



Kah Ying CHOO

AUTHOR | AUTISM CAREGIVING
CONSULTANT-SPECIALIST |
NEURODIVERSITY ADVOCATE

kchoo7@gmail.com

[https://www.amotherswish.com.sg/home/
autismconsultancy](https://www.amotherswish.com.sg/home/autismconsultancy)

Bio

When Kah Ying struggled with the aggression of her adolescent son in the urban structures of Singapore, she embarked on an extraordinary journey to construct "Bali Bubble". Her success would lead her to develop **EpiEco** – an empathetic caregiving focused on training caregivers to have an accurate understanding of the uniqueness of autistic individuals. She is the author of a no-holds-barred memoir, *Where Does My Autistic Son Belong?* and *EpiEco: An Autism Caregiving Model*, as well as the co-founder of A Mother's Wish (www.amotherswish.com.sg).

Mission

Building genuinely **inclusive** worlds where **everyone**, including profoundly autistic individuals, can truly belong.

Signature Keynotes

1. **The "EpiEco" Method – Recipe for Joyful Caregiving:** How to move from crisis management to sustainable thriving for both caregivers and the autistic individual.
2. **Constructing the Transition Architecture of Belonging:** How families, communities, and policymakers can create long-term structures to support the growth and development of autistic individuals (post-18 phase).
3. **ALIS: Authentic Language of Instincts and Sensing:** How to connect effectively with profoundly autistic individuals (beyond prioritising word-based communication) and alleviate meltdowns.

Key Appearances (Live/Media)

Presented on the loving response to meltdowns at Asia-Pacific Autism Conference, Perth, November 13, 2025

Extraordinary journey of the Bali solution featured in *The Straits Times* (Singapore) and Channel News Asia.



Kah Ying CHOO

Parent-Consultant (Profound Autism)

Co-Founder of [A Mother's Wish](#)

Co-Creator of [EpiEco](#)

+65 8163-4509 (WhatsApp)

kchoo7@gmail.com



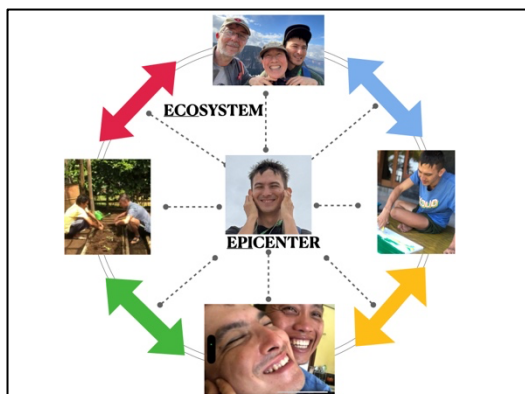
Profile



Kah Ying is the mother of Sebastien, a 29-year-old profoundly autistic [artist](#) and co-founder of [A Mother's Wish](#) (AMW). Based in Singapore, AMW is a social enterprise dedicated to helping profoundly autistic individuals through family support, training, awareness-raising, and advocacy (both in person and online).

Over the past nine years, Kah Ying and her local caregiving team have developed EpiEco. This approach — treating the profoundly autistic individual as the **Epicenter** (Epi) of the **Ecosystem** (Eco) — has enabled us to build an authentic relationship with him and

alleviated his meltdowns:



EpiEco involves a shift in thinking from seeking to normalise the profoundly autistic individual to focusing on building a normal relationship with them.

It is based on an accurate, empathetic understanding of their distinctive way of (a) interacting with the world and (b) expressing their inner lives.

She has transformed her insights and reflections from her unique journey into books, educational videos, blog posts, advocacy work, and counselling of families (group and individual). Though Kah Ying lacks formal professional credentials in this field, she joins the growing pool of parent-consultants possessing the specific lived experience and analytical insights to contribute to complement the work of professional and autistic counterparts.

Experience, Projects, and Accomplishments

Special projects (workshops to allied educators, one-off, books, videos, conferences)
invention of EpiEco, one-on-one counselling of parents and home visits

Creator and Implementer of a Self-Formulated Pilot Project to Train 10 Families to Learn and Apply EpiEco to Address Autism Caregiving Challenges, Under SG Enable Caregiver Empowerment Fund, Singapore — May – End-August, 2026

Funded by SG Enable, a governmental agency dedicated to disability and inclusion, my pilot project aims to test how parents and other caregivers can learn about EpiEco and apply its strategies to their real-life challenges with their autistic loved ones. I meet with them individually in a total of four one-on-one sessions (due to limited funding), review implementation of strategies and address challenges, and share EpiEco perspectives to reshape their mentality and strategies. In addition, I facilitate two monthly group sessions. The findings of the pilot project will be documented in an assessment report and converted into a set of recommendations for dissemination to other families.

Trainer for self-formulated pilot training project for a core group of teachers at Creative O, private preschool provider (inclusive) — April 2026 (1st session)

I am collaborating with principals of Creative O to train a preliminary group of teachers to help them use EpiEco to address behavioural challenges they encounter with neurodivergent students and resultant classroom management difficulties. A online session was conducted with a group of four teachers and the two principals. The intent is to follow up with the teachers and explore how the collaboration can be adjusted and improved for subsequent groups of teachers.

Presenter at Asia-Pacific Autism Conference, Perth, Australia — November 13–15, 2025



Selected among over 300 submissions from 30 countries, my presentation, [“Nonverbal Autism Meltdown: Anatomy of a Loving Response”](#), challenged the conventional thinking of profound autism meltdowns as being inevitable. It offered a revealing glimpse into how our blindness to our insensitive treatment of profoundly autistic individuals plays a significant role in contributing to their meltdowns. The meltdown episode offers a vivid example of EpiEco in action, which involves focusing on the caregiver’s thinking and behaviour.

Creator and Implementer of a Three-Workshop Series Targeted at Family Caregivers of Profoundly Autistic Individuals, SG Enable, Singapore — October 26, Nov 1, Nov 8, 2025

Funded by a governmental agency dedicated to disability and inclusion, my interactive [three-workshop series](#) sought to invite parents to reframe their understanding of their autistic loved ones and re-examine their relationships through three different lenses:



This creative workshop introduced participants to an imaginary scenario of being lost in a jungle and encountering a conventional tribesman ("Mika") versus an empathetic tribesman ("Nidon"). It helped them relate to the profoundly autistic individuals' experience of living in a world where they are misunderstood and forced to conform to mainstream norms.



Workshop 2 sought to debunk conventional assumptions about profound autism meltdowns, which often exacerbate the intensity of meltdowns. The workshop offers a comprehensive and accurate picture by focusing on root causes: (1) life phase, (2) context, and (3) lack of understanding of autistic individuals' attributes and nonverbal communication. Strategies are centred on prevention and training caregivers to react to and recover from meltdown episodes accurately and empathetically.



Targeted specifically at parents, Workshop 3 challenged parents to step back and re-examine their parenting journeys and approach throughout the different life phases of their profoundly autistic child.

Author, [EpiEco: A Breakthrough Approach on Profound Autism?](#) — September 2025



This e-book (read the [free introductory chapters](#) here), was born out of a nine-year, real-life journey of supporting Sebastien, Kah Ying's now 29-year-old autistic son. In this happy sequel to her memoir, [Where Does My Autistic Son Belong?](#), Kah Ying and co-author Adi Hariyanto share their breakthrough approach on how to establish and maintain a robust Ecosystem of caregivers around the Epicenter of the profoundly autistic individual.

Enriched with strategies, instructions, and real-life scenarios/examples, this book teaches caregivers how to build authentic relationships based on care, connection, and joy with profoundly autistic individuals without compromising their well-being. And when we become their empathetic, understanding, and committed champions, they will reciprocate, but on their own terms, in their own way, and in their own time. That's when their meltdowns and challenging behaviours will become alleviated...

Creator of the 5-Video Series — [What is Autism Really?](#) — December 2022–May 2023

Supported by SG Enable's Public Education Fund, I created accessible, short videos that offer an empathetic approach towards understanding autism through different lenses.



Video 1: "[What is Autism Really?](#)"

Video 2: "[What is Autism-Friendly Interaction Really?](#)"

Video 3: "[What is an Autism Meltdown Really?](#)"

Video 4: "[What is an Autism Meltdown \(Adolescence\) Really?](#)"

Video 5: "[What is Autism Caregiving Really?](#)"



The Five-Video Series (*What is Autism Really?*) is a preliminary introduction to the lived experience of autistic individuals: (1) understand why autistic individuals struggle to survive in our society and erupt in meltdowns and (2) learn about tips and strategies on how to relate to them to support them in achieving a joyful and independent life that acknowledges their uniqueness and potential.

Presenter at Asia-Pacific Autism Conference, Singapore — June 20–22, 2019

This presentation, “Letting Go of My Autistic Son: From Heartbreak to Transformation”, chronicles my struggles with Sebastien’s aggression when he was aged 15 to 20, which led me to transplant him from Singapore to Bali. A chance encounter with a clinical psychologist, Dr Antonio Rinaldi, offering empathetic insights into Sebastien’s pubertal changes, then initiated me into a new chapter of my journey to open myself to his world. The 2025 presentation, described above, can be considered as a culmination of this journey.

Author, [Where Does My Autistic Son Belong?](#) — May 2019



Where Does My Autistic Son Belong? depicts Ms Choo Kah Ying's extraordinary journey to find an answer for her family's future when Sebastien, her autistic son, became an aggressive and self-injurious teenager. Her unusual quest would lead to her heartbreaking decision to tear apart her family. However, taking a leap of faith would pave the way to Sebastien's transformation and offer hope for

alternative possibilities.

Founder of [A Mother’s Wish](#) — 2017–Present

- Offering affordable, personalised, one-on-one counselling to families struggling with the behavioural challenges associated with autism
- Workshops to introduce long-term, preventative, and empathetic strategies for dealing with behavioural challenges and meltdowns of autistic individuals
- Talks to raise awareness and promote inclusion
- Advocacy for families within the autism community, particularly those with profoundly autistic loved ones.