



## Helping my Child after the Diagnosis

There are many steps to take after your child has been diagnosed. This document is intended as a list of some possible steps to take for your child and yourself. Keep in mind that your needs and your child's needs will change over time. Revisit this document frequently to assist in the evaluations of whether needs are being met.

### Assessments/Evaluations

Children with autism may have skills at various levels, so it is important to carefully assess each skill or type of skill separately. There are many types of evaluations and assessments available, some that you may want to consider include:

1. Cognitive evaluation (IQ/ adaptive tests)
2. Speech/Language evaluation (including pragmatic/functional skills)
3. Occupational therapy evaluation (including evaluation of sensory strengths and weaknesses and fine motor skills)
4. Physical therapy evaluation (gross motor skills)
5. Social Skills assessment
6. Academic skills assessment

### Services

Once you have a good picture of your child's specific strengths and weaknesses, you will be able to determine which specific services your child may need. You may need to involve a wide range of specialists and professionals to best meet your child's needs.

Some services and specialists to consider include:

1. First Steps (if your child is under 3) - [www.in.gov/fssa/first\\_step/](http://www.in.gov/fssa/first_step/) ; 1-800-441-STEP:
2. Public School System (if your child is over 3)
3. Speech/Language Therapy
4. Occupational Therapy
5. Physical Therapy
6. Social Skills Training Groups
7. Behavioral Intervention
8. Alternative Therapies
9. Psychiatrist for medication management
10. Gastroenterologist for GI difficulties (e.g., constipation, diarrhea)
11. Dietician to ensure picky eaters/children on special diets eat healthy
12. Geneticist for information about genetic disorders
13. Neurologist for medication management or treatment of seizures
14. Developmental Pediatrician



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## Create a Support Network

Having a child with autism can be overwhelming. It is important to take time for yourself and to be sure you have the supports you need. Some ways to ensure you do that include:

1. Learn about and consider using respite care
  - FSSA: [www.in.gov/fssa/servicedisabl/respice.html](http://www.in.gov/fssa/servicedisabl/respice.html)
  - IRCA: [www.iidc.indiana.edu/irca/ServArticles/respice.html](http://www.iidc.indiana.edu/irca/ServArticles/respice.html)
2. Talk to each friend and family member to see how they think they can best help so you will know who to go to for each need
  - a. Respite Care
  - b. Emergencies
  - c. Emotional support
  - d. Education/information
3. Find ways to keep your child as safe as possible
  - a. Automotive Safety
  - b. Safety Store



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## Resources/Information

There is a great deal of useful information about Autism Spectrum Disorders and about your rights that will be useful for you to obtain. There are also many resources that can provide support or recommendations. Some good starting places include:

1. Autism Society of America and local chapter  
[www.autism-society.org/](http://www.autism-society.org/)  
1.800.3AUTISM
2. Indiana Resource Center for Autism (IRCA)  
[www.iidc.indiana.edu/irca/](http://www.iidc.indiana.edu/irca/)  
Phone: (812) 855-6508
3. About Special Kids (formerly Indiana Parent Information Network (IPIN))  
[www.ipin.org](http://www.ipin.org)  
1-800-964-IPIN (4746)
4. Family Resource Center at Riley (access to computer programs/books)  
(317) 274-1149 or  
(317) 278-1645
5. Your place of worship for support
6. Family Social Services Administration (FSSA) for Autism Waiver  
[www.in.gov/fssa/](http://www.in.gov/fssa/)  
(317) 233-9525
7. Do2Learn Website for Visual Supports  
[www.do2learn.com/](http://www.do2learn.com/)
8. Department of Education and your child's educational rights
  - a. Americans with Disabilities Act (ADA) [www.ericec.org/digests/e606.html](http://www.ericec.org/digests/e606.html)
  - b. Individuals with Disabilities Education Act (IDEA)  
[www.ericec.org/digests/e606.html](http://www.ericec.org/digests/e606.html)
  - c. Section 504 of the Rehabilitation Act [www.ericec.org/digests/e606.html](http://www.ericec.org/digests/e606.html)
  - d. Article 7 [www.doe.state.in.us/exceptional/speced/pub\\_article7\\_2002.html](http://www.doe.state.in.us/exceptional/speced/pub_article7_2002.html)
  - e. Article 7 Companion Guide  
[www.doe.state.in.us/exceptional/speced/pub\\_LLWP.html](http://www.doe.state.in.us/exceptional/speced/pub_LLWP.html)