for adults with autism, the project aimed to promote equal opportunities, non-discrimination, social integration, and adult education for this vulnerable group. National and local awareness-raising events were organized to emphasize the need for equal opportunities.

The Good Practice Guide, available on the APIS's webpage, is a valuable resource for policymakers seeking to support individuals with autism. Here are some key points from the guide:

Objective: The guide aims to identify and document existing practices observed in day centres that provide exemplary care and educational services for young individuals and adults with autism.

Regional Focus: It meticulously examines practices in Belgium, Greece, and Cyprus, pinpointing areas of convergence and divergence among service providers.

Collaboration and Decision-Making: By consolidating best practices and highlighting regional differences, the guide facilitates informed decision-making and fosters collaboration among stakeholders.

Enhancing Quality: Ultimately, the guide's goal is to enhance the quality of services for individuals with autism across Europe.

Summary: The Good Practice Guide serves as a comprehensive compilation of best practices, offering insights to policymakers and promoting collaboration for better services for individuals with autism.

Participating Organizations

Organization Name	Country	Website	Logo
Autism Praxis Infinity Solutions (APIS) Ltd	Cyprus	www.apisnonprofit.ngo	
Greek Carers Network EPIONI	Greece	www.epioni.gr	
Belgian Brain Council	Belgium	www.braincouncil.be	



3. Introduction

Autism contains a broad spectrum of behaviours and traits that vary greatly in severity, with the classification of these differences falling into three distinct levels of support.(DSM-5, American Psychiatric Association, 2013). The prevalence of autism is on the rise, with an increasing number of children being diagnosed with autism spectrum disorder (ASD) in Europe. Current estimates suggest that approximately 1% of children in Europe are diagnosed with ASD. Individuals diagnosed with Autism Spectrum Disorder (ASD) frequently encounter difficulties that are primarily centred around social interaction and communication, which tend to heavily influence their daily experiences. Considering these challenges, the central aim in their daily lives is focused on augmenting their access to a variety of environments, nurturing their autonomy, and safeguarding their wellbeing. This goal is accomplished by offering tools and interventions specifically designed to facilitate their ability to express themselves and enhance their communication skills effectively. Through empowering individuals with ASD to effectively express their thoughts and emotions, as well as facilitating meaningful interactions with others, both parties can collaboratively pursue an enhanced quality of life marked by fulfilment and wellbeing.

Non-clinical e-health solutions have emerged as promising pathways to provide support for individuals diagnosed with Autism Spectrum Disorder (ASD) and their caregivers. These innovative solutions offer personalized care options tailored to the unique needs of each individual, while also fostering self-management capabilities. These technologies have the capacity to completely transform how individuals with ASD navigate their everyday experiences. By empowering them with enhanced tools and resources, individuals can gain a deeper understanding of their condition and develop effective strategies for managing it. Additionally, these technologies offer invaluable support to caregivers, easing the burden of care and enhancing overall quality of life for both individuals with ASD and their support networks. However, achieving successful development and implementation of these e-health solutions requires stringent adherence to best practices. It is essential to ensure that these solutions meet rigorous standards of quality, accessibility, and acceptance within the ASD community.

In Europe, adults with Autism Spectrum Disorder (ASD) face distinctive challenges that profoundly affect their quality of life. These challenges encompass grappling with social isolation, encountering barriers to accessing employment and educational opportunities, and addressing the limited availability of specialized services tailored to their specific needs. These obstacles persist across all European countries, such as Belgium, Greece and Cyprus. As a result, there is an urgent need to raise awareness and allocate sufficient resources to provide comprehensive support for adults with ASD and their caregivers across the continent.

In this context, the development of non-clinical e-health solutions specifically tailored to cater to the diverse and intricate needs of individuals with ASD represents a significant advancement. By harnessing technology to offer targeted support and resources, these solutions hold immense promise in enhancing the quality of life for individuals with ASD. Moreover, they have the potential to promote social inclusion and cultivate a more supportive and inclusive society for all individuals, irrespective of their neurodevelopmental differences.



4. Target Group

The Good Practice guide will be in English, and Greek. The subsequent information provided within the activities may prove valuable for:

- 1) Adults living with autism who wish to familiarise themselves with digital interventions.
- 2) Educators working with adults with autism in Belgium, Greece and Cyprus.
- 3) Informal carers (families) of adults with an autism spectrum disorder.
- 4) Health care professionals and researchers working with adults with Autism Spectrum Disorder (ASD) directly or indirectly and,
- 3) Citizens (general population) in Europe.



5. Ehealth4Autism Project

The emphasis of the Good Practice Guide centered on recognizing the defining features of an environment conducive to individuals with autism. Additionally, we seized the opportunity to acquaint ourselves with and accentuate successful digital practices and non-clinical e-health solutions. This involved delivering training and offering support to individuals with autism and their families, ensuring access to effective strategies and resources.

Through extensive research, we endeavored to identify the requisite digital proficiencies essential for caregivers, educators, and trainers, encompassing informal caregivers and families. Subsequently, we explored practical applications of these competencies, actively engaging in their implementation and testing. This endeavor aimed to bolster competencies, ultimately alleviating caregivers' burdens of depression, stress, insecurity, and anxiety regarding the employment and living prospects of adults with autism under their care.



6. Categories

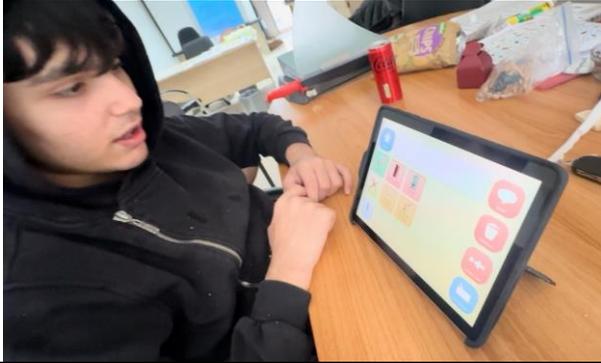
Following extensive meetings and thorough research conducted in collaboration with individuals diagnosed with autism and their families, we meticulously curated a comprehensive list comprising seven distinct categories of applications.

A plethora of non-health applications has been specifically crafted to cater to the diverse needs of individuals with autism spectrum disorder (ASD), addressing various facets of their daily lives. These applications span a wide range of functions, aiming to provide assistance, enhance communication skills, foster independence, and promote social interaction among individuals on the spectrum. From educational tools and communication aids to social skills development platforms and sensory integration category, these innovative solutions are tailored to address the unique challenges faced by individuals with ASD, empowering them to navigate their environment with greater ease and confidence.

6.1. Communication

This category serves as invaluable resources for individuals with autism spectrum disorder (ASD) seeking to enhance their communication abilities. By presenting a variety of features such as picture-based communication, text-to-speech functionalities, and customizable communication boards, this category enables individuals with ASD to express themselves more effectively and interact with others more confidently. Moreover, these tools facilitate language development, social interaction, and self-expression, empowering individuals on the spectrum to navigate social situations and engage with their surroundings more independently. Through user-friendly interfaces and personalized settings, these applications cater to the unique needs and preferences of individuals with ASD, facilitating their journey towards improved communication skills and greater social integration.

1	Name	Grid3 (Greek)
	A general description of the good practice.	Communication software. Available in multiple languages such as: Afrikaans, Arabic, Croatian, Czech, Danish, Dutch, English, Finnish, Flemish, French, German, Greek, Hebrew, Italian, Norwegian, Portuguese, Polish, Slovak, Spanish, Swedish and Welsh.
	Details about the activity.	Alternative and augmentative communication (AAC) software encompasses a range of assistive technologies designed to facilitate computer interaction for individuals facing physical limitations. These individuals may utilize eye gaze tracking, head mouse navigation, or switch systems to control computer functions and access software applications. AAC software serves as a vital tool for individuals with motor impairments, enabling them to overcome barriers associated with traditional input methods such as keyboards, mice, or voice recognition software. By harnessing the power of eye movements, head gestures, or switch activations, users can navigate interfaces, input text, execute commands, and interact with digital content effectively. This technology not only enhances access to computers and digital devices but also promotes independence, communication, and productivity for individuals with

		diverse physical challenges. Additionally, AAC software often features customizable settings and adaptive features to accommodate varying levels of mobility and user preferences, ensuring an optimal user experience tailored to individual needs.
Where was it implemented?		The software is used by individuals with autism of all ages and are subsidized by the government, both in schools and for personal use at home.
Who was involved?		Individuals with autism, families, caregivers.
If possible: A picture from the practice		
If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	<p>"With the help of Grid3, we have found a way to communicate with our son and a means of expression for them." Parent of an adult with ASD.</p>	
Website or social media pages of the good practice/organization that implemented it	<p>Grid 3 - thinksmartbox.com</p>	

2	Name	Proloquo2Go
	A general description of the good practice.	Proloquo2Go is a software application for iOS devices (such as iPhones and iPads) that provides an alternative way of communication for people with communication problems, such as those with autism, dyslexia or speech loss. The application also has a database of many words and phrases, as well as pictograms and symbols, which allow users to communicate with others in a simple way, using the choice of words or pictograms from the application's database. Finally, the Proloquo2Go app is very popular in the community of health and education professionals working with children and adults with communication problems.
	Details about the activity.	<p>The Proloquo2Go application serves as a vital tool for individuals facing communication challenges, offering an alternative means of expression and connection with others. Tailored to meet diverse communication needs, this application boasts a comprehensive database comprising over 14,000 words, phrases, and pictograms. These resources empower users to select and construct messages, enabling effective communication in various contexts.</p> <p>Moreover, Proloquo2Go provides a range of customizable features to accommodate individual preferences and situational requirements. For instance, users can utilize pictograms to communicate with individuals unfamiliar with their language, fostering inclusive interactions. Additionally, the application facilitates the creation of personalized categories and pictograms, allowing users to tailor the interface to their unique communication preferences.</p> <p>An essential feature of Proloquo2Go is its voice output functionality, enhancing communication clarity and comprehension for both users and recipients. Through audible prompts, words, and phrases, this feature aids in the recognition and understanding of messages conveyed.</p> <p>In summary, its user-friendly interface and customizable options make it an invaluable resource for individuals with disabilities or injuries seeking to enhance their communication abilities and foster meaningful connections with others.</p>
	Where was it implemented?	Implemented across diverse settings including educational institutions, clinical facilities, medical centres, and community spaces. Its versatility allows it to seamlessly integrate into various environments,

		<p>catering to the unique needs of users across different contexts.</p> <p>Within school settings, this tool facilitates inclusive learning environments by enabling students with communication difficulties to participate actively in classroom activities and engage with peers and educators. In clinics and hospitals, it assists healthcare professionals in effectively communicating with patients who may have difficulty expressing themselves verbally, thereby enhancing the quality of care provided.</p>
	Who was involved?	Individuals with autism, families, caregivers.
	If possible: A picture from the practice	
	If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	<p>"It gives us the opportunity to communicate with the employees who are in our company. It's a good way for them to express their needs and for us to tell them what they need to do in the office."</p> <p>Company owner.</p>
	Website or social media pages of the good practice/ organization that implemented it	<p>https://apps.apple.com/us/app/proloquo2go-aac/id308368164</p> <p>https://www.assistiveware.com/products/proloquo2go</p>

6.2.Social Skills

This category specifically focuses to foster the development of social skills and encourage meaningful social interactions among individuals with autism spectrum disorder (ASD). By utilizing interactive games, simulated scenarios, and visual cues, this category provides engaging platforms for users to practice various social scenarios in a safe and supportive environment. Through guided activities and prompts, individuals with ASD can learn and reinforce essential social skills such as turn-taking, perspective-taking, and interpreting nonverbal cues. Additionally, this category often incorporates features that allow users to customize their learning experience based on their unique preferences and needs. By offering a structured and interactive approach to social skill development, these applications empower individuals with ASD to navigate social situations more confidently and build meaningful relationships with others.

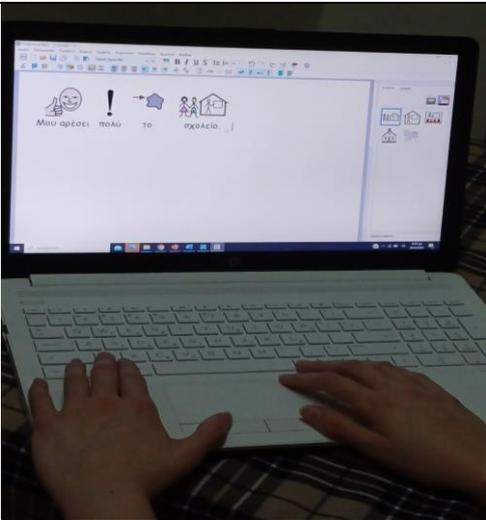
3	Name	CAVE (Virtual Environment Reality)
	A general description of the good practice.	Virtual Reality allows one to do more than merely mimic reality. If reality imitation was the only goal, then it may be simpler to manufacture physical props with which a participant could practice some procedure. Information can be found in several languages.
	Details about the activity.	<p>The Cave VR system offers several benefits compared to traditional VR setups or other display technologies:</p> <ol style="list-style-type: none"> 1. Training and Simulation: The Cave can be used to create realistic training and simulation environments for various industries, including healthcare, aviation, manufacturing, and defense. Users can practice complex procedures, scenarios, or tasks in a safe and controlled virtual environment, reducing the need for expensive physical prototypes or live training exercises. 2. Immersive Experience: The Cave provides a highly immersive experience by surrounding users with large projection screens. This immersion can enhance the feeling of presence within virtual environments, making interactions more engaging and realistic. 3. Natural Interaction: Users can interact with virtual environments in a more natural way compared to traditional VR setups. They can walk around, gesture, and manipulate virtual objects within the physical space of the Cave, creating a more intuitive and immersive experience.

		<p>4. Collaborative Work: The Cave's large physical space allows multiple users to collaborate within the same virtual environment simultaneously. This feature is particularly useful for team-based activities such as design reviews, simulations, or training exercises, where real-time collaboration and communication are essential.</p> <p>5. Enhanced Visualization: The large, high-resolution projection screens of the Cave enable detailed and realistic visualization of complex data sets, simulations, or models. This capability is valuable in fields such as scientific research, engineering design, and architectural visualization, where a high level of detail is crucial for analysis and decision-making.</p> <p>6. Spatial Awareness: The Cave's physical setup allows users to maintain a sense of spatial awareness within the virtual environment, which can be beneficial for tasks that require a clear understanding of spatial relationships, such as architectural walkthroughs, urban planning, or archaeological reconstructions.</p>
	Where was it implemented?	It can be implemented at the Cyprus University of Technology - CUT
	Who was involved?	People with autism, developmental disorders
	If possible: A picture from the practice	
	If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	<p>"With the use of CAVE, we can practise dangerous acts in a safe realistic environment." Parent of an autistic adult</p>
	Website or social media pages of the good practice/ organization that implemented it	<p>https://www.researchgate.net/publication/273887845_Effectiveness_of_an_Immersive_Virtual_Environment_CAVE_for_Teaching_Pedestrian_Crossing_to_Children_with_PDD-NOS</p>

6.3.Educational

Educational category focuses specifically for individuals with autism offer a diverse range of learning opportunities, including interactive activities, exercises, and instructional materials spanning multiple subjects. This category is meticulously crafted to accommodate various learning styles and abilities, ensuring that each user can engage with the content in a way that best suits their needs and preferences. From mathematics and language arts to science and social studies, this educational category covers a wide array of subjects, allowing individuals with autism to explore and develop their academic skills at their own pace. By offering engaging and accessible learning experiences, these applications play a crucial role in promoting academic growth, fostering independence, and supporting lifelong learning for individuals with autism.

4	Name	SymWriter
	A general description of the good practice.	The SymWriter is a software that produce visual representation of written words through the use of symbols. It was developed by Wigit Software and it contains a vast range of symbols and different features that help the user communicate as well as compose and understand written text. The software is available in 13 languages including: English, Greek, French, Italian, Spanish, German, Polish, Finnish, Portuguese, Czech, Danish, Norwegian, Swedish and Dutch.
	Details about the activity.	<p>The main features of the SymWriter are:</p> <ol style="list-style-type: none"> 1. Symbol Support: There is an extensive library of symbols representing actions, objects, concepts etc. 2. Customizable Symbol Libraries: The software provides the ability to adjust characteristics of symbols such as size and style. It can also remove a symbol from a word or add your own symbol/picture. This enables the user to customize symbols according to the person’s needs. 3. Word prediction: This feature makes the writing process easier for the user as it predicts words according to the context accelerating the time and reducing the effort of the user. 4. Text to speech: This feature allows users that have difficulty reading or are nonverbal to hear the text they have written. 5. Accessibility features: Options including switch access makes writing accessible to students that

		<p>have difficulty using a keyboard to input a text.</p> <p>6. Grids: Using grids helps with organizing content visually, sequencing steps and categorizing ideas, making it easier to compose written language.</p> <p>Those are some of the plenty features of the SymWriter. The SymWriter is a powerful educational tool as it enables students to learn how to spell correctly, write, communicate as well as interact and complete different task and activities made by teachers as part of a curriculum. The SymWriter is also a very useful teaching tool, as teachers can adapt their teaching material and curriculum through this software making it accessible for students with disabilities.</p>
	Where was it implemented?	It can be implemented at schools, therapy centres or at home.
	Who was involved?	Individuals with autism, intellectual disabilities, communication disorders or any other learning disabilities.
	If possible: A picture from the practice	
	If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	<p>“With the help of the symwriter my student’s literacy skills have improved and as a teacher I can make curriculum that is suitable for him.”</p> <p>Teacher of an autistic adult</p>
	Website or social media pages of the good practice/organization that implemented it	<p>https://www.widgit.com/products/symwriter/index.htm</p>

6.4. Daily Living Skills

This category serves as invaluable tools for individuals with autism, offering support in honing essential daily living skills crucial for navigating everyday life with confidence and independence. By providing features tailored to tasks like time management, organization, and self-care routines, this category empowers users to cultivate and reinforce these vital life skills in a structured and accessible manner. Through interactive features, customizable schedules, and step-by-step guidance, individuals with autism can engage in meaningful practice sessions that promote skill development and enhance their ability to manage daily tasks effectively. Moreover, this category includes visual aids, reminders, and prompts to aid in comprehension and retention, ensuring that users can approach each task with clarity and autonomy. By offering a user-friendly and adaptive platform for skill-building, this category plays a pivotal role in fostering self-sufficiency and facilitating greater independence for individuals with autism.

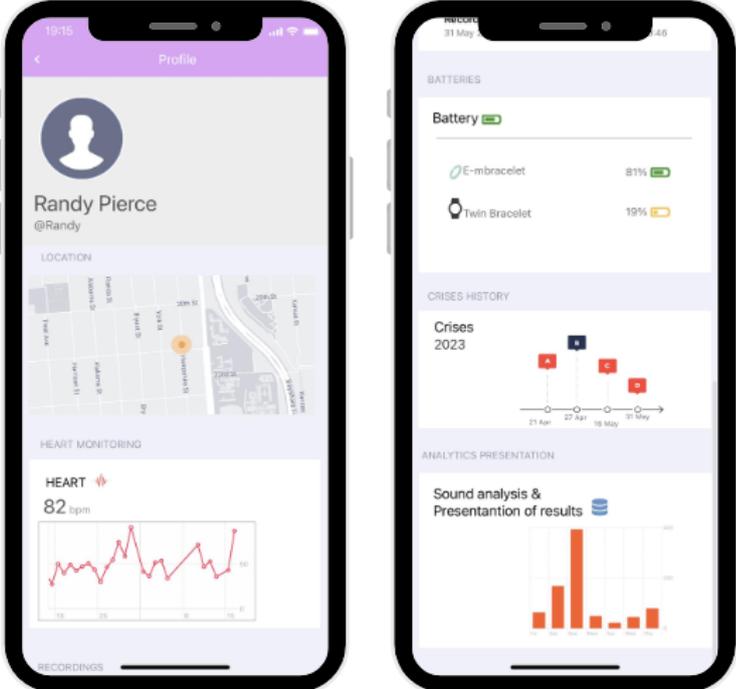
5	Name	Brain in Hand
	A general description of the good practice.	The Brain in Hand is a digital support system that is connected to human support. The purpose of this app is to help people manage stressful situations, make decisions, be more organised, improve their mental health and monitor their progress.
	Details about the activity.	The Brain in Hand can be personalised according to each users' preferences. The user can write their own or get access to self-management techniques that work best for him in order to manage stressful situations any time they need to. The app also comes with remote support from the National Autistic Society to help when someone needs extra help. The Brain in Hand also provides a planner that enables users to be more organised with appointments, daily activities, goals and manage their time better. Finally, through the permission of the user, caregivers can track the user's progress. Overall, the app aims in increasing independency and well-being.
	Where was it implemented?	It can be implemented through the day
	Who was involved?	It can be used by people with autism, learning difficulties or mental health issues.

	<p>If possible: A picture from the practice</p>	
	<p>If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health</p>	<p>“The Brain in Hand application has helped me to better manage my tasks” Person with Autism</p>
	<p>Website or social media pages of the good practice/organization that implemented it</p>	<p>https://www.braininhand.co.uk/</p>

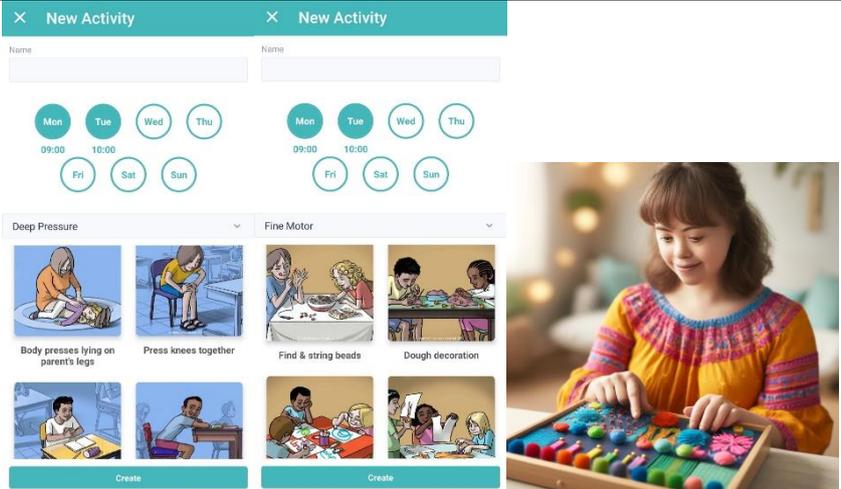
6.5.Sensory

Sensory category provides a diverse array of activities designed to soothe and engage individuals with autism, offering a multifaceted approach to addressing sensory sensitivities and promoting emotional regulation. This category encompasses a range of sensory experiences, including captivating visual displays, immersive auditory stimuli, and tactile interactions, all carefully curated to cater to diverse sensory preferences and needs. By offering a variety of calming and stimulating activities, individuals with autism can explore and engage with sensory input in a controlled and supportive environment, helping them to manage sensory overload and find moments of relaxation and comfort. Additionally, this category incorporates customizable features, allowing users to personalize their sensory experiences based on their individual preferences and sensitivities. Through regular use, individuals with autism can develop effective coping strategies, enhance sensory integration skills, and gain greater control over their emotional responses. Overall, sensory category serves as valuable tools for promoting sensory regulation and fostering a sense of well-being in individuals with autism.

6	Name	E-mbracelet
	A general description of the good practice.	E-mbracelet helps individuals with ASD by monitoring their heart rate and analysing surrounding noises for potential triggers. Caregivers receive valuable insights into specific sounds linked to potential crises, empowering proactive management. This comprehensive solution enhances users' quality of life while supporting caregivers in providing better care.
	Details about the activity.	Motivated by the firsthand experiences of our team members who have family members with ASD, and fuelled by meaningful interactions with parents and caregivers, we embarked on a mission to help them. E-mbracelet aims to enhance the lives of people with ASD by introducing a smart, innovative and practical solution that improves various aspects of their daily lives. The identified issue is the sensitivity of individuals with ASD to specific noises, which can lead to frustration, irritation and unwanted crises. The problem we aim to address is the absence of a universal set of sounds that affect all individuals with ASD, making it impossible to employ a smart approach to crisis control without knowledge of the specific triggers for each

		<p>individual.</p> <p>Our novel solution is a software application which will be designed to identify the sounds that affect each individual, enabling the implementation of preventative measures. Through the application, parents and caregivers will be able to view the triggering sounds as well as receive real-time alerts to prevent potential crises."</p>
	<p>Where was it implemented?</p>	<p>Under development</p>
	<p>Who was involved?</p>	<p>Maro Manoli (CEO)-Anna Charalambous (CFO)-Christoforos Malekos (COO)-Christos Kasoulides (CTO)-Christos Partasidis (CIO)-Aggelos Tsanaktsidis (CDO)</p>
	<p>If possible: A picture from the practice</p>	
	<p>If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health</p>	<p>"In the delicate harmony of everyday life, Andreas teaches me the power of embracing silence. Through their noise-sensitive lens, we discover a world of subtle melodies and profound connections, finding joy in the quiet moments that others may overlook."</p>
	<p>Website or social media pages of the good practice/organization that implemented it</p>	<p>E-mbracelet https://www.instagram.com/e.mbraceletco?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDCOMzIxNw==</p>

7	Name	Sensory Treat
	A general description of the good practice.	The "Sensory Treat" is an application focused on sensory regulation available for Android users. It consists of activities that are designed by occupational therapists and aims at providing parents, caregivers and therapists with activities that can be implemented and used for people with sensory issues at home. The founders of this app are two parents of children with sensory processing disorder.
	Details about the activity.	<p>The Sensory Treat app consists of 8 different categories: Heavy Work, Downtime, Jumping, Fine motor, Oral, Deep Pressure, Vestibular and Gross Motor. Each category is colour coded by sensory system. There are over 150 activities that are also accompanied by visual illustrations making the application of each exercise simple and easy to follow. The activities can be scheduled at the day and time the user chooses along with the feature of the reminder that will help the user be consistent.</p> <p>The Sensory Treat application is recommended to be used alongside with the help of a professional occupational therapist to create a personalised therapy plan that can be applied at home through the exercises of the application, enhancing the effectiveness of the intervention being applied in the private clinics/settings. This will enable the user/parent/caregiver to maintain and improve the benefits of the therapy at home.</p> <p>The application offers the feature of sharing the results of the exercises with the allied occupational therapist which gives the chance to track the improvement of the user or make any needed alterations.</p>
	Where was it implemented?	It can be implemented at home, schools or private clinics, by parents, caregivers or therapists.
	Who was involved?	It can be used for people with sensory processing disorder, autism, adhd and other neurological developmental disorders.

	<p>If possible: A picture from the practice</p>	
	<p>If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health</p>	<p>“I work with many families through the school. I do like the app and I have used it to demo what a diet looks like. It helps parents understand better what I am recommending. Thanks.”</p> <p>Occupational therapist</p>
	<p>Website or social media pages of the good practice/organization that implemented it</p>	<p>https://sensorytreat.com/</p>

6.6. Behaviour Management

This category offers a comprehensive suite of resources aimed at assisting individuals with autism in effectively managing challenging behaviours. It encompasses a wide range of functionalities, including behaviour tracking, goal setting, reinforcement strategies implementation, and behaviour plan creation. Through these tools, individuals with autism, their caregivers, and support professionals can collaboratively track and analyse behavioural patterns, identify specific areas for improvement, and establish achievable goals tailored to the individual's needs and preferences. Additionally, this category enables users to implement evidence-based reinforcement strategies, such as token systems or visual schedules, to encourage positive behaviour and reduce challenging behaviours over time. Moreover, they facilitate the creation of personalized behaviour plans, outlining proactive interventions and strategies to address challenging behaviours in various settings, such as home, school, or community environments. By empowering individuals with autism and their support networks with these comprehensive tools and strategies, this category plays a crucial role in promoting positive behaviour management, fostering skill development, and enhancing overall quality of life.

8	Name	Autism Tracker Pro (APP)
	A general description of the good practice.	Autism Tracker Pro is software designed to track and monitor the behaviours and progress of individuals with autism spectrum disorder (ASD). It may offer features such as data tracking and analysis, customized reports, and communication tools to allow collaboration between caregivers, therapists, and educators.
	Details about the activity.	Autism Tracker can be life changing for families with a child on the spectrum. This app helps families explore Autism. Each of its screens represents a different domain of Autism. Several screens are already set up to get you started: MOOD (Happiness, Stress, Activity Level, Hyperactivity, Weather), BEHAVIOR (Bolting, Self-injurious, Property Destruction, Tantrum), FOOD (Casein, Lactose, Gluten, Colorants, Caffeine), HEALTH (Sleep, Bowel Movements Texture) and REPORTS (show and compare all items at a glance). In addition, the features that Autism Tracker Pro can offer are:

		<p>1.Behavior tracking: The software or device may allow caregivers to track and record behaviours such as stimming, repetitive motions, and social interactions.</p> <p>2.Data analysis: The device may use machine learning algorithms to analyse the collected data and identify patterns or trends that could inform treatment decisions.</p> <p>3.Customized reports: The software may generate reports based on the collected data, which could be shared with healthcare providers or educators to help them better understand the individuals progress and needs.</p> <p>4.Communication tools: The Autism Tracker Pro may include features such as messaging or video conferencing to facilitate communication between caregivers, therapists, and educators.</p> <p>5.Integration with other tools: The software may integrate with other healthcare or educational tools, such as electronic health records or individualized education plans (IEPs).</p>
	Where was it implemented?	It can be implemented at home, school, therapy sessions etc. It is also used by healthcare professionals, therapists, and educators
	Who was involved?	It can be used by people with autism, parents, caregivers, healthcare professionals, educators etc.
	If possible: A picture from the practice	
	If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health	<p>“With the Autism Tracker Pro, I can track the behaviours and moods or any health issues and sent them to professionals.”</p> <p>Parent of an autistic adult.</p>
	Website or social media pages of the good practice/ organization that implemented it	<p>https://apps.apple.com/us/app/autism-tracker-pro/id478225574</p> <p>https://tracknshareapp.com/autism-tracker-app/</p>

6.7.Social Stories

Social stories category offers a variety of interactive tools and resources designed to support individuals with autism in comprehending social contexts, navigating interpersonal interactions, and cultivating desirable social behaviours. Through a combination of visual narratives, personalized stories, and interactive prompts, this category aims to provide individuals with autism with the necessary scaffolding to comprehend complex social scenarios and respond appropriately in various social settings. By presenting relatable social situations and modelling appropriate responses, this category facilitates the development of crucial social skills, such as perspective-taking, emotional regulation, and problem-solving. Furthermore, it enables users to customize social stories to align with their specific needs, preferences, and developmental levels, ensuring relevance and effectiveness in addressing individual challenges. Additionally, this category incorporates interactive features, such as quizzes, games, and role-playing activities, to reinforce learning and promote engagement. Overall, social stories category serves as valuable tools in supporting the social and emotional development of individuals with autism, empowering them to navigate social interactions with confidence and success.

9	Name	Stories Online for Autism – SOFA
	A general description of the good practice.	The Stories Online for Autism is an application that is designed to help people with autism to learn appropriate behaviours and be prepared for various social environments through the use of social stories.
	Details about the activity.	The SOFA app provides multiple social stories that can be used to teach people with autism the acceptable behaviour in different social scenarios. Aside from the social stories that are being provided by the app, the SOFA application enables users to create their own social story and customise it in the individual’s own needs and characteristics. The application has two modes, the adult and the child mode. On the adult mode the user creates the stories and assign the stories that will be read on the child mode. Finally, the application includes a guideline on how to write a social story.
	Where was it implemented?	It can be implemented at home or school.

	<p>Who was involved?</p>	<p>It can be used by parents/guardians or professionals such as special education teachers, speech therapists etc. that are in touch with people with autism.</p>
	<p>If possible: A picture from the practice</p>	
	<p>If possible: A statement from the person who is sharing the good practice, about what this activity has done for their mental health</p>	<p>“The SOFA app has helped me prepare him for transitions and social situations that I know will be stressful for him.” Caregiver of an autistic teenager</p>
	<p>Website or social media pages of the good practice/ organization that implemented it</p>	<p>https://inspire.org.mt/sofa-app/</p>

7. Discussion – Conclusion

In the ever-evolving landscape of autism spectrum disorder (ASD) support, the emergence of non-clinical e-health solutions has illuminated a path toward greater empowerment and autonomy for individuals diagnosed with ASD and their caregivers. As we reflect on the journey thus far, it becomes evident that these innovative solutions have the potential to revolutionize the way we approach autism support and advocacy.

At the heart of these e-health solutions lies a commitment to personalized care, recognizing the diverse range of needs and experiences within the ASD community. By harnessing the power of technology, individuals with ASD can access tools and resources tailored to their unique strengths and challenges, fostering self-management skills and promoting independence. Through intuitive interfaces and interactive features, these solutions empower individuals to gain a deeper understanding of their condition and develop effective coping strategies, enhancing their overall quality of life.

Moreover, the impact of e-health solutions extends beyond the individual, reaching into the realm of caregiver support. For parents, siblings, and other caregivers of individuals with ASD, these technologies offer a lifeline, providing access to information, guidance, and community support. By alleviating the burden of care and offering practical solutions for navigating everyday challenges, e-health platforms enable caregivers to better fulfil their roles while prioritizing their own well-being.

However, the realization of this transformative potential hinges upon the adherence to rigorous standards of quality, accessibility, and acceptance within the ASD community. As we continue to innovate and refine these solutions, it is imperative that we remain vigilant in our commitment to inclusivity, ensuring that all individuals, regardless of their neurodevelopmental differences, can benefit from these advancements.

In Europe, where the prevalence of autism spectrum disorder is on the rise, the need for comprehensive support extends beyond childhood into adulthood. Adults with ASD face unique challenges, from navigating social isolation to accessing employment and educational opportunities. Yet, the availability of specialized services tailored to their needs remains limited, underscoring the urgency of heightened awareness and resource allocation.

In response to these challenges, non-clinical e-health solutions emerge as beacons of hope, offering a pathway toward greater social inclusion and support for adults with ASD throughout Europe. By bridging gaps in access to resources and services, these technologies have the potential to empower individuals to lead fulfilling and autonomous lives within their communities. Moreover, by fostering understanding and acceptance, e-health solutions can contribute to the cultivation of a more inclusive society, where individuals of all neurodevelopmental backgrounds are valued and embraced.

As we look to the future, let us remain steadfast in our commitment to innovation, advocacy, and collaboration. Together, we can harness the power of technology to create a world where individuals with autism spectrum disorder are supported, empowered, and celebrated for their unique contributions to society.

