

## HEALTHCARE EXPENDITURES OF AUTISTIC INDIVIDUALS

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### OBJECTIVES

In the Hungarian practice, there is no easily accessible research of autism and their healthcare access and costs. The aim of the research was to examine the kind of family health expenditures by caregivers according to primary and specialist care.

### METHODS

Quantitative cross-sectional pilot study was conducted online between September 4, 2020 and February 28, 2021 by targeted sampling (n=96). Descriptive statistical analysis, Chi-square test, Fisher's test and ANOVA were used at probability level of 95% by SPSS 25.0 statistical software.

### RESULTS

Moderate and severe conditions have 46.3%. 2 or more comorbid diseases occurred in 33,7%. In 11.6% all required products were affordable. The average financial situation of the families was 3.94/7. People with mild symptoms spent less on public health (p=0.039). More difficulties were experienced significantly by high-cost families based on autistic individuals (p=0.006) and monthly expenses (p=0.041). Satisfaction was significantly lower (p=0.031) beside a high value of monthly expenditures. Families who reported 1-1-time healthcare expenses, the mean number of difficulties (2.1) was significantly (p=0.049) lower. In case of regular expenditures, the financial situation proved to be significantly worse (p=0.005). The average satisfaction of the family (4.67) spending 15,001 HUF or more on their children monthly costs were significantly (p=0.031) lower. In the case of spending 0-5000 HUF for the monthly health care expenditure, the mean rank score (42) of number of refusals was significantly (p=0.044) lower.

### CONCLUSIONS

This was a gap-filling study, to the best of our knowledge, no similar one has been done in Hungary yet. Despite of significant results the generalization of the population is not possible. By mapping the characteristics of the care and family's expenses, the necessary reforms and subsidies affecting the disability group can be established.

| CATEGORIES                      | %    |
|---------------------------------|------|
| GENDER DISTRIBUTION             |      |
| Female                          | 29,5 |
| Male                            | 70,5 |
| HABITATION                      |      |
| Village and town                | 61   |
| County capital and capital city | 39   |
| SEVERITY                        |      |
| Mild                            | 53,7 |
| Moderate                        | 38,9 |
| Severe                          | 7,4  |
| AGE (avarage) 12,77±9,216       |      |

Table 1.  
Sociodemographic characteristics of individuals with autism (n=96)

| TYPE OF CARE              | Number of care | %    |
|---------------------------|----------------|------|
| General practitioner      | 79             | 29   |
| Dental care               | 25             | 9,2  |
| Private dental care       | 18             | 6,6  |
| Health visitor            | 24             | 8,8  |
| Specialist clinic         | 47             | 17,3 |
| Private specialist clinic | 22             | 8,1  |
| Laboratory                | 25             | 9,2  |
| Private laboratory        | 3              | 1,1  |
| Hospital care             | 29             | 10,7 |
| Private hospital care     | 0              | 0    |

Table 2.  
The rate of access to healthcare (n=96)

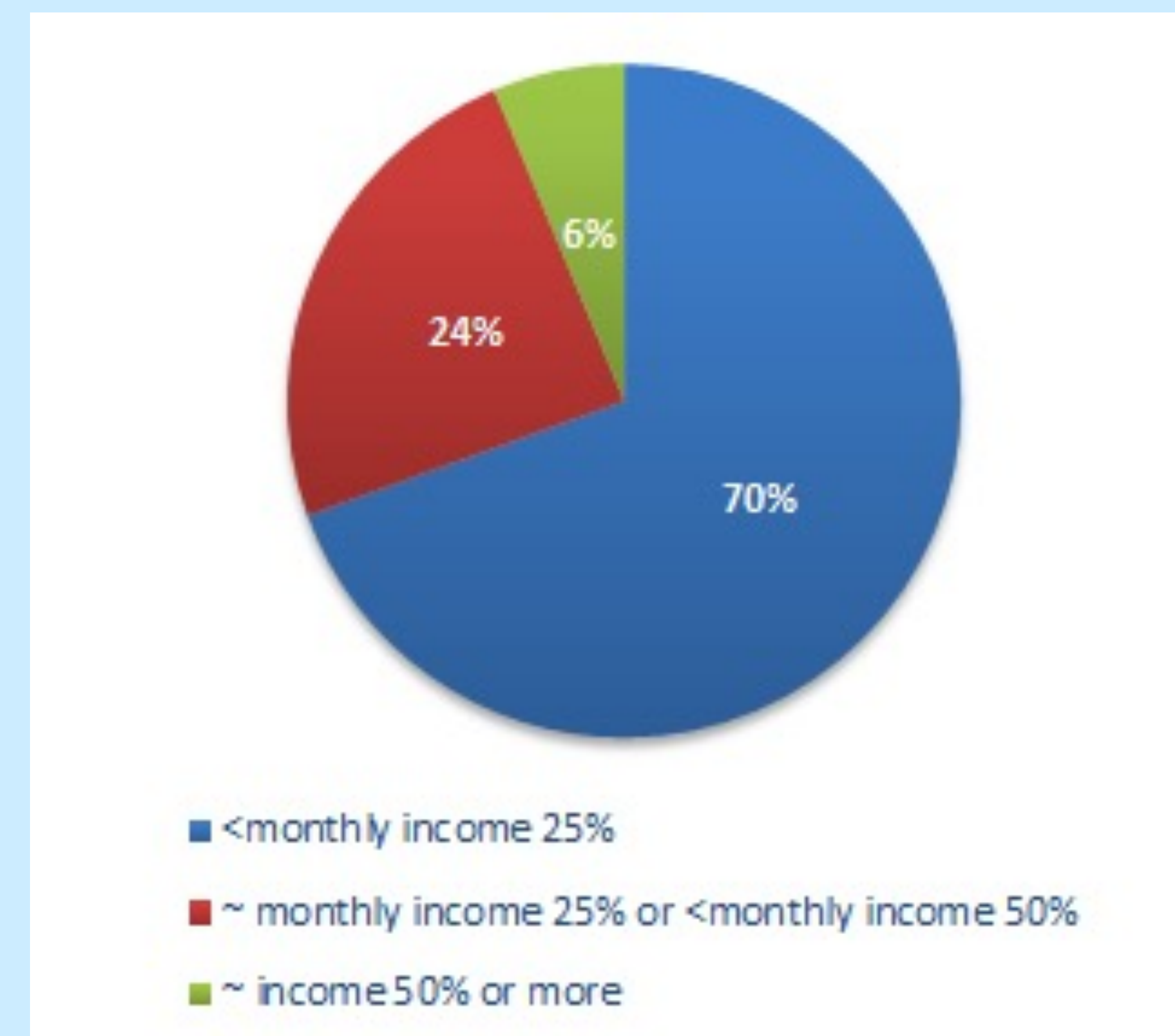


Figure 1.  
Part of monthly income spent on healthcare (n=96)

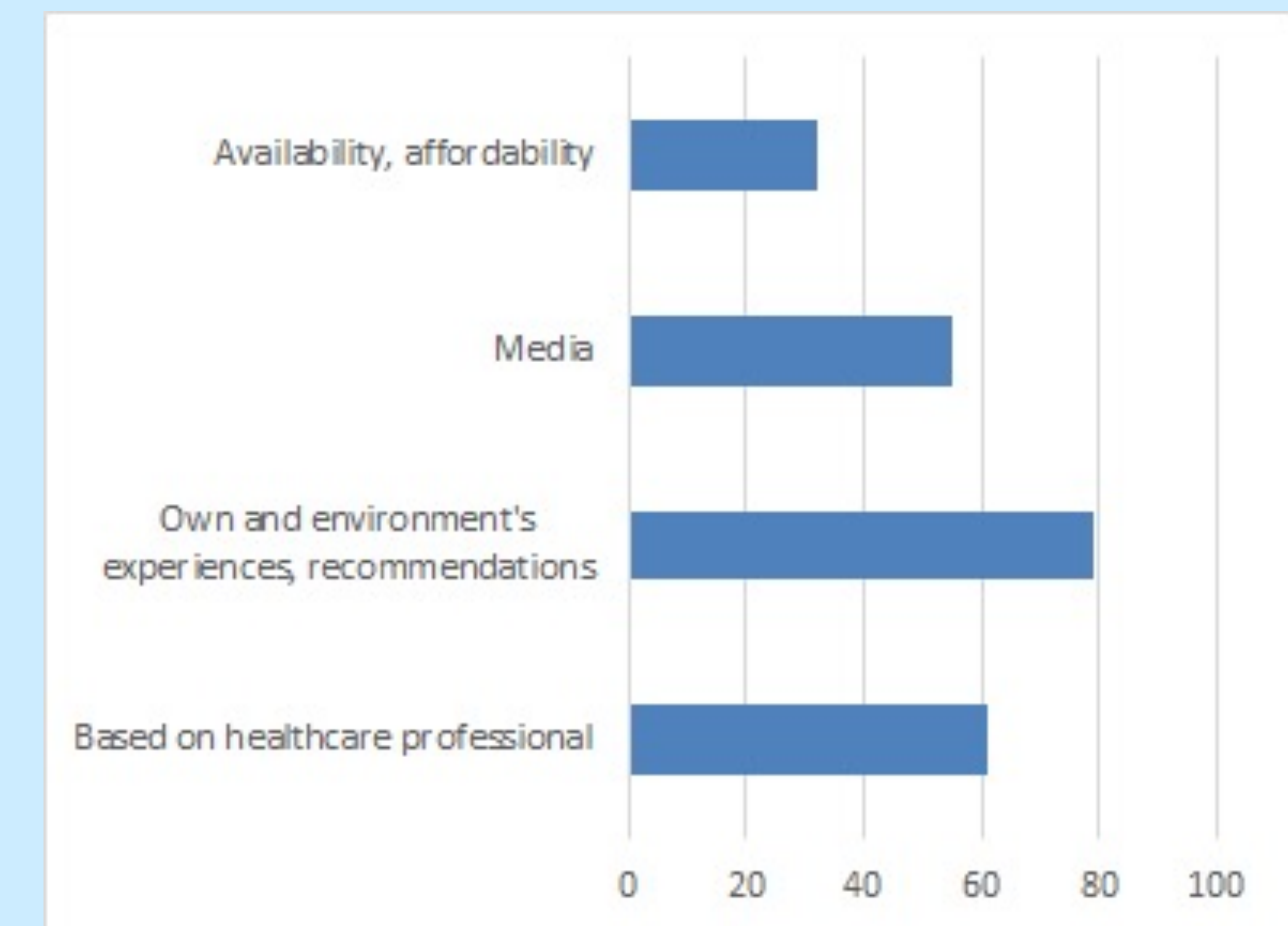


Figure 2.  
Aspects of access to healthcare (n=96) (multiple choice)

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