


Volume 11, 27 June 2011

Publisher: Igitur publishing

URL: <http://www.ijic.org>

URN:NBN:NL:UI:10-1-101491 / ijic2011-54

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Conference abstract

## Autism 24/7, self management 24/7

*S.M.H. Timmer, Manager Team Innovation, R&D, Dr. Leo Kannerhuis, Centre for Autism, The Netherlands*

*Correspondence to: S.M.H. Timmer, E-mail: [s.timmer@leokannerhuis.nl](mailto:s.timmer@leokannerhuis.nl)*

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### Abstract

**Introduction:** Autism or autism spectrum disorder is a chronic psychiatric condition with a need for intensive treatment and often lifelong support. Therefore, the Dr. Leo Kannerhuis developed their model of 'life course guidance' as basis for their treatment and rehabilitation approach for people with autism. Besides partnership with the family, pro-active monitoring, early support during transitions and patient participation are key-elements of this model.

In this project, autism 24/7, self management 24/7, the Dr. Leo Kannerhuis realizes the model of life course guidance by stimulating patient participation in both treatment and self-management by using innovative tools: telehealth and telecare. Doing so a 24/7 network for self management arises in which the patient is the key player.

**Aim and objectives:** The main purpose of the project was to develop a network of ICT Tools to support daily self management for people with autism and thus improve their independence and daily participation in society.

**Results:** In the presentation the life course model and various ICT applications supporting self management will be presented: for example the Personal Health Record, the stress management application, a medication support, a daily life coach. We will particularly focus on the implications for the patients and the caregivers and show first practical experiences from their point of view.

Finally we will show first results of research and discuss the potential of telehealth and telecare to strengthen the patient with ASD and his family.

### Keywords

**e-health, health2.0, autism, autismecare2.0, self management, life course guidance**

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