



## Quick Recap

Structured routines, sensory supports, and motor activities build independence with daily living skills.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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HOURS

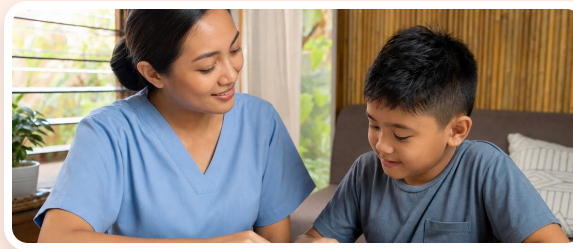
9:00 AM to 5:00 PM

Contact us today for personalized care



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*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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# Autism Therapy & Support

Developmental & Sensory Coordination Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Visual schedules for washing, dressing, meals, and bedtime sequences.
- ADL breakdown: one step per card —socks before shoes, rinse before wash.
- Set up a calm, low-stimulus area for meltdowns: dim lights, soft music, weighted blanket.
- Communicate with concrete language: avoid sarcasm, idioms, or vague instructions.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Observe communication style, coordination, sensory triggers, and strengths.
- Track which environments improve participation (lighting, sound, seating).
- Screen sleep, appetite, and regulation before adding new tasks.

### Good to know

- Autism affects communication, interaction, and sensory processing.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Daily gross motor: running, climbing, ball play, or dance for regulation.
- Fine motor: puzzles, beads, drawing, and utensil practice.
- ADLs: practice toothbrushing, hair care, and dressing with timers.
- A predictable home schedule lowers anxiety and meltdowns.