

Title: Autistic Spectrum Disorder Case Study

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Hi, my name is Sarah. I'm 13 and this is my story, so far.

I was born overseas and lived in Denmark with my parents until I was about 8 years of age, can't remember exactly. Then we all moved to the UK that is my dad, mum and younger brother, Adam. Adam is 2 years younger than me.

I started primary school in Gravesend where I still live. I didn't really fit in well. I found it hard to make friends and it was clear that my teachers were unhappy with me. I didn't really have problems doing the work in class but found it hard being left out of things, in the playground and out of school.

My problems really began when I started secondary school. My loneliness got worse and I was the victim of bullies who made fun of my speech. I can find it difficult to speak clearly when I am anxious. I started to fall behind with the work and got a reputation as a loner and being a 'dim'.

My behaviour at school was still OK but at home I started to be a real problem. I really bullied my mum and brother, even my dad. I felt really bad because I was so unhappy and couldn't make anyone understand how I felt. I developed OCD and became a tyrant at home telling mum and dad to check everything again and again. I couldn't go to bed unless I'd checked every room in the house for plugs pulled out, taps turned off and so on. I started to think about killing myself and used this as a threat to my parents.

As I got older I spent more and more time in my bedroom at weekends, looking at DVD's on my laptop and avoiding my family. They try to organise family activities which I go along with just to keep the peace.

At this point, my parents started to push for me to be assessed for special needs. It took a lot of work, by my dad especially. He's an IT consultant and pretty clever. Eventually, I was assessed and told I had ASD (autistic spectrum disorder) with some speech and language problems and a mild learning disability.

At last I knew what was wrong with me. It helped me understand my behaviour but then I felt really bad because I knew it was a condition that would be with me for the rest of my life. I still harboured feelings of suicide and really resented being autistic. I was in a kind of hell.

I was given a statement of special needs which meant I could go to a special school. I'm not sure if this will help me. I suppose it depends what the school is like.