

# Roadmap to Services

## When You Are Concerned Your Young Child May Have an Autism Spectrum Disorder

### Are You Concerned About Your Child's Development in Any of the Following Areas?

#### Communication Skills:

- Not turning head when name called or giving very inconsistent response(s)
- Not smiling and babbling at others or doing so infrequently
- Not pointing to show interest by 12 months
- Not using gestures; waving "bye-bye" by 12 months
- Not using several meaningful single words by 18 months
- Repeating or echoing words or phrases in place of appropriate language
- Losing skills they once had; stop saying words they were once using

#### Social Skills:

- Not enjoying "peek-a-boo" and social play games or very limited enjoyment
- Not imitating play actions; clap when you clap by 12 months
- Not doing simple pretend play such as "talk" on toy phone by 18 months
- Not looking at object when you point and tell them to "look" by 18 months
- Having an unusual preference for being left alone
- Using limited to no eye contact
- Often preferring to cuddle only on their terms

#### Restrictive or Repetitive Interests:

- Unusual responses to lights, sounds, textures, new items
- Unusual repetitive behaviors; running in circles, flapping hands, or lining up toys
- Overly attentive and interested in objects (instead of interest in people)
- Difficulty adapting in new situations, environments, and/or to changes in routine

If you notice your child exhibiting many of the behaviors listed above, you may be seeing signs of an autism spectrum disorder (ASD). ASDs affect a child's thinking, learning, and behavior and impacts a child's functioning in different ways and on different levels. At present, an autism spectrum disorder affects 1 in 54 children in the United States. Children can be diagnosed and receive services as early as 18 months. Early intervention **MAKES** a difference!

### Do Not Wait! What You Should DO:

1. Talk to your doctor. Ask for your child to be screened for an autism spectrum diagnosis. A standard autism screening tool could include questions about development, play and communication skills and/or short activities to observe your child. As a result of the screening, a more extensive diagnostic assessment may be needed.
2. If your child is birth-3 years old, contact your local First Steps program by calling 317-441-7837 or by visiting their website at <https://www.in.gov/fssa/firststeps/>. First Steps provides early intervention services to infants and young children with disabilities or who are at risk for a disability, and who are eligible. You do not need to have a formal diagnosis to contact First Steps.

3. If your child is over 3 years old, contact your child's local elementary school or special education district for programs. Your child could be eligible for public school programs for preschoolers 3-5 years old. Don't wait until kindergarten. The school will do their own evaluation to determine if your child is eligible for educational services.
4. If you are still not getting helpful answers, ask your doctor for a referral to a specialist for a full diagnostic evaluation. Riley Hospital Child Development Center and the Christian Sarkine Autism Treatment Center also at Riley Hospital are two Centers that can do a full diagnostic evaluation. Also check this listing of experienced specialists who can diagnose and assess: <https://www.iidc.indiana.edu/irca/learn-about-autism/how-and-where-to-obtain-a-diagnosis-assessment-in-indiana.html>.
5. At any point on this journey, contact any of these programs for more information on autism spectrum disorders, local resources, and services, or for guidance concerning your son/daughter.
  - **Indiana Resource Center for Autism**  
812-855-6508, <https://www.iidc.indiana.edu/irca/index.html>
  - **Autism Society of Indiana**  
800-609-8449, <http://www.autismsocietyofindiana.org/>
  - **Sonya Ansari Center for Autism at Logan**  
574-289-4831, <https://www.logancenter.org/sonya-ansari-center-for-autism/>
  - **Easterseals Crossroads Autism Services**  
317-446-1000, <https://www.eastersealscrossroads.org/our-programs/live/autism/>
  - **Riley Child Development**  
317-944-4846, <https://www.rileychildrens.org/departments/child-development>
  - **HANDS in Autism**  
317-274-2675, <https://handsinautism.iupui.edu/>

## After Your Child is Diagnosed with an Autism Spectrum Disorder

### Apply for These Programs:

- **Indiana's Children's Special Health Care Services:** Call 800-475-1355 and ask how to apply. You can also check <https://www.in.gov/isdh/19613.htm>. This program provides supplemental medical coverage to pay for treatment related to a child's autism; for age birth-21 years, who meet the program's financial and medical criteria.
- **Indiana's Medicaid Waiver Program:** Call 800-545-7763 to ask how to contact your local Bureau of Developmental Disabilities office to get an application. You can also check <https://www.in.gov/fssa/ddrs/files/BDDS.pdf>. This program permits Medicaid to fund services such as speech, behavioral, and other individualized supports in the home or in other community settings for children (and adults) who meet the program's financial and medical criteria.

### Check Out Other Possible Statewide Resources for Your Family:

- **The Arc of Indiana:** 800-382-9100 (<https://www.arcind.org>) Provides information and referral to resources and help in applying for government programs, including Medicaid Waivers.
- **INSOURCE:** 800-332-4433 (<https://www.insource.org/>) Provides information, educational resources, and guidance to support families of children and young adults, and has a major focus on school programs.
- **About Special Kids:** 317-257-8683 (<https://www.aboutspecialkids.org/>) Answers questions and helps find information and resources for families and for their child with special needs.
- **Family Voices Indiana:** 844-323-4636 (<https://fvindiana.org>) Provides information to families of children with special health care needs to help them make informed choices and decisions.
- For a more complete list of services, visit the Indiana Resource Center for Autism (IRCA) website at <https://www.iidc.indiana.edu/irca/resources/state-resources.html>.

**Identify Learning Goals for Your Child:**

- Determine what additional services, therapies, and supports your child and family will need (e.g., speech therapists, ABA providers, respite care, etc.). Contact your insurance company to see what services they will or will not pay for. Indiana is a state with an insurance mandate.
- Continue to learn along with your child and see the guidance of professionals as your child's and family's needs will change over time.

Most important, make sure you have the support you need. On the IRCA website at <https://www.iidc.indiana.edu/irca/articles/parent-groups.html> is a list of family/parent support groups across Indiana.

Realize that autism spectrum disorders are life long, and you will need support at various points along the path. With the right programming and opportunities, your child will continue to learn and gain new skills.

**Do Not Wait to Get Started!**

This publication was produced with funding from the Indiana State Department of Health/Children's Special Health Care Services and the Act Early State Systems Grant through the Centers for Disease Control in conjunction with the Indiana Resource Center for Autism, Indiana Institute on Disability and Community, Indiana's University Center for Excellence on Disabilities and the Riley Child Development Center, IU School of Medicine, Indiana's Leadership Education in Neurodevelopmental and Related Disorders Interdisciplinary Training Program.