

A Holistic Support Framework for Caregivers of Children with Autism Spectrum Disorder

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Abstract

Autism spectrum disorder (ASD) is a neurodevelopmental illness that affects around 1 in 100 persons and causes significant challenges for children and their families. "Often, caregivers experience psychological distress, financial hardship, social isolation and increased parenting stress. Though behavioural and educational treatments have progressed significantly, there has been little focus paid to the integration of technology-assisted interventions with social work practice for the delivery of comprehensive caregiver support. This conceptual review will be limited to the Kerala context and will evaluate current research on caregiver stress, family-centred social work techniques and novel technology-assisted treatments for families of children with ASD. A conceptual scoping examination of existing peer-reviewed research was undertaken to gather data on caregiver experiences, assistive technologies, digital health therapies, robotics, artificial intelligence, wearable monitoring devices, and family support approaches. The research shows that needs of caregivers are complicated and need integrated community-based technical, social and psychological support. The existing methodologies are still fragmented, with little research offering culturally relevant frameworks and integrating professional social work interventions with technology-assisted care. In response, this study presents the Holistic Support Framework (HSF), a conceptual model that encompasses community support, technology-supported care, social work practice, collaborative co-parenting, and detailed family assessment. This paradigm provides a basis for future empirical testing and practical recommendations for academics, practitioners and policy makers working to increase caregiver well-being and family resilience in autism care

Keywords

Autism Spectrum Disorder; Parenting Stress; Caregiver Burden; Social Work; Conceptual Review; Assistive Technology; Robotics; Artificial Intelligence; Kerala; Holistic Support Framework.



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1. INTRODUCTION

Autism Spectrum Disorder (ASD) is a long-term developmental disorder of the brain affecting how a person behaves, interacts with others and takes an interest in the world around them. People with ASD need comprehensive support throughout their life. Key advances have been made in early diagnosis, behavioral treatment and educational interventions but families are the key source of daily care and maintenance. Consequently, caregivers typically endure psychological distress, emotional fatigue, financial strain, impaired family functioning, and poor quality of life (van Niekerc et al., 2023; Daeert et al., 2023). Recent research has shown that caregiver burden is complex and impacts the emotional, physical, social, developmental and economic well-being of caregivers and the long-term outcomes of children with ASD (Daeert et al., 2023; Ljungberg & Schön, 2023). The findings indicate the need for child specialized therapy and more comprehensive family support systems that address the broader psychological needs of the caregivers.

The rapid evolution of digital health, artificial intelligence, assistive technology, telemedicine, wearable monitoring devices, and socially friendly robots, and progress in autism treatment have created new opportunities to improve assistance for caregivers and expand the accessibility of services. Technology-supported treatments may enhance monitoring of behavior, allow remote professional consultation, overcome barriers to accessing specialist services, especially in low-resource settings, improve education for caregivers and increase participation of children (Washington & Wall, 2023). Current research is, however, quite fragmented, with most studies looking at standalone intervention programs or specific technologies. Rather, a mix of technical advances with family focused care, community-based support and social work practice is required. For those practitioners attempting to use multidisciplinary, technology-based techniques to simultaneously meet the practical, educational, and emotional needs of caregivers, the existing statistics provide little guidance. The caregiving issues are multifaceted and interwoven, beyond the child's clinical symptoms of autism spectrum disorder (ASD) (Dückert et al., 2023; van Niekerc et al., 2023).

These problems typically intersect and combine, undermining the resilience of families and adding cumulative stress on caregivers. Understanding the full gamut of care demands is critical to offer comprehensive, family-centered care that satisfies the developmental needs of children with ASD and the

psychological, social, financial, and physical needs of caregivers. Table 1 highlights the primary challenges and associated consequences for caregivers identified in this study.

Research on caregiver stress and technology aided treatment of autism is growing, yet there remains a large conceptual gap. There has been little emphasis paid to the integration of digital technologies, behavioural treatments and caregiver stress into a cohesive conceptual framework to guide professional social work practice. Instead, almost all current work considers each of these challenges individually. Moreover, there are few culturally acceptable models that presently exist for integrating technology-assisted care, collaborative co-parenting, social work treatments, community engagement, and holistic family assessment, particularly in low- and middle-income situations. The present conceptual study addresses this gap by using current interdisciplinary research to propose the Holistic Support Framework (HSF) as an integrated method to aid caregivers of children with ASD. The proposed framework, integrating social work principles with family-centered practice and technology-supported interventions, provides a novel conceptual contribution to inform future empirical investigation, interdisciplinary practice, and policy development to enhance the well-being of caregivers, family resilience, and sustainable autism care.

Table 1. Major Caregiver Challenges and Their Consequences

Domain	Major Challenges	Consequences for Caregivers and Families
Psychological	Parenting stress, anxiety, depression, burnout, chronic grief	Reduced mental health, emotional exhaustion, decreased parenting confidence
Social	Social isolation, stigma, family conflict, reduced community participation	Loneliness, weakened social support, impaired family relationships
Economic	Therapy expenses, healthcare costs, employment disruption, financial insecurity	Reduced household income, increased financial stress, career sacrifice

Physical	Sleep disturbances, fatigue, chronic health problems, neglect of self-care	Poor physical health, reduced caregiving capacity, lower resilience
Family Quality of Life	Marital strain, sibling adjustment issues, reduced family cohesion	Lower family functioning, decreased quality of life, need for family-centred interventions

Growing statistics from autism research indicate that families of children with autism spectrum disorder (ASD) experience severe psychological, social, physical and economic obstacles, in addition to their developmental demands. Recent empirical research indicate that caregivers have much higher levels of stress, anxiety and depression and worse quality of life than parents of usually developing children. Caregiving responsibilities are strongly associated with financial hardships, lack of social support and behavioral problems (van Niekerk et al., 2023; Ng et al., 2023). Scoping research by Daeert et al., (2023) describes caregiver stress as multidimensional, involving emotional, developmental, social, physical, temporal and economic dimensions. They did note that there were very few drugs developed to treat these linked aspects of caregiver stress. The findings show that autism treatments are mostly focused on the child's outcomes with little regard for ongoing psychological support, family resilience and welfare of caregivers.

The emergence of technology-enhanced therapies as effective ways to improve autism therapy and help family caregivers is similar (Cramer et al., 2024; Washington & Wall, 2023). The material, however, is still shattered. Much of the existing research investigates the usefulness of various technologies in isolation, either by studying children's behavioral outcomes or through small pilot samples that restrict generalizability. Furthermore, the methodological heterogeneity and the absence of longitudinal data limit the ability to infer the long-term influence of technology-assisted treatments on caregiver well-being and family relationships. Consequently, technology is seen as an extra therapeutic tool rather than a part of interdisciplinary family support and professional social work practice.

The knowledge of caregiver stress and technology-assisted autism

treatment has improved substantially, yet there remains a substantial conceptual gap. Few attempts have been made to integrate family-centred approaches, behavioural therapies, technology advances and caregiver stress into a common conceptual framework for interdisciplinary interventions. But there's been a lot of other recent studies on roads.

Professional social work's relevance in technology-based care, community resources, cooperative co-parenting, mental health help, and family evaluation in a holistic manner has not been duly recognized. This fragmentation impairs the translation of research into cohesive practice, especially in places where resources are few, and family caregivers remain the main providers of long-term care. In the theoretical discussion, contemporary multidisciplinary perspectives are integrated to overcome the aforementioned restrictions for the development of the Holistic Support Framework (HSF). The conceptual framework of the HSF integrates social work, family focused care, community engagement, and technology enabled approaches. The paradigm links domains not previously connected to generate theory and provide the basis for future cross-disciplinary application, empiricism and policy in autism therapy.

2.METHOD

2.1.Review Design

This research is a conceptual scoping review that synthesizes the literature on technology-assisted treatment for children with autism spectrum disorder (ASD), family-oriented social work approaches and concerns of caregivers. The review sought to identify significant ideas, analyze the current theoretical framework, identify gaps in the research, and provide a comprehensive conceptual framework. A scoping review was suitable given the study's wide and interdisciplinary character and the capacity to map evidence across different fields and integrate ideas rather than statistically synthesize data (Arksey & O'Malley, 2005; Levac et al., 2010). For methodological clarity and reproducibility, the evaluation was conducted and reported according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) standards (Tricco et al., 2018).

2.2.Search Strategy

The study conducted a thorough literature review using five electronic databases: Scopus, Web of Science, PubMed, PsycINFO and Google Scholar and only considered research published between January 2015 and March 2026 that

included recent advances in family-centered care, social work therapy, technology-assisted assistance, and autism care.

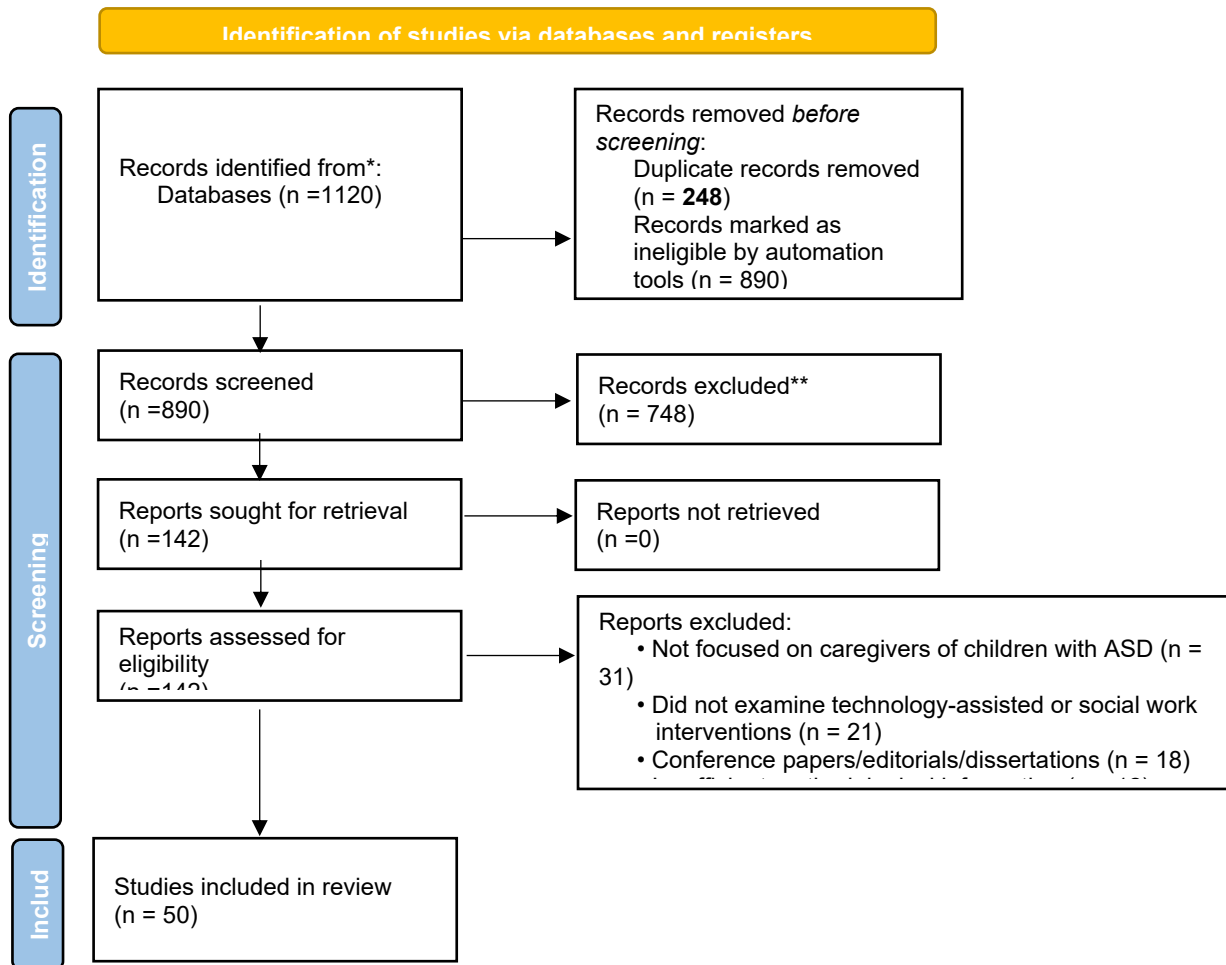
Search terms were developed using Boolean operators and combinations of keywords such as “autism spectrum disorder,” “ASD,” “caregiver burden,” “parenting stress,” “family-centered care,” “social work,” “technology-assisted intervention,” “artificial intelligence,” “telehealth,” “assistive technology,” “social robots,” “wearable technology,” and “digital health.” Further studies were identified through an extensive assessment of the reference lists of relevant review articles and qualifying research.

2.3.Study Selection

The studies were selected based on the PRISMA-ScR standards. After querying the databases, records were transferred to a reference management application and redundancies were deleted prior to the screening step. Titles and abstracts were separately reviewed for relevance, and the full texts were analysed in detail according to pre-determined qualifying criteria.

The main inclusion criteria (*See Table 2*) in selecting the journal based on (i) Published in peer-reviewed journals (ii) Written in English (iii) Focused on families or caregivers of children with ASD (iv) Examined social work interventions, family-centred care, caregiver well-being, and/or technology-assisted methods (v) Provided empirical, theoretical, or conceptual evidence relevant to the review objectives. The study excluded editorials, book chapters, dissertations, conference proceedings, duplicate publications and research that were not connected to caregiver of children with ASD. The final conceptual synthesis included 50 articles that satisfied the eligibility criteria in the screening stage. The full selection procedure of the studies is shown in Figure 1 (PRISMA-ScR Flow Diagram).

Figure 1 (PRISMA-ScR Flow Diagram).



Source: Page MJ, et al. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71.

2.4.Data Extraction and Critical Synthesis

Data were extracted using a systematic review matrix including author or authors, year of publication, country, research design, study population, characteristics of intervention, theoretical viewpoints, key findings and declared limitations. Thematic analysis and critical comparison were utilized to synthesis the selected literature to identify common findings, methodological limitations, areas of convergence, and unmet research requirements. Four interconnected topics were synthesized: (i) technology-assisted therapies; (ii) family-centred social work practice; (iii) caregiver strain and family well-being; and (iv) multidisciplinary support strategies. This analytical technique revealed conceptual linkages that drove the design of the framework while simplifying the integration of material from different disciplines.

Table 2. Eligibility Criteria

Inclusion Criteria	Exclusion Criteria
Peer-reviewed journal articles	Conference abstracts
Published in English	Editorials and commentaries
Published between 2015 and 2026	Dissertations and theses
Studies on caregivers of children with ASD	Studies unrelated to ASD caregivers
Social work, family-centred care, or technology-assisted interventions	Duplicate publications
Empirical, conceptual, or theoretical studies	Non-English publications

3. FINDINGS AND DISCUSSION

3.1. Multidimensional Caregiver Burden

The synthesis of the 50 selected research demonstrated that the burden of caregivers of families with children with autism spectrum disorder (ASD) is diverse, including social, economic, physical and family-related challenges besides psychological anguish. Parenting stress was one of the most often reported outcomes across all the reviewed literature. Caregivers experienced anxiety, hopelessness, emotional exhaustion, constant uncertainty, and a lower quality of life (Hayes & Watson, 2013; Karst & Van Hecke, 2012; Estes et al., 2013; Yorke et al., 2018; Pisula & Porębowicz-Dörsmann, 2017). These challenges are due to children's behavioral problems, communication difficulty, long-term treatment, lack of respite care, and limited access to integrated community resources (Kuhlthau et al., 2014; Vohra et al., 2014; Zablotsky et al., 2014). Overall, the studies endorse a holistic approach to treatment, and provide evidence that caregiver burden is a dynamic concept that includes relational, emotional, environmental and financial burdens, rather than a single psychological entity.

The study offers a broad variety of caregiver support treatments including peer support groups, family therapy, behavioural parent training, psychological counseling, parent education programs and community-based services although they are extremely little used. Most interventions aim to improve behavioural functioning in children and caregiver well-being is generally a secondary objective (Bearss et al., 2015; Oono et al., 2013; Cachia et al., 2016; Karst & Van

Hecke, 2012). Intervention studies that investigate certain therapeutic modalities in isolation may fail to take into consideration the bidirectional linkages between caregiver stress, family functioning, social support, and community participation. This has resulted in existing intervention models demonstrating short term gains, but no evidence of long-term multidisciplinary support, family quality of life or caregiver resilience.

The comparative synthesis also highlighted significant conceptual and methodological shortcomings in the studied literature. Most of the studies were carried out in specialized clinical contexts, with cross-sectional or brief intervention designs and extremely small samples, which hampered the generalizability of their findings (Yorke et al., 2018; Pisula & Porębowicz-Dörsmann, 2017; Kuhlthau et al., 2014). Furthermore, multidisciplinary approaches and culturally appropriate therapies are lacking in social work, healthcare, education and technology, particularly in low- and medium-income countries. Taken together, these findings suggest that support for caregivers remains fragmented despite increasing evidence of beneficial individual interventions. To bridge both the conceptual and practical gaps, the Holistic Support Framework (HSF) was developed.

3.2. Technology-Aided Interventions

Research reported in the literature suggests that technology-enhanced treatment had transformed the domain of autism intervention. This has been accomplished through increased opportunity for early intervention, training of caregivers, monitoring of behaviour, and family-centred services. Examples of digital innovations with potential to improve social participation, communication, behavioural regulation and access to interdisciplinary services are: artificial intelligence (AI), wearable physiological monitors, socially assistive robots, telehealth platforms, augmentative and alternative communication (AAC) systems, and extended reality (XR) technologies (Ganz et al., 2012; Scassellati et al., 2018; Lord et al., 2020; Topol, 2019). Telehealth and digital parental training programs have enhanced service accessibility and increased caregiver competencies, treatment compliance, and care continuity, particularly for families with financial and geographic restrictions (Alfuraydan et al., 2020; Ellison et al., 2021).

Despite the encouraging advancements mentioned above, the comparative synthesis revealed a lot of methodological and practical issues that hinder extensive usage of technology-assisted therapy. Most research focused on just

one technology, had limited sample sizes, and explored children's short-term outcomes without taking into consideration multidisciplinary services, family resilience, or caregivers' long-term wellbeing (Scassellati et al., 2018; Lord et al., 2020).

There are several difficulties to the equitable deployment of the emerging technology. This includes high implementation costs, unequal access to digital resources, moral quandaries and data privacy issues, insufficient digital literacy and a lack of cultural adaptation, especially in poor and medium income countries (Topol, 2019; WHO & UNICEF, 2022). The results demonstrate that one technology cannot meet the numerous demands of families with ASD. In contrast, assessments of family dynamics, community-based services, technology-assisted therapies, psychiatric interventions, and evidence-based social work practices are produced. The Holistic Support Framework (HSF) has helped shape this synthesis in a major way, seeing technology as part of an overall multidisciplinary support system and not a separate treatment.

3.3.Family-Centred Social Work Practice

A thorough literature review reveals the relevance of family focused social work as a key component of autism treatment, which employs a holistic approach. This is because successful intervention is not just about meeting the developmental requirements of the child but also about strengthening the psychological and social well-being of the family as a whole, as well as its resilience and general functioning. The research identified social workers as important facilitators of interdisciplinary cooperation (Karst & Van Hecke, 2012; National Association of Social Workers, 2023; Kasari et al., 2021). The study saw social workers as key facilitators of intercultural cooperation. This was achieved through case management, psychological support, education for caregivers, advocacy activities, community engagement and the synchronization of health, educational and social services. Studies have found that family-centered approaches, collaborative parenting, peer support networks, and community-based rehabilitation are associated with greater caregiver resilience, family relationships, service use, and social integration (Oono et al., 2013; Bearss et al., 2015). These results were included in two independent collections of research for distribution. The comparative research shows that the current service frameworks are still fragmented, especially in low to middle income nations. The level of integration these models display between professional social work, healthcare institutions, educational services, governmental endeavours and new

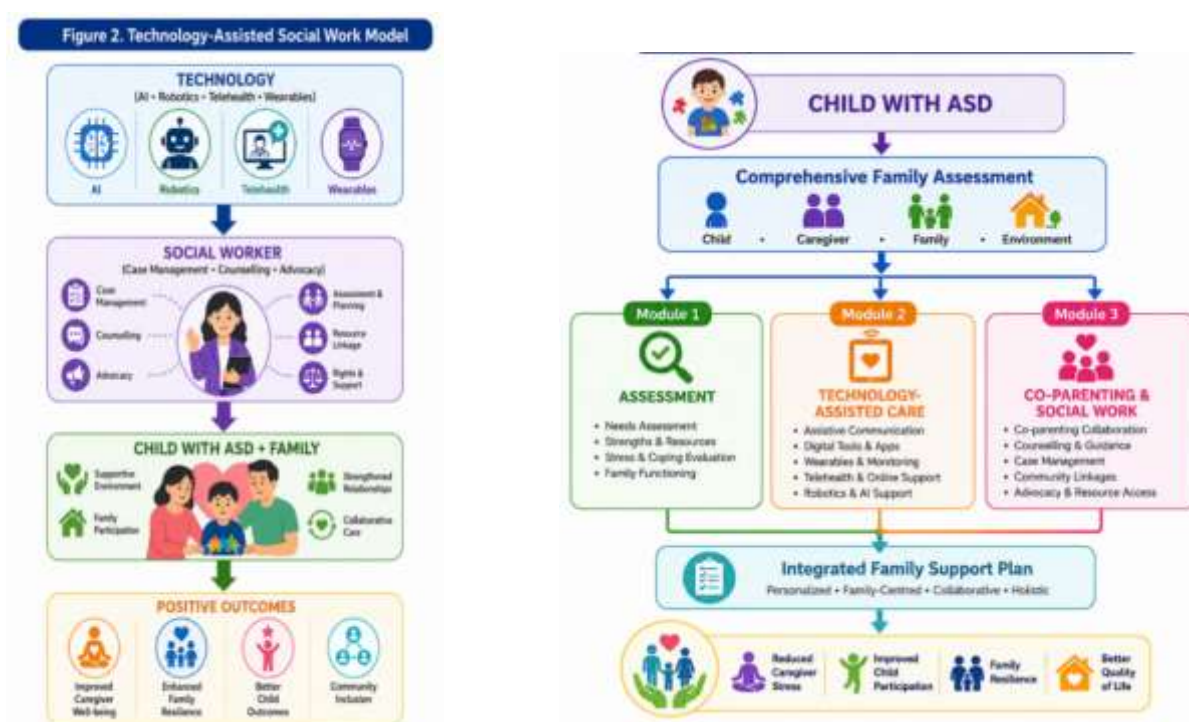
digital technology is really low. The results indicate the need for a comprehensive multidisciplinary strategy including family-centred evaluations, engagement with the community, government support, and technology-based interventions. These results of the research provide a solid theoretical basis for the proposed Holistic Assistance Framework (HSF). In this paradigm, social work is seen as the main coordinating organization responsible for offering comprehensive, culturally sensitive and long-lasting care to families whose children have been diagnosed with autism spectrum disorder.

3.4. Research Gaps and Development of the Holistic Support Framework

The careful assessment of the fifty chosen papers reveals substantial gaps in the current body of research. Most of these methodologies have been explored independently and their combination to a unified multidisciplinary framework has seldom been discussed (Karst & Van Hecke, 2012; Lord et al., 2020; Kasari et al., 2021). This is true even though there is a large amount of data supporting family-centred services, technology-assisted care, parent-mediated programs and behavioural treatments. Long-term psychological support, co-parenting, family resilience and caregiver well-being were generally secondary targets, with most research aiming to improve child-related outcomes. Furthermore, there are presently no culturally relevant frameworks for low- and middle-income environments. This is a problem as differences in digital infrastructure, multidisciplinary cooperation and service access still impact the level of autism treatment.

This research introduces the Holistic Support Framework (HSF), an integrative conceptual model that integrates results from Family Systems Theory, Ecological Systems Theory, Stress and Coping Theory, Social Support Theory, and Conservation of Resources Theory. This is done in order to fill the identified conceptual and practical deficiencies. The HSF's unified multidisciplinary framework encompasses comprehensive family assessment, technology-assisted therapies, cooperative co-parenting, community-based support and professional social work practice. This contrasts with the existing intervention approaches that focus on single therapeutic techniques. Although the HSF has not been empirically validated, it offers a theoretically informed framework for future intervention research, policy development and evidence-based social work practice. The efforts are designed to increase family well-being, caregiver resilience and long-term care for autism.

Figure 3. Holistic Support Framework



The Holistic Support Framework (HSF) (See Figure 3) is an interdisciplinary model that blends healthcare, social work practice and technology-assisted treatments to promote family resilience and minimize caregiver stress. Unlike traditional autism treatments that concentrate on changing children’s behavior, the HSF recognizes family well-being as an integral component of a successful autism therapy, and the caregiver is a full participant in intervention. The framework is based on family systems, ecological systems, stress and coping, conservation of resources, and social support theories. These notions offer a solid conceptual basis for integrated practice.

It is made up of three complimentary pieces, Module 1: Family Assessment (Extensive) Caregiver stress, family connections, coping skills, accessible resources, and child functioning are some of the factors evaluated. Standardized Assessment Instruments Psychosocial Assessment Module 2 (Technology-Assisted Care and Respite Support) focuses on assistive communication technologies, wearable physiological monitoring, artificial intelligence, telehealth services, digital parent education, and socially assistive robots to lessen the burden of care and improve continuity of care. Module 3 (Co-Parenting and Social Work Intervention) will address co-parenting, psychosocial

counseling, case management, community mobilization, peer support groups, advocacy and referrals to welfare, health and educational institutions. Overall, the modules aim to provide long-term family-centered autism care, reduce parental stress, develop caregiver resilience, improve family quality of life, and increase child participation.

3.5. Discussion

This theoretical research assessed data from 50 scientific papers to determine caregiver stress, family social work practices, and technology aided treatment for families with children diagnosed with Autism Spectrum Disorder (ASD). The results indicate that the caregiver burden is a complicated phenomenon including poor quality of family life, financial problems, social isolation, physical fatigue and emotional suffering. Research has shown that parents of children with ASD have much higher levels of stress, anxiety, and depression than parents of children with typical development (Hayes & Watson, 2013; Karst & Van Hecke, 2012; Pisula & Porębowicz-Dörsmann, 2017).

Current intervention efforts tend to be siloed, and this study suggests they are missing the interaction between family resilience, community support, and caregiver well-being. The proposed theoretical integration extends earlier research by conceptualizing caregiver help as a fluid, family-level action rather than as a psychological consequence. Interesting observation is the increase in the usage of technology-assisted autism treatment. Recent innovations in telemedicine, artificial intelligence, wearable monitoring devices, socially assistive robots and internet forums for parent support have substantially improved personalized therapy and access to autism therapies. Research suggests that technology is seldom integrated into family-centred social work practice and is often utilized in isolation as a therapeutic tool. This research supports the use of technology as an auxiliary to a wider social work paradigm, not as a stand-alone intervention technique.

The present research is a significant theoretical contribution to the development of the HSF in that it provides substantive conceptual contributions to the literature. Models with limited caregiver participation have used family systems theory, ecological systems theory, stress and coping theory, social support theory, and conservation of resources theory. The earlier approaches were centred on family education, mental therapy, or behavioural control (Bronfenbrenner, 1979; Lazarus & Folkman, 1984; Hobfoll, 1989). The HSF offers a multidisciplinary framework that integrates professional social work,

technology-supported care, collaborative co-parenting, community engagement, and holistic family evaluation with a variety of theoretical views. The framework is a theoretical construct that may inform future empirical study across diverse cultural settings, coherent practices and program creation.

Notwithstanding these improvements, the paradigm suggested here should be seen as a theoretical model that has to be empirically confirmed before it can be used in a more general way. Differences in study methodology, intervention components, and outcome measurements made comparison between studies difficult.

3.6.Implications

The results of the theoretical study have substantial implications for future research, multidisciplinary health care delivery, policy making, and the practice of social work. The proposed Holistic Support Framework (HSF) is a good strategy to address the needs of individuals with autism including family-based evaluation, technology-based therapy, psychological support, collaborative co-parenting, and community resource utilization. This approach gives a chance to address the multiple facets of present caregiver assistance (Karst & Van Hecke, 2012; Kasari et al., 2021). The framework calls for a shift from a child-centred strategy to a more holistic one inclusive of integrated services, caregiver well-being, and family resilience via multidisciplinary cooperation (Lord et al., 2020; National Association of Social Workers, 2023). Maybe it is a way to get politicians to improve autism treatments for everyone. This will need investment, especially in low- and middle-income countries, in digital health infrastructure, programs to assist caregivers, community rehabilitation services and integrated health, education and social welfare frameworks (World Health Organization & UNICEF, 2022). The studies indicate the need to integrate tech-based social work approaches, digital skills, and collaborative autism methods into professional education and workforce development to adequately prepare practitioners for evolving service delivery models (Topol, 2019; National Association of Social Workers, 2023). The HSF (Hayes & Watson, 2013; Karst & Van Hecke, 2012) has the potential to be used as a theoretical framework for future longitudinal, implementation and intervention research. They will assess the HSF for utility, efficacy, cultural congruence and sustainability in various situations. The HSF will support technology-based autism therapy through a family-centred, evidence-based approach.

Some limitations of this review should be taken into consideration before the findings are evaluated. Firstly, there is a lack of empirical validation of the proposed Holistic Support Framework (HSF) in clinical or community settings. The model is conceptual and is based on data from 50 peer published papers. Second, despite the rigorous review process that was led by PRISMA, the review was confined to articles published in English and relevant studies published in other languages may have been missed. Third, the papers included were heterogeneous regarding study design, sample characteristics, intervention techniques, and outcome measures, which hindered direct comparison and meta-analytic synthesis. Also, most of the data presently available has been derived from high-income countries, suggesting a need for greater study in poor and middle-income settings, such as India, where sociocultural contexts, healthcare infrastructure and service accessibility are drastically different. Nevertheless, the study offers a comprehensive critical synthesis of known evidence and a theoretically grounded framework for future empirical research, multidisciplinary practice, and policy creation in technology-assisted, family-centred autism therapy.

4. CONCLUSION

This study is a conceptual analysis of fifty peer-reviewed studies to understand the different challenges of parents with children having autism spectrum disorder (ASD) and to provide a comprehensive analysis of the outcomes of technology-assisted interventions, family-focused social work approaches, and interdisciplinary support frameworks. The statement says, "The caregiver burden includes physical strain, financial hardship, social isolation, psychological discomfort and erosion of family well-being". Therefore, comprehensive rather than fragmented methods are needed for interventions (Hayes & Watson, 2013; Karst & Van Hecke, 2012; Lord et al., 2020). While there has been considerable progress in parent-mediated interventions, telehealth, assistive technology, behavioural strategies, and artificial intelligence (Kasari et al., 2021; Scassellati et al., 2018; Topol, 2019), the literature is missing a unified framework to integrate these approaches to address professional social work practices, caregiver well-being, family resilience, and technology-enhanced care at the same time. PRISMA is a conceptual review needed to synthesize current data and address conceptual and practical challenges. It is important to move beyond descriptive summaries to successful implementation of autism treatment.

This review contributes to the development of the Holistic Support Framework (HSF), a theoretical framework that integrates Family Systems Theory, Ecological Systems Theory, Stress and Coping Theory, Social Support Theory, and Conservation of Resources Theory, to offer caregivers and families of children with ASD a comprehensive framework. HSF is a multi-disciplinary strategy that is united. In contrast to the classic model of separate clinical and behavioural treatments, HSF advances family-based assessment, technology-enabled therapy, joint co-parenting, community involvement and professional social work. The idea has to be empirically supported, but it provides a good theoretical basis for future study on therapies and policy development. Innovative digital technology combined with evidence-based social work practices has the potential to revolutionize autism care by enhancing caregiver resilience, supporting family well-being, coordinating resources, and ensuring families access to equitable, culturally appropriate, and sustainable assistance.

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