

Autism Spectrum Disorder (ASD*) : You Have a Diagnosis, Now What? **CHECKLIST [May 2009]**

- Attend a local support group meeting (see Reading List)
- Apply to regional center for services
- Request, in writing, that your child be evaluated for special education services in his/her school district (3 years and older)
- Obtain a copy of the recommendations section of the book Educating Children with Autism, <http://books.nap.edu/catalog/10017.html>. Published in 2001 by the National Research Council, it summarizes an expert panel's literature review regarding evidence based treatments. The recommendations in chapter 16, are very specific.
- Contact Families for Early Autism Treatment (FEAT), www.feat.org, and request their new parent packet which includes their parent handbook with community resource lists and contact information for families with newly diagnosed children, including parent support groups and parent advocates. Sign-up for their free mailing list and newsletter. Print out and read "Best Practices for Designing and Delivering Effective Programs for Individuals with Autistic Spectrum Disorders": <http://www.feat.org/docs/cabestpr.pdf>
- Request comprehensive evaluations/assessments in areas of need for your child to establish baseline functioning and identify appropriate services:
 - Communication-expressive/receptive and pragmatic language
 - Behavior
 - Occupational Therapy/Sensory Integration (OT/SI) – including handwriting
 - Academic – including visual-auditory processing
 - Social-emotional functioning
 - Play skills
 - Adaptive behavior – including daily living/ self-help skills
 - Executive Function
 - Learning-style
- Know your rights before attending IEP meetings with the school district and intake meeting at the regional center. Obtain and read (see Reading List):
 - Special Education: Rights & Responsibilities
 - Autism: Asserting Your Child's Right to a Special Education
 - Lanterman Developmental Disabilities Services Act
 - Autistic Spectrum Disorders – Best Practice Guidelines for Screening, Diagnosis and Assessment
- Obtain California Special Education Programs: A Composite of Laws. Parents of children with a disability can receive one free copy per year. Call 1-800-995-4099 and be sure to state that your child has a disability and you'd like to obtain a free copy.
- Set up a binder with diagnosis, assessments/evaluations, copies of correspondence, log of all conversations, meeting notes, IEPs/IPP, etc.
- Continue to read and learn about your child's diagnosis and specific areas of need (refer to Reading List). Attend support meetings, conferences and workshops. Keeping planning and looking ahead, ask: what's next?

*ASDs include: Autistic Disorder, Asperger Syndrome, PDD-NOS

*Autism Spectrum Disorder (ASD) : You Have a Diagnosis, Now What?
Reading List

General/Diagnosis

Facing Autism, Giving Parents Reasons for Hope and Guidance for Help

Lynn M. Hamilton, Bernard Rimland
Waterbrook Press

The Complete Guide to Asperger's Syndrome

Tony Attwood
Jessica Kingsley Publications

Autistic Spectrum Disorders – Best Practice Guidelines for Screening, Diagnosis and Assessment

California Department of Developmental Services
A printed copy can be obtained for no charge at: <http://www.ddhealthinfo.org>

Autism Spectrum Disorders: A Research Review for Practitioners

Sally Ozonoff, Sally J. Rogers, Robert Hendren
American Psychiatric Publishing Inc.

A Parent's Guide to Asperger's Syndrome and High Functioning Autism: How to Meet the Challenges and Help Your Child Thrive

Sally Ozonoff, Geraldine Dawson, James McPartland
Guilford Press

Asperger's: "What Does it Mean to Me?"

Catherine Faherty
Future Horizons

Treatment/Education

Educating Children with Autism

National Research Council
National Academy Press

Best Practices for Designing and Delivering Effective Programs for Individuals with Autistic Spectrum Disorders

Sponsored by the California Departments of Education and Developmental Services
Download and print out:
<http://www.featt.org/LinkClick.aspx?fileticket=u6pwKw%2bLV38%3d&tabid=78&mid=413>

Steps to Independence: Teaching Everyday Skills to Children with Special Needs

Bruce L. Baker and Alan J. Brightman
Brookes Publishing

Teaching Children with Autism: Strategies to Enhance Communication and Socialization

Kathleen Ann Quill
Singular Publishing

How To Be a Para Pro: A Comprehensive Training Manual for Paraprofessionals

Diane Twachtman-Cullen
Starfish Specialty Press

Homeschooling Children with Autism: Top Questions Parents and Professionals Ask
Patricia Schetter and Kandis Lighthall
Jossey-Bass

A Treasure Chest of Behavioral Strategies for Individuals with Autism
Beth Fouse
Future Horizons

The Power of Positive Parenting: A Wonderful Way to Raise Children
Glenn I. Latham
P & T Ink

More Than Words: Helping Parents Promote Communication and Social Skills in Children with Autism Spectrum Disorder
Fern Sussman
Hanan Centre

The Hidden Curriculum: Practical Solution for Understanding Unstated Rules in Social Situations
Brenda Smith Myles, Melissa L. Trautman, Ronda L. Schelvan
Autism Asperger Publishing Company

The New Social Story Book
Carol Gray
Future Horizons

Navigating the Social World - A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders
Jeanette Mc Afee
Future Horizons

Inside Out: What Make the Person with Social Cognitive Deficits Tick?
-and-
Thinking About You, Thinking About Me: Philosophy and Strategies for Facilitating the Development of Perspective Taking for Students with Social Cognitive Deficits
Michelle G. Winner

Autism/Aspergers: Solving the Relationship Puzzle
Stephen E. Gutstein
Future Horizons

Relationship Development Intervention with Young Children: Social and Emotional Development Activities for Asperger Syndrome, Autism, PDD, and NLD
-and-
Relationship Development Intervention with Children, Adolescents and Adults: Social and Emotional Development Activities for Asperger Syndrome, Autism, PDD, and NLD
Stephen E. Gutstein, Rachelle K. Sheely
Jessica Kingsley Publications

Incorporating Social Goals in the Classroom - A Guide for Teachers and Parents of Children with High Functioning Autism and Asperger's
Rebecca A. Moyes, Susan J. Moreno
Jessica Kingsley Publications

The Affect-Based Curriculum: An Intensive Program for Families, Therapists and Teachers
Stanley I. Greenspan and Diane Lewis
ICDL Publication - <http://icdl.com/icdlpubs.htm>

Learning the R.O.P.E.S. for Improved Executive Function: A Cognitive-Behavioral Approach for Individuals with High Functioning Autism and Other Behavioral Disorders

Patricia Schetter, MA

Website orders: <http://www.autismandbehavior.com/services.htm>

Asperger Syndrome and Psychotherapy

-and-

Understanding How Asperger Children and Adolescents Think and Learn

Jessica Kingsley Publications

Paula Jacobsen

Exploring Feelings – Anger

Exploring Feelings – Anxiety

Tony Attwood, PhD

Future Horizons

The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction

Carol Stock Kranowitz

Perigee

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

Ross W. Greene

Harper Collins

Special Education/Advocacy

1) *Special Education: Rights and Responsibilities*

VERY HIGHLY RECOMMENDED – order form on last page of this document – note that \$20 is *suggested* donation to cover their copying costs

– also –

2) Lanterman Developmental Disabilities Services Act

Community Alliance for Special Education (CASE)

Disability Rights California

Autism: Asserting Your Child's Right to a Special Education

David A. Sherman

AboutAutismLaw.com

Wrightslaw: Special Education Law

–and–

Wrightslaw: From Emotions to Advocacy – The Special Education Survival Guide

Pamela Darr Wright, Peter W. Wright

Harbor House Law Press

How to Compromise with Your School District without Compromising Your Child: A Field Guide for Getting Effective Services for Children with Special Needs

Gary Mayerson

Drl Books Inc.

How Well Does Your IEP Measure Up? Quality Indicators for Effective Service Delivery

Diane Twachtman-Cullen, Jennifer Twachtman-Reilly

Starfish Specialty Products

Support

Finding Our Way: Practical Solutions for Creating a Supportive Home and Community for the Asperger Syndrome Family

Kristi Sakai

Autism Asperger Publishing Co.

Nobody's Perfect: Living and Growing with Children Who Have Special Needs

-and-

Everybody's Different: Understanding and Changing Our Reactions to Disabilities

Nancy B. Miller

Paul H. Brookes Publishing Co

From the Heart: On Being the Mother of a Child with Special Needs

Jayne B. Marsh

Woodbine House

Siblings of Children with Autism: A Guide for Families

Sandra L. Harris

Woodbine House

Transition

Transition to Adult Living: An Information and Resource Guide

Download PDF: http://www.calstat.org/publications/pdfs/Transition_final_08.pdf

-or-

Order free of charge from CalSTAT website: <http://www.calstat.org/transitionGuide.html> (scroll down for information)

Adult Issues

Ask and Tell: Self Advocacy and Disclosure for People on the Autism Spectrum

Stephen M. Shore, Editor, Ruth Elaine Joyner Hane, et al

Autism Asperger Publishing Company

Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism

Dr. Temple Grandin, Sean Barron

Future Horizons, Inc

The Other Half of Asperger Syndrome

Maxine Aston

National Autistic Society

Autism and Asperger Syndrome: Preparing for Adulthood, 2nd Edition

Patricia Howlin

Routledge

Support Groups

Families for Early Autism Treatment (FEAT) Parent Resource Meeting

www.feat.org

Sacramento Asperger Syndrome Information & Support (Sacramento AS IS)

Lynne Weissmann, 916-682-1740, LWeissmann@aol.com, www.sacramentoasis.com

FEAT Family Empowerment Forum

Connie Ajay, 916-683-5652, BELT3@aol.com

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