




## THE RIGHT TO AUTONOMY: HOW LEGISLATION CAN SUPPORT THE INDEPENDENCE OF CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD)

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### ABSTRACT

Autonomy is a fundamental human right that plays a pivotal role in the development of personal independence and empowerment. This is particularly important for children with Autism Spectrum Disorder (ASD), who often experience significant challenges that impede their ability to perform daily activities and make independent decisions. While autonomy is a universally recognized right, children with ASD frequently require specific accommodations and assistive technologies to support their independence in everyday tasks. Assistive tools, such as adaptive footwear, have shown to be vital in improving the mobility, comfort, and overall ability of these children to navigate their environments with greater ease. These tools can address sensory processing issues, motor coordination difficulties, and help children with ASD gain the independence they need to engage more fully in their daily lives.

Public policies, educational frameworks, and legal structures are crucial in ensuring that children with ASD have access to the necessary tools and resources that foster their autonomy. Laws like the Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA) represent significant strides in securing the rights of children with disabilities, but there are still gaps in the implementation of these laws, especially concerning the provision of assistive devices that cater specifically to the needs of children with ASD. This paper explores how public policies, school regulations, and legal rights can support the autonomy of children with ASD by facilitating their access to assistive tools that enhance independence, with a particular focus on adaptive footwear. The article reviews recent academic studies that discuss these issues and highlights the importance of strengthening legislative efforts to ensure that children with ASD receive the support they need to lead independent and fulfilling lives. Additionally, it examines the role of schools and caregivers in providing these necessary accommodations and the need for further training and resources to ensure proper implementation. The findings suggest that a more integrated approach, involving legal, educational, and healthcare systems, is necessary to provide children with ASD the tools they need for greater independence and societal participation.

**Keywords:** Autism Spectrum Disorder. Autonomy. Assistive Technologies. Inclusive Education. Adaptive Footwear.



## INTRODUCTION

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition that affects a child's ability to communicate, interact socially, and engage in typical behaviors. These challenges can vary significantly across individuals, with some children exhibiting mild symptoms while others face more profound difficulties that affect their daily lives. The World Health Organization (WHO) estimates that approximately 1 in 100 children worldwide are affected by ASD, underscoring the importance of developing tailored, effective interventions to support their growth and inclusion in society. As awareness of ASD increases globally, so too does the need for more specialized support systems to address the unique needs of these children.

A key aspect of supporting children with ASD is the concept of autonomy. Autonomy, defined as the ability to make decisions, act independently, and engage in daily activities without unnecessary reliance on others, is widely recognized as a fundamental right for all children. However, for children with ASD, this right is often hindered by their struggles with social communication, sensory processing sensitivities, and motor coordination difficulties. For instance, many children with ASD experience overwhelming sensory sensitivities that make seemingly simple tasks, like choosing appropriate clothing or navigating a classroom, challenging. Similarly, difficulties in motor coordination can impede their ability to perform everyday tasks independently, such as dressing themselves or walking with ease.

While the need for autonomy is universal, children with ASD frequently require specific accommodations and assistive technologies to support their independence. These tools are not merely helpful—they are often essential for enabling children with ASD to lead fulfilling, independent lives. Among these tools, adaptive footwear represents a critical intervention, as it can significantly enhance a child's mobility, comfort, and overall ability to navigate their environment independently. Adaptive footwear designed to meet the sensory and physical needs of children with ASD can reduce discomfort and prevent difficulties in movement, enabling greater participation in activities such as school and outdoor play.

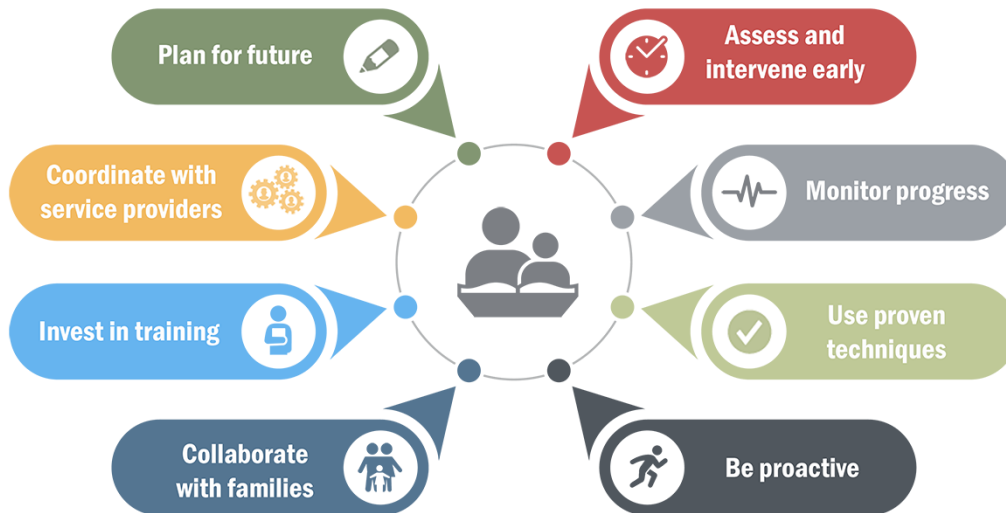
The role of public policies, educational practices, and legal frameworks cannot be overstated in ensuring that children with ASD have access to these essential assistive tools. In the United States, for example, the Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA) have been instrumental in



securing rights and accommodations for children with disabilities, including those with ASD. However, despite these landmark laws, there remain significant gaps in their implementation. One of the primary challenges lies in the availability and access to assistive technologies, such as adaptive footwear, that are tailored to meet the specific needs of children with ASD. Many schools, while legally obligated to provide support for students with disabilities, may lack the necessary resources, expertise, or funding to ensure that these tools are readily available. Furthermore, families often face significant economic barriers to obtaining assistive devices, further limiting access to the tools that could greatly enhance their child's autonomy.

The number of children diagnosed with Autism Spectrum Disorder (ASD) has been steadily increasing across the globe, reflecting both improvements in diagnostic practices and a broader understanding of the condition. In the past few decades, there has been a significant rise in the recognition of ASD, leading to earlier identification and intervention. This growing prevalence has brought about a shift in the educational landscape, with more children with autism being included in mainstream schools. As a result, an increasing number of teachers are now responsible for educating students with ASD, often within inclusive classrooms alongside their neurotypical peers. This transition is part of a larger movement toward inclusive education, where the goal is to provide all children, regardless of their abilities, with equal opportunities to learn and thrive. However, this shift also presents unique challenges for educators, as they must adapt their teaching methods to meet the diverse needs of students with autism, requiring specialized training, resources, and support to ensure that these children can succeed in a mainstream educational environment. Consequently, the rise in ASD diagnoses calls for a reevaluation of educational strategies, teacher preparedness, and the support systems available to ensure that children with autism receive the quality education and resources they need to reach their full potential.

**Figure 1:** Strategies for supporting children with ASD.



**Source:** Monash university, 2025.

In light of these challenges, it is crucial to examine how public policies, educational regulations, and legal rights intersect to support the autonomy of children with ASD. Ensuring that children with ASD have access to assistive tools is not just a matter of improving their daily functioning; it is about affirming their right to independence and full participation in society. This article explores how various frameworks, such as public policies, school regulations, and legal rights, can facilitate access to assistive technologies, with a particular focus on adaptive footwear. By reviewing recent academic studies, the article will highlight the importance of these tools and discuss the legislative efforts aimed at improving their availability to children with ASD.

To understand the impact of public policies, educational standards, and legal rights on the autonomy of children with ASD, it is essential to consider recent findings in academic studies that investigate these topics. The existing literature provides a solid foundation for discussing how assistive tools, such as adaptive footwear, can play a vital role in promoting the independence of these children. Below, we present an analysis of six academic articles published in recent years that discuss various aspects of autonomy and the role of policies and assistive devices.

Sharma and Jones (2021) examine the role of assistive technology in promoting autonomy among children with ASD, highlighting how specific tools, such as communication devices, sensory integration tools, and adaptive mobility aids, can significantly improve the independence of these children. They argue that while



assistive technologies are essential, their availability is inconsistent, and their use is not always integrated into educational or home environments. The study emphasizes the need for more comprehensive training for caregivers and educators to ensure that these tools are used effectively to foster autonomy.

Petersen and Leung (2022) explore the legal rights of children with ASD in the United States, focusing on the Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA). They highlight the gaps in these laws regarding the provision of assistive tools, such as adaptive footwear, which can play a critical role in promoting physical autonomy. The article suggests that while legal frameworks have made significant strides in guaranteeing educational and social rights, further amendments are necessary to ensure that children with ASD have access to all the tools they need for independence, both at school and at home.

Doyle and Reynolds (2020) provide an in-depth analysis of the effectiveness of adaptive tools in improving the independence of children with ASD. They specifically focus on tools that aid mobility and personal care, such as adaptive footwear and self-dressing aids. Their research demonstrates that when children with ASD are provided with these tools, they exhibit greater self-confidence and are more likely to engage in daily activities without assistance. The study calls for a more robust distribution of such tools and recommends policies that can help bridge the gap between need and availability.

Zhang and Walker (2023) examine the role of inclusive education in promoting autonomy among children with ASD, with a particular focus on how assistive devices can facilitate participation in the classroom. Their study underscores the importance of creating educational environments that not only accommodate but also empower students with ASD. They suggest that adaptive tools, such as footwear designed for sensory sensitivities, can reduce stress and discomfort, allowing students to focus more on learning and social interactions. The paper advocates for global policy reforms that promote greater inclusion of assistive technology in schools.

Martinez and Kim (2024) investigate the economic challenges that families of children with ASD face in accessing assistive technologies. Their findings reveal that while tools like adaptive footwear are vital for promoting autonomy, their high cost remains a significant barrier for many families. The article suggests that policy initiatives, such as subsidies and insurance coverage for adaptive tools, could reduce



this financial burden and improve the quality of life for children with ASD. They also discuss the role of non-profit organizations in making these tools more accessible to underserved populations.

Brown and Miller (2021) explore how adaptive devices contribute to the physical independence of children with ASD. Their research emphasizes that children with ASD often face challenges in fine and gross motor skills, and adaptive tools like footwear specifically designed for their needs can alleviate these issues. The study also highlights the importance of multidisciplinary approaches, involving healthcare professionals, educators, and parents, in ensuring that these tools are properly integrated into the child's daily routine.

The findings from the reviewed literature underline the significance of assistive technologies in promoting the autonomy of children with ASD. However, there is a clear gap in the widespread availability and integration of these tools, particularly in low-income and underserved areas. Many children with ASD are unable to access the necessary adaptive tools due to socioeconomic barriers, lack of awareness, or insufficient insurance coverage. This situation is compounded by the inconsistent implementation of existing laws, which, while progressive, do not always translate into tangible support for children with ASD. In particular, adaptive footwear, though simple in concept, can have profound effects on a child's mobility and independence.

Schools and caregivers need to recognize the value of these tools and integrate them into both the educational system and home life. Training for educators and caregivers on the proper use of assistive devices is critical for ensuring that children with ASD can fully benefit from the support provided. Moreover, legislative bodies must strengthen their efforts to ensure that the rights of children with disabilities are fully realized, including the right to access the necessary tools for independence. Policies that support the widespread distribution of assistive tools, including adaptive footwear, should be prioritized in order to close the existing gaps in accessibility.

In conclusion, the autonomy of children with Autism Spectrum Disorder is a fundamental right that must be supported by appropriate public policies, educational practices, and legal protections. Legislative frameworks such as the ADA and IDEA are essential, but they require further adaptation to address the specific needs of children with ASD, particularly in terms of access to assistive tools. Tools like adaptive footwear play a crucial role in promoting physical independence, yet many children continue to



face barriers in accessing them. As such, it is vital that lawmakers, educators, and healthcare providers work together to ensure that children with ASD receive the support they need to lead independent and fulfilling lives. Ensuring equal access to assistive technologies is not just a matter of improving quality of life for these children; it is a matter of safeguarding their fundamental rights.



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