




# “I Don’t Do Much Without Researching Things Myself”: Exploring Parent Health Literacy in Autism Services Use

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*A Mixed Methods Study*



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# Introduction

## Background:

Overview of Autism Spectrum Disorder (ASD) in young children.

Importance of early intervention and accessing autism services.

## Objective of the Study:

Investigate how parent health literacy affects the use of autism services.

# What is Health Literacy?

## Definition:

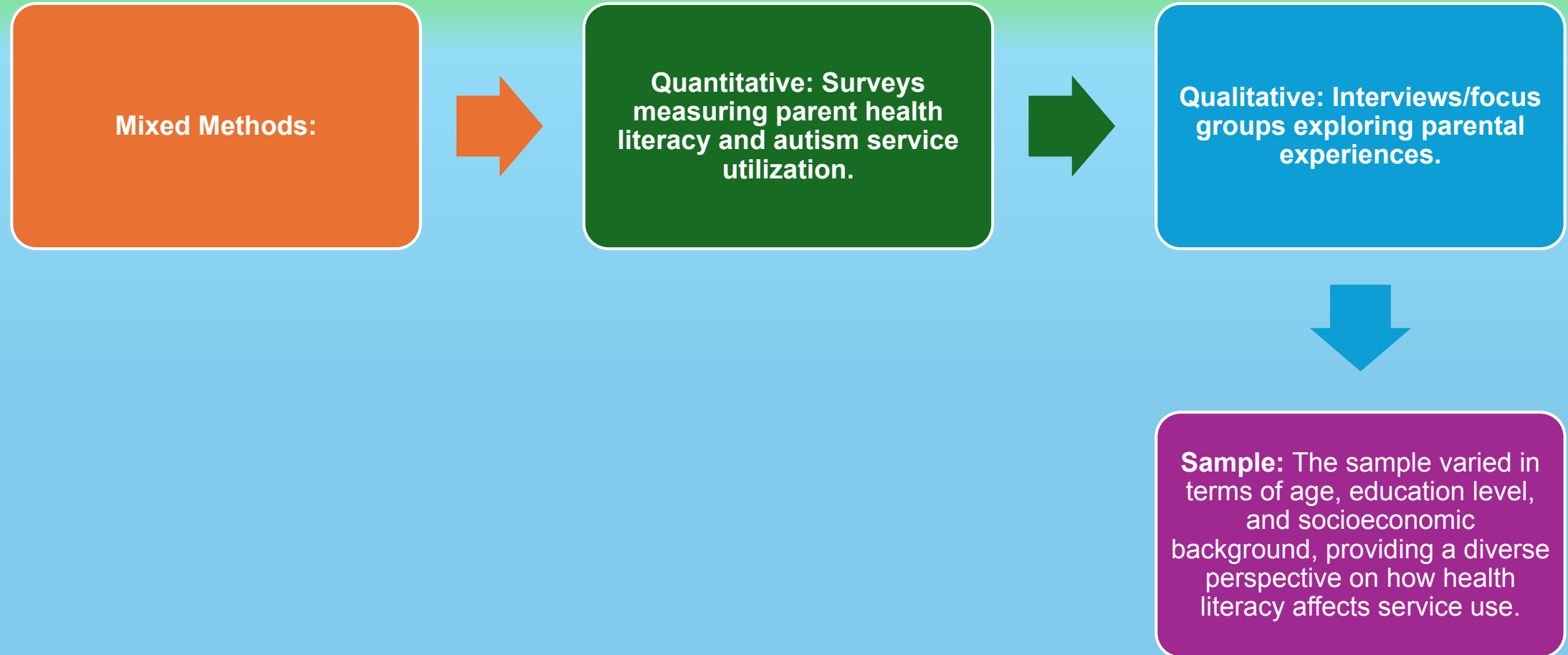
Health literacy: The ability to obtain, process, and understand health information to make informed healthcare decisions.

## Relevance

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Critical for parents navigating autism services.  
Impact on service use and child outcomes.

# Research Methodology



# Key Quantitative Findings (Data)

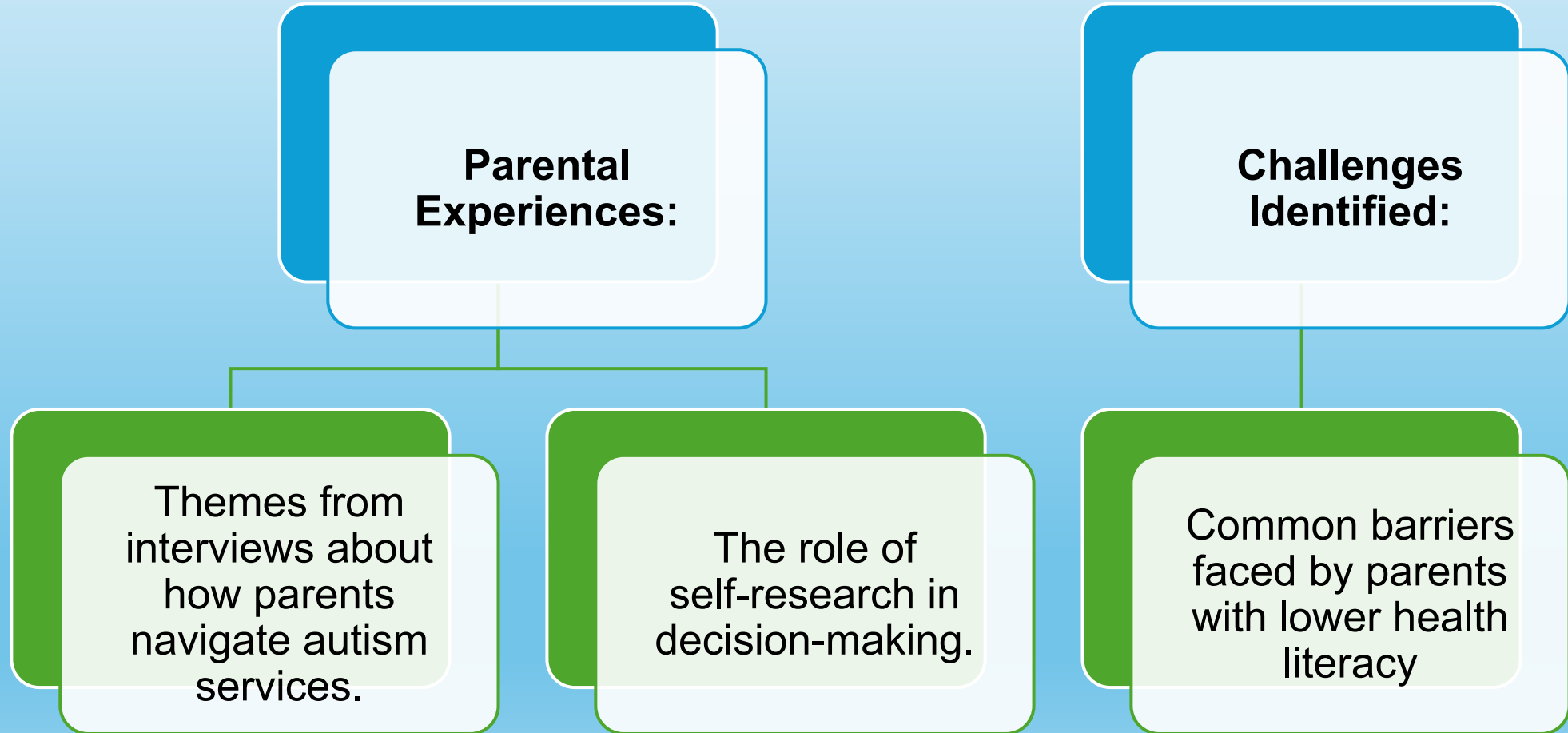
## Health Literacy Levels:

- Distribution of health literacy levels among the parent participants.

## Service Utilization:

- Correlation between health literacy and types/frequency of services used.

# Key Qualitative Insights(Experiences)



# Barriers to Access

## Challenges for Parents with Low Health Literacy:

- Difficulty understanding complex medical information.
- Challenges in effective communication with healthcare providers.

## Impact on Children:

- Potential delays in accessing appropriate services.



# Strategies for Improvement

## Provider Training:

- **Emphasis on communication strategies tailored to different literacy levels.**

## Support Systems:

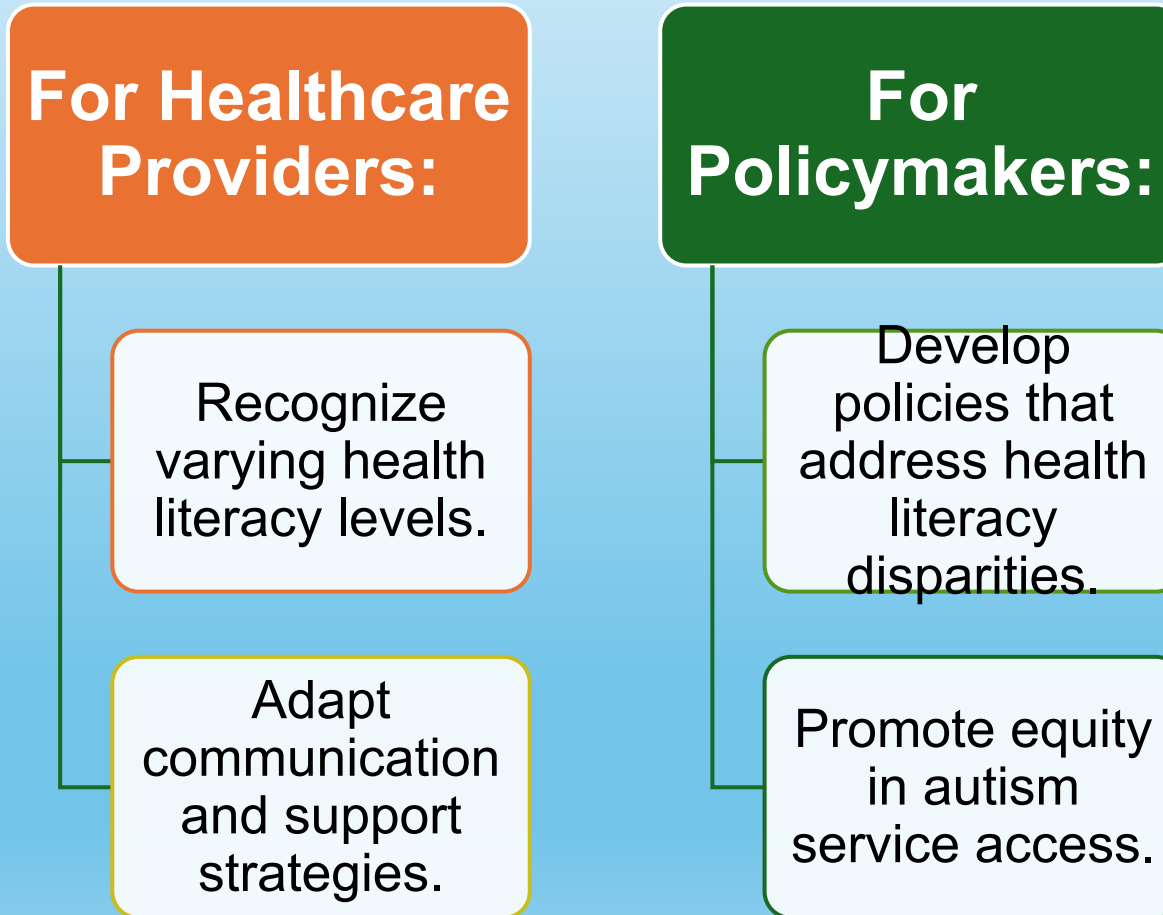
- **Importance of parent education programs to enhance health literacy.**

## Policy Recommendations

- **Ensuring accessible health information and equitable service access.**



# Practical Implications



# Conclusion

## Takeaway:

- **Parent health literacy significantly influences autism service use.**

## Next Steps:

- **Encourage initiatives to support parents in understanding and accessing services.**

# Reference

Lindly, O. J., Cabral, J., Mohammed, R., Garber, I.,  
Mistry, K.B., & Kuhlthau, K.A.