

Supporting Autism and challenges of raising a child with Autism

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Abstract

When my son was diagnosed with Autism, my world fell apart, thought I could not do anything than focus on him, felt like dropping everything to take care of him, had many thoughts only focusing on my son alone, not sure what to do and how to move on, the path to the future looked so dark and I needed light to pass through this path. I was confused with my two cultures, My American culture and my African heritage, not sure of acceptance and support on both sides. In my state of confusion, I developed some strategies on how to cope with my son's Autism, raising my three older kids, run my business and develop myself more through education and training. I learned how to manage my time well, received more education to help my business and my son, focused on my three older kid's education, volunteered to help others. Instead of losing strength, I gained strength, I was determined to make all my children successful, was never tired. Whenever Autism comes to my mind, I would jump with the strength of looking for ways to succeed and how to beat Autism. Today, my son is thirteen, verbal and independent, doing better than expected and my other children are young successful adults, my business is also doing well..



psychotherapy, as well as coaching, stress management, leadership and team building.



Speaker Publications:

1. "Self-esteem and health, October 2003BMJ (online) 327(7415):574-5,DOI: 10.1136/bmj.327.7415.574.
2. "Health-related Quality of Life, Self- esteem, and Functional Status of Patients With Leg Ulcers January 2011Wounds: a compendium of clinical research and practice 23(1):4-10
3. "Mental health knowledge and understanding, resilience, self-esteem and general health as predictors of help-seeking behavior,,November 2014,Conference: The Psychological Society of Ireland Annual ConferenceAt: Newpark Hotel, Kilkenny, County Kilkenny, IrelandVolume: 41 and innovative solutions, Vol7 , Issue 9 , 2017 May.

[2nd European Autism Congress](#); February 28-29, 2020- Budapest, Hungary.

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Biography:

Yemi Ogunfeitimi started her Nursing education in San Antonio College, San Antonio, Texas . She received her master's degree in Public health from Grand Canyon University in Phoenix , Arizona. She is a business owner in healthcare services that provides services to adults /elderly with disabilities in San Antonio, Texas, prior to this, she has worked as a neurology nurse, infectious diseases nurse, psychiatry nurse, case manager and also worked with special needs children in their homes. She is an advocate for children with special needs and also a speaker in health-related issues. Yemi Ogunfeitimi is a mother of four ,youngest is diagnosed with Autism.training workshops on positive and body