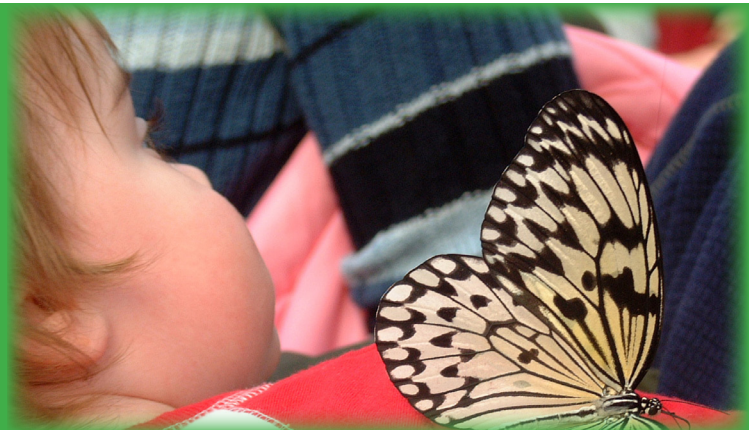


Michigan Autism Spectrum Disorder (ASD)

Resources for Parents

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

Try not to feel overwhelmed, but find good information and take it step by step. This quick guide will get you started and link you to useful resources. Also remember to take care of yourself during the process. Having a child with ASD can affect everyone in the family.



Get early intervention services as soon as possible.

Is your child covered by private insurance?

Contact your insurance company to find out if 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.)

Is your child covered by Medicaid Insurance?

Contact your local Community Mental Health to access Applied Behavior Analysis, 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.

Connect with your [local autism support group](#). Also be sure to take care of yourself and your family. This might include seeking parent training or sibling support groups.

To determine eligibility for free educational and family services contact:

- [Early On](#)[®] Michigan (birth - age 3) Link to the Early On website or call 1-800-Early On
- [Build Up Michigan](#) (ages 3 through 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.

Find details, clickable links and more information at:

www.michigan.gov/autism

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Educate yourself through trainings, conferences, websites, and books. It is important that you find information that has good supporting evidence such as these websites:

- Autism Spectrum Disorders – [Centers for Disease Control \(CDC\)](#)
- Evidence-Based Practices – [National Professional Development Center on ASD \(NPDC\)](#) and [Association for Science in Autism Treatment \(ASAT\)](#)
- Special Education Resources for Families – [Michigan Alliance for Families \(MAF\)](#)

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!

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 you child has a tendency to wander. Find information at [Autism Safety Project Resources](#).

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

One suggested resource for families of newly identified children is the [First 100 Day Kit](#) by Autism Speaks.



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