



After Identification of Autism Spectrum Disorder (ASD) Parent Resource

My child has been diagnosed with Autism Spectrum Disorder. What is my next step?

Try not to feel overwhelmed and find good information. Take one step at a time. This quick guide will get you started and link you to useful resources. Having a child with ASD can affect everyone in the family so working together is important.

- ✓ Get early intervention services as soon as possible. This benefits the child and the family. Your child can learn skills that help them communicate and interact with others.

- ✓ To determine eligibility for free educational and family services contact:
 - [Early On® Michigan](#) (birth to age 3) Link to the *Early On* website or call 1-800-Early On
 - [Build Up Michigan](#) (ages 3 to 5) Link to the Build Up Michigan website or call your [Child Find Coordinator](#) or the Michigan Special Education Information Line at 1-888-320-8384
 - Your local school district (ages 3 and up) at [find your school district](#) or call your local school district administration office.

- ✓ To find out if your child is covered by private insurance, contact your insurance company to learn whether Applied Behavior Analysis (ABA), speech therapy, psychological, or other services are available for children with ASD (See the [Guide for Insurance Representative Communications](#) for questions to ask.)

- ✓ To find out if your child is covered by Medicaid insurance, contact [your local CMH](#) to access ABA, speech therapy, psychological, or other services.

- ✓ Ask anyone who is working with your child how you can teach and support your child at home. Use goals and strategies taught at school and in therapy during your daily routines.

- ✓ If you need additional guidance, find help from the Autism Alliance of Michigan at [MiNavigator Program](#) or 1-877-463-AAOM

- ✓ Take care of yourself and your family. This might include seeking out parent training, [local autism support groups](#), or sibling support groups.

- ✓ One resource for families of newly identified children is the [First 100 Day Kit](#) by Autism Speaks.
- ✓ Talk to your immediate family, extended family, and friends about what your child needs and how they can help. A good book to share with others is [10 Things Every Child with Autism Wishes You Knew](#) by Ellen Notbohm.
- ✓ Develop a safety plan, especially if your child tends to wander. Find information at [Autism Safety Project Resources](#).
- ✓ Educate yourself through trainings, conferences, websites, and books. It is important that you find information that has good supporting evidence such as these websites:
 - [Centers for Disease Control \(CDC\) – Autism Spectrum Disorder](#)
 - [The National Clearinghouse in Autism Evidence & Practice \(NCAEP\) and AFIRM Modules](#)
 - [Association for Science in Autism Treatment \(ASAT\)](#)
 - [Michigan Alliance for Families \(MAF\) Special Education Resources for Families](#)
- ✓ Be a member of your child’s school team and health care team. Advocate for your child by setting goals and developing plans for now and in the future. Working together is very important. You are the center of your child’s team!

***This document has clickable links to resources. The electronic document is available at:
<http://www.michigan.gov/autism> - click “Resources”***