



1. Definition

Asperger's syndrome is the former name of a developmental disability that affects how people behave, see and understand the world. It also affects how they interact with others. People with this developmental disability may: have special interests. Display repetitive behaviors

2. History of Asperger's

Asperger's syndrome was named for Hans Asperger, a doctor in Vienna during the reign of the Nazi party. In the 1940s, Asperger was the first to take note of the pattern of social issues in some children under his care that now defines the disorder. Much of the information experts know about Asperger's today comes from Hans Asperger's work.

Ongoing debates say his research may have promoted forced "race hygiene," which included Nazi policies that people with certain disabilities should be killed and parents of these children should be sterilized.

Some argue that Asperger created language to describe children on the higher-functioning end of the autism spectrum as a way to save them from these Nazi policies. But new research shows a much more complicated picture of how this label harmed people and even led to some children's deaths.

3. Asperger's Symptoms

Asperger's symptoms start early in life. Most diagnoses happen between ages 5 and 9, although some people are adults before they get their diagnosis. No two people have the same symptoms. But they're usually related to emotional, communication, and behavioral skills.

People with the disorder may:

- Have trouble making eye contact
- Feel and act awkward in social settings
- Have trouble responding to people in conversation
- Miss social cues that other people find obvious
- Struggle to read body language
- Don't understand what facial expression mean
- Show few emotions
- Speak in a flat, robotic tone
- Talk a lot about one topic such as rocks or football stats
- Repeat words, phrases, or movements
- Dislike change
- Keep the same schedule and habits, such as eating the same meals

Adult Asperger's symptoms

No symptoms are specific to adults, though some are more common, including:

- Clumsiness
- Strong verbal skills
- Obsession with a topic
- Social difficulties
- Hypersensitivity

4. Asperger's diagnosis :

The doctor will likely ask questions about your child's behavior, including:

- What symptoms do they have, and when did you first notice them?
- When did your child first learn to speak, and how do they communicate?
- Are they focused on any subjects or activities?
- Do they have friends, and how do they interact with others?

Doctors who diagnose Asperger's include:

- **Psychologists.** They diagnose and treat problems with emotions and behavior.
- **Neurologists.** They treat conditions of the brain

- **Developmental pediatricians.** They specialize in speech and language issues and other developmental problems in children.
- **Psychiatrists.** They have expertise in mental health conditions and can prescribe medicine to treat them.

5. Asperger's Treatment

Your doctor might need to try a few therapies to find one that works.

Treatments can include:

Social skills training. In groups or one-on-one sessions, therapists teach you or your child how to interact with others and express themselves in more appropriate ways. Social skills are often best learned by modeling typical behavior.

Speech-language therapy. This helps improve communication skills. For example, you or your child will learn how to use a normal up-and-down pattern when speaking rather than a flat tone. This therapy can also help you learn to keep up a two-way conversation and understand social cues like hand gestures and eye contact.

Cognitive behavioral therapy (CBT). It helps change thinking patterns, so you or your child can better control emotions and repetitive behaviors. This method helps you or your child get a handle on things like outbursts, meltdowns, and obsession

Applied behavior analysis. This technique encourages positive social and communication skills and discourages behavior that isn't working. The therapist will use praise or other "positive reinforcement" to encourage results.

Medicine. There aren't any drugs approved by the FDA to specifically treat Asperger's or autism spectrum disorders. Some medications, though, can help with related symptoms like depression and anxiety.

Parent education and training. If you're supporting a child with symptoms of Asperger's, you'll learn many of the same techniques your child is taught so you can work on social skills at home. Some families also see a counselor to help them deal with the challenges of living with someone with Asperger's.