



Helping my Child after the Diagnosis

There are many steps to take after your child has been diagnosed. This chart can help you to track the steps you take for you and your child. Keep in mind that your needs and your child's needs will change over time. Revisit this document frequently to assess how thoroughly needs are being met.

Resources for Information – Step 1

There is a great deal of useful information about Autism Spectrum Disorders available. This attached chart lists some good starting places. Be sure to add others as you learn about them, through this manual or other sources.

Resource		
Information about autism spectrum disorders	Contact: www.autism-society.org 1.800.3AUTISM	My Contact:
	Additional Information: Also has local chapters and support groups	Notes:
Books about autism spectrum disorders	Contact: www.autismsociety-nc.org 919.743.0204	My Contact:
	Additional Information: Books for parents, children and professionals	Notes:
Indiana Resource Center for Autism (IRCA)	Contact: www.iidc.indiana.edu/irca 812.855.6508	My Contact:
	Additional Information: Informational support	Notes:
	Contact:	My Contact:
	Additional Information:	Notes:
	Contact:	My Contact:
	Additional Information:	Notes:



Helping my Child after the Diagnosis

Family Life – Step 2

Keep in mind that your family and friends will need time to react to your child’s diagnosis as well. They will also be able to help you as part of your support system.

Ask friends and family how each one thinks he/she can best help so you know who to go to for each need.

Person		
	Contact:	Relationship:
	Helps With:	Notes:
	Contact:	Relationship:
	Helps With:	Notes:
	Contact:	Relationship:
	Helps With:	Notes:
	Contact:	Relationship:
	Helps With:	Notes:
	Contact:	Relationship:
	Helps With:	Notes:



Helping my Child after the Diagnosis

Create a Support Network – Step 3

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 are included on the chart.

Resource		
Respite Care	Contact: www.in.gov/fssa/servicedisability/respice.html	My Contact:
	Additional Information:	Notes:
Family Support	Contact: Autism Society of America Local ASA Chapter	My Contact:
	Additional Information: Support and information	Notes:
Place of Worship	Contact:	My Contact:
	Additional Information:	Notes:
Safety Support	Contact: www.preventinjury.org ; Safety Store at Riley: 1.888.365.2022	My Contact:
	Additional Information: Car safety; supplies for child-proofing homes	Notes:
Indiana Parent Information Network (IPIN)	Contact: www.ipin.org 1.800.964.IPIN (4746)	My Contact:
	Additional Information: Advocacy	Notes:
IN*Source	Contact: www.insource.org 1.800.332.4433	My Contact:
	Additional Information: Advocacy	Notes:
Family Resource Center (Riley)	Contact: 317.274.1149 317.278.1645	My Contact:
	Additional Information: Information resources,	Notes:

The activities of this project are supported through a grant funded by the Division of Exceptional Learners, Indiana Department of Education under Part B of the Individuals with Disabilities Education Improvement Act (P.L. 108-446), by Grant Number E!!!CCU524062-01 from the Centers of Disease Control and Prevention, and by a grant from the Nina Mason Pulliam Charitable Trust. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC, Indiana Department of Education, or the Nina Mason Pulliam Charitable Trust.



Helping my Child after the Diagnosis

Resource		
	computer programs	
ISTAR and PATINS	Contact: Department of Education (DOE)	My Contact: Notes:
	Additional Information: Specific program for technology assistance	
Autism Coalition	Contact: www.inautismcoalition.org 317.685.9730	My Contact: Notes:
	Additional Information:	
HANDS in Autism	Contact: www.handsinautism.org 317.278.7839	My Contact: Notes:
	Additional Information: Free workshops, and seminars	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	



Helping my Child after the Diagnosis

Useful Resources on Rights/Regulations – Step 4

It is important that you be fully informed about your rights and your child's rights. There are many resources that can provide support or recommendations. Some places to start learning this information are included in the chart.

Regulation		
Americans with Disabilities Act (ADA)	Contact: www.ericec.org/digests/e606.html	My Contact:
	Additional Information: Educational rights	Notes:
Individuals with Disabilities Education Act (IDEA)	Contact: www.ericec.org/digests/e606.html	My Contact:
	Additional Information: Educational rights	Notes:
Section 504, Rehabilitation Act	Contact: www.ericec.org/digests/e606.html	My Contact:
	Additional Information: Educational rights	Notes:
Article 7	Contact: www.doe.state.in.us/exceptional/speced	My Contact:
	Additional Information: Educational rights, Indiana	Notes:
Article 7 Companion Guide	Contact: www.doe.state.in.us/exceptional/speced/pub_LLWP.html	My Contact:
	Additional Information: Educational rights, Indiana	Notes:
Family and Social Services Administration (FSSA)	Contact: www.in.gov/fssa 317.233.9525	My Contact:
	Additional Information: Autism waiver information	Notes:



Helping my Child after the Diagnosis

General Understanding of Laws	Contact: www.wrightslaw.com	My Contact: Notes:
	Additional Information: Wright's Law	
Government Planning Council Funding	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Additional Information:	



Helping my Child after the Diagnosis

Assessments and Interventions – Step 5

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 assessments and evaluations available. 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 assessments and interventions that you may want to consider are included in the chart, but feel free to add other types of assessments and interventions beyond what is included here.

Provider		
First Steps	Contact: www.in.gov/fssa/first_step 1.800.441.STEP	My Contact: Notes:
	Additional Information: Provides therapies/services to children under 3 years old	
School System	Contact: www.doe.state.in.us Local school	My Contact: Notes:
	Additional Information: Education and therapy to children 3-21	
Department of Education	Contact: www.doe.state.in.us 317.232.6610	My Contact: Notes:
	Additional Information:	
Cognitive/ Adaptive Assessment	Contact: School psychologist, clinical psychologist	My Contact: Notes:
	Additional Information: IQ and adaptive testing	
Genetic Evaluation	Contact: Geneticist, Referral from Primary Care Physician	My Contact: Notes:
	Additional Information: Information regarding genetic abnormalities	
Occupational Therapy	Contact: Occupational therapist, behavior therapist, school	My Contact: Notes:
	Additional Information: Sensory and fine motor needs	



Helping my Child after the Diagnosis

Physical Therapy	Contact: Physical therapist	My Contact: Notes:
	Additional Information: Gross motor skills	
Speech/ Language	Contact: Speech Language Pathologist, psychologist	My Contact: Notes:
	Additional Information: Pragmatics, social/functional language, augmentative	
Academic Skills	Contact: Special educator, school psychologist	My Contact: Notes:
	Additional Information: School-based skills, setting/ measuring IEP goals	
Medication Management	Contact: Psychiatrist, neurologist, pediatrician	My Contact: Notes:
	Additional Information: Medication for behavior concerns	
Medical Examination	Contact: Varies by specialty, contact primary care physician	My Contact: Notes:
	Additional Information: Used to rule out additional physical difficulties	
Nutritional Evaluation	Contact: Dietician	My Contact: Notes:
	Additional Information: Special diets, food allergies, healthy eating habits	
Educational Consultation	Contact: Christian Sarkine Autism Treatment Center, school	My Contact: Notes:
	Additional Information: Information regarding IEPs, rights, alternative standards	



Helping my Child after the Diagnosis

Behavioral Support	Contact: Autism/behavior consultant: school, mental health center	My Contact: Notes:
	Additional Information: Skills, adapting environment, behavior management	
Social Skills	Contact: Psychologist, behavior specialist, special educator	My Contact: Notes:
	Additional Information: Focus on ability to appropriately interact	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	
	Contact:	My Contact: Notes:
	Additional Information:	