

## **Understanding and managing eating issues on the autism spectrum**

In this exclusive Network Autism article, Dr Elizabeth Shea from the Birmingham Food Refusal Clinic discusses the factors that may result in eating difficulties for autistic people.

Elizabeth explores some of the sensory sensitivities around food, and looks at how cognitive factors such as a desire for “sameness” can also affect the diet of autistic people. Fear of the new and anxieties about eating are also examined. Elizabeth finishes the article with a case study of a 13 year old autistic girl that she worked with, and outlines the interventions used which allowed the girl to slowly expand her diet.

To read the article click the link below

<http://network.autism.org.uk/knowledge/insight-opinion/understanding-and-managing-eating-issues-autism-spectrum>

**If you need help looking for services for an individual with an autism spectrum condition, we can help. Click below for the Autism Placement Support Service.**

