



CENTRE FOR CLINICAL PSYCHOLOGY  
UNIVERSITY OF THE PUNJAB  
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## List of Autism Resources

### *For Parents and Caregivers of Children with Autism*

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This resource list has been thoughtfully curated to provide parents and caregivers with access to a wide range of tools and information designed to support individuals with autism. It includes evidence-based educational materials, reputable support organizations, innovative therapeutic tools and cutting-edge assistive technologies.

This list of resources reflects both my clinical insight and research, guided by my supervisors, **Dr. Tehreem Arshad** and **Dr. Aisha Sitwat** (Assistant Professors, Centre for Clinical Psychology, University of the Punjab, Lahore).

The aim of this compilation is to empower families with knowledge, enhance communication, and foster understanding of the unique needs of individuals on the autism spectrum. Each resource has been selected to offer practical guidance and to serve as a valuable aid in navigating the challenges and opportunities associated with autism.

Whether you are seeking professional support, self-help tools, or community connections, this list is a comprehensive starting point for building a supportive and enriching environment for individuals with autism and their families.

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**Mobile Applications for Autism Support, Treatment, and Education**

App Name	Description
<b>AutiSpark</b>	An educational app designed for children with Autism Spectrum Disorder (ASD), offering specially designed learning games to improve cognitive and motor skills.
<b>BASICS: Speech</b>	Helps children with autism develop basic speech skills using visual prompts and interactive exercises.
<b>Autism 360</b>	A personalized autism therapy app offering structured programs for behavior, speech, and social skill development.
<b>Otsimo</b>	A comprehensive app providing speech therapy and educational games tailored for children with autism and learning difficulties.
<b>Language Therapy for Children</b>	Supports language development through interactive exercises, designed for children with speech delays and autism.
<b>The Autism Helper</b>	Offers educational resources, strategies, and activities for teachers, therapists, and parents working with autistic children.
<b>My Autism Navigator</b>	A tool for parents and caregivers to track developmental milestones and receive guidance on autism-related concerns.
<b>Card Talk</b>	A visual communication app using picture cards to help non-verbal autistic individuals express their needs and emotions.
<b>Autism Speech and Language</b>	Focuses on improving speech and language skills in autistic children through engaging exercises and activities.
<b>Learn Autism</b>	Provides expert-led guidance, courses, and strategies for parents and caregivers to support children with autism.
<b>Autism Social Video Exercises</b>	Uses video modeling techniques to teach social skills and appropriate behaviors to autistic individuals.
<b>Autism Parenting Magazine</b>	A digital magazine offering expert articles, resources, and support for parents raising children with autism.



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App Name	Description
<b>ELS Autism  ABA Therapy</b>	It is an interactive educational app designed to support children with autism by enhancing their social, communication, and behavioral skills through Applied Behavior Analysis (ABA) techniques. The app includes tools like visual schedules, social stories, first/then charts, and token boards to help structure daily routines and reinforce positive behaviors. It is designed for parents, therapists, and educators to create personalized learning experiences that cater to individual needs.
<b>Verbal Autism</b>	Designed to improve verbal communication skills in autistic individuals through speech therapy exercises and interactive content.
<b>Autism Evaluation Checklist</b>	A screening tool that helps parents and caregivers assess early signs of autism by tracking developmental milestones and behaviors.
<b>Music Therapy for Autism</b>	Uses music-based interventions to enhance communication, sensory processing, and emotional regulation skills in children with autism.
<b>Autism AI</b>	An AI-powered app that assists in autism screening, therapy recommendations, and personalized learning strategies for autistic individuals.
<b>Twinkle Symbols</b>	A visual communication app using symbols and pictograms to help children with autism improve communication and understanding.
<b>Speech Blubs: Language Therapy</b>	A speech therapy app that helps children with autism and speech delays improve language skills through fun, interactive exercises.
<b>Autism Daily Living and Caring</b>	Provides practical guidance for parents and caregivers on managing daily activities, self-care routines, and life skills development for autistic individuals.