

ASD Resource Checklist

Here are three steps to follow to help make it easier for you to access the services and resources that your child may need. A checklist of services and resources is also provided to assist you in creating your own resource plan.



Step 1: Get in touch with important first contacts

To begin, we recommend getting in touch with a few key agencies and organizations that can help you get to know the different services and resources in your community. Some agencies provide information and advocacy while others offer direct services such as parent training, behaviour management or speech and language services for children with autism. The agencies listed directly below may be a helpful start and are all self-referral, meaning that you can call directly without a referral from your doctor or other autism service provider.

- Autism Ontario <http://www.autismontario.com/>
- Autism Speaks www.autismspeaks.org
- Geneva Centre for Autism www.autism.net
- Ontario Association for Infant & Child Development <http://www.oaicd.ca/icd>
- See our list of books and websites

Step 2: Important things you are already doing

You will find that there are waitlists for many services. Do not be discouraged; there are lots of things you already do with your child that make a difference in his development. Playing, having fun, and recognizing his strengths and interests are important things that parents do every day. Talk to other parents, get involved in training opportunities, learn about ASD, and do not underestimate the importance of your role as a parent.

Step 3: Apply for services/resources based on your needs

The services below are not presented in any particular order. Each child and family's needs are unique. You will find that putting together an individualized plan including resources that best fit your child's and family's needs will be most helpful. Scroll down below the checklist to read a short description of each resource, or click on the links within the checklist to read a more detailed description.

<input checked="" type="checkbox"/> Financial Support	<input checked="" type="checkbox"/> Social and Recreational Services
<input checked="" type="checkbox"/> Multi-Service Agencies	<input checked="" type="checkbox"/> Family Support and Respite Services
<input checked="" type="checkbox"/> Behavioural Resources	<input checked="" type="checkbox"/> School Services
<input checked="" type="checkbox"/> Communication Resources	<input checked="" type="checkbox"/> Research Opportunities
<input checked="" type="checkbox"/> Sensory and Motor Services	

Financial Support

Not all services and interventions are covered by OHIP or private insurance plans. It is important to access all financial resources that your child and family may be eligible to receive. Support can vary depending on the complexity of your child's needs as well as your family income.

Multi-Service Agencies

There are agencies that offer a number of different programs geared at several areas of your child's development. Some agencies may offer parent education and support. All of the agencies can be accessed by parents through self referral except for diagnostic or medical clinics which will require a medical referral.

Behavioural Resources

Children and youth with ASD may engage in certain behaviours as a way of expressing to others how they feel or what they want. There are specific services that work with your child in developing skills and addressing behaviours.

Communication Resources

Children and youth with ASD may have difficulty with communication. There are services that work with your child in developing communication skills. These skills can include verbal language and alternative systems of communication such as American Sign Language or the Picture Exchange Communication System (PECS).

Sensory and Motor Services

Children and youth with ASD may have difficulty with gross and fine motor skills. Some may be more or less sensitive to certain sights, noises, tastes, smells, or textures/touches than others. An occupational therapist would address these sensory sensitivities or motor difficulties.

Social and Recreational Services

There are services that work with your child in developing social skills, appropriate social interaction, and age-appropriate play skills. Finding recreational opportunities for a child with autism may require putting many pieces together including one-to-one support along with specialized camp experiences. Connecting with specialized organizations that offer services to children with autism can help you develop a recreational plan that will allow your child to experience time away, in a recreational setting with peers.

Family Support and Respite Services

There are programs that can help you and your family members manage the sometimes overwhelming job of parenting a child with autism. You do not need to do this on your own. Other families and agencies are there to help. Parents may find themselves trying to balance the needs of their child with the needs of siblings, other family members, and household chores. Making contact with a respite agency will allow you to develop a respite plan that makes sense for your family.

School Services

There are child care services and school board services that can help your family choose the best daycare and educational options for your child. There are also autism specific services available to your child through the board of education. It is important for you to work together with your child's school throughout their educational experience.

Research Opportunities

There are opportunities to take part in research studies about autism.

Health information for families from

The Hospital for Sick Children

www.aboutkidshealth.ca

For information about copying or reproducing
this material, contact:

about.kidshealth@sickkids.ca

© 2010 AboutKidsHealth.ca