

## Developing Skills in the Sensory Gym

A room for active sensory play, it is more than just an ordinary play room. The room equipped with climbing structures, zip line, bolster swing, hammock swing for sensory regulation.

- Movement builds strong bodies to help us run, sit, concentrate and study.
- Movement helps us learn about our bodies and the world around us.
- Moving over, under and through objects teaches us about our body and helps us to know how far to stand from our friend and how to space letters on paper.
- Playing ball games teaches our eyes to focus and follow which is important in reading and writing
- Movement calms us down and makes us feel good



## Growing with Messy Play

The activities are fun for children to help to improve the co-ordination, communications, language, social skills and to explore their senses.

- Engages us and builds hand-eye coordination.
- Teaches us about difference sensory experiences.
- Help us explore emotion and expression.
- Teaches us about cause and effect, control and freedom.
- Help to build self- confidence and a sense of fun.

## For more information, please contact us at :

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PERSATUAN KEBANGSAAN AUTISME MALAYSIA

THE NATIONAL AUTISM SOCIETY OF MALAYSIA

## SETIA ALAM



' Serving The Autism  
Community since 1987 '

## The National Autism Society of Malaysia (NASOM)

The National Autism Society of Malaysia (NASOM) is a society formed in 1986 by a group of parents and professionals with the aim of delivering lifespan services to the community of persons suffering from autism. It was registered on 3rd March 1987 as a national charitable organization and it strives to provide a range of support services to assist people with autism, especially children and their immediate family members.

### Our Services

We provide a range of flexible and innovative support services for children. NASOM recognizes that each individual is unique and hence, we create personalized support plans to reach a meaningful outcome. NASOM - Setia Alam Centre, offers the following services:

1. Screening & Diagnosis
2. Assessment & Evaluation
3. Therapy Programs
  - Behavioral
  - Occupational
  - Sensory
  - Speech
4. Consultation
5. Home Based Program
6. Social Skills Groups
7. Creative Arts Therapy Program
  - Parent & Child Program
  - Art Program
  - Creative Art & Play Program
  - Drama Program
8. Intensive Intervention Program
9. Information & Referral



### Autism Screening and Diagnosis

NASOM conducts assessments and diagnosis for autism in children, adolescents, and adults.

Screening Instruments/Procedure:

- Autism Diagnostic Observation Schedule (ADOS2)
- Childhood Autism Rating Scale (CARS-2)
- Gilliam Autism Rating Scale (GARS-3)
- Short Sensory Profile 2
- Diagnostic and Statistical Manual of Mental Disorders (DSM-V)
- Clinical Observation

*\*\* Tools used in assessment will subject to the client's needs.*

### Intensive Intervention Programme

This programme is a highly individualized intervention programme based on ABA whereby the child will undergo one to one instruction and intervention.

Curriculum used:

STAR Programme (Strategies for Teaching Based on Autism Research). The STAR programme is based on research for students with autism over the last 30 years.

Eligibility for the Intensive Intervention Programme:

- Diagnosed with ASD.
- Age range between 3 to 10 years of age at time of admission

### Parent and Child Programme

To create a fun and imaginative environment where children can learn alongside their parents and at the same time develop long-term learning skills.

Aims:

- To build social, emotional and cognitive skills
- Introduce basic rules of interaction, sitting, standing, taking turns, sharing in preparation for group
- To develop imaginative play through drama, art, stories, puppets and music
- To develop confidence and sense of self

### Art Programme

The art therapy program opens up a world of opportunity to individuals with autism. It allows them to develop through exploration with art-making activities.

Aims:

- To develop co-ordination and fine motor skills that underpins ability to write.
- Improve abstract learning with ability to imagine and think symbolically
- Understanding symbols and language
- Encourage skills for non-verbal and verbal expression
- To develop self-control and regulation

### Drama Programme

The drama therapy activities are driven with the approach of active and experiential learning. Activities are aimed to enhance physical awareness and sense of self, feelings, and relations to others.

Aims:

- Helps to communicate ideas effectively, verbally and physically
- Develops simple problem solving activities
- Build imagination and creativity
- Develops understanding and respect for others from social awareness perspective
- Learn to identify the feelings, ideas, and attitude of others

