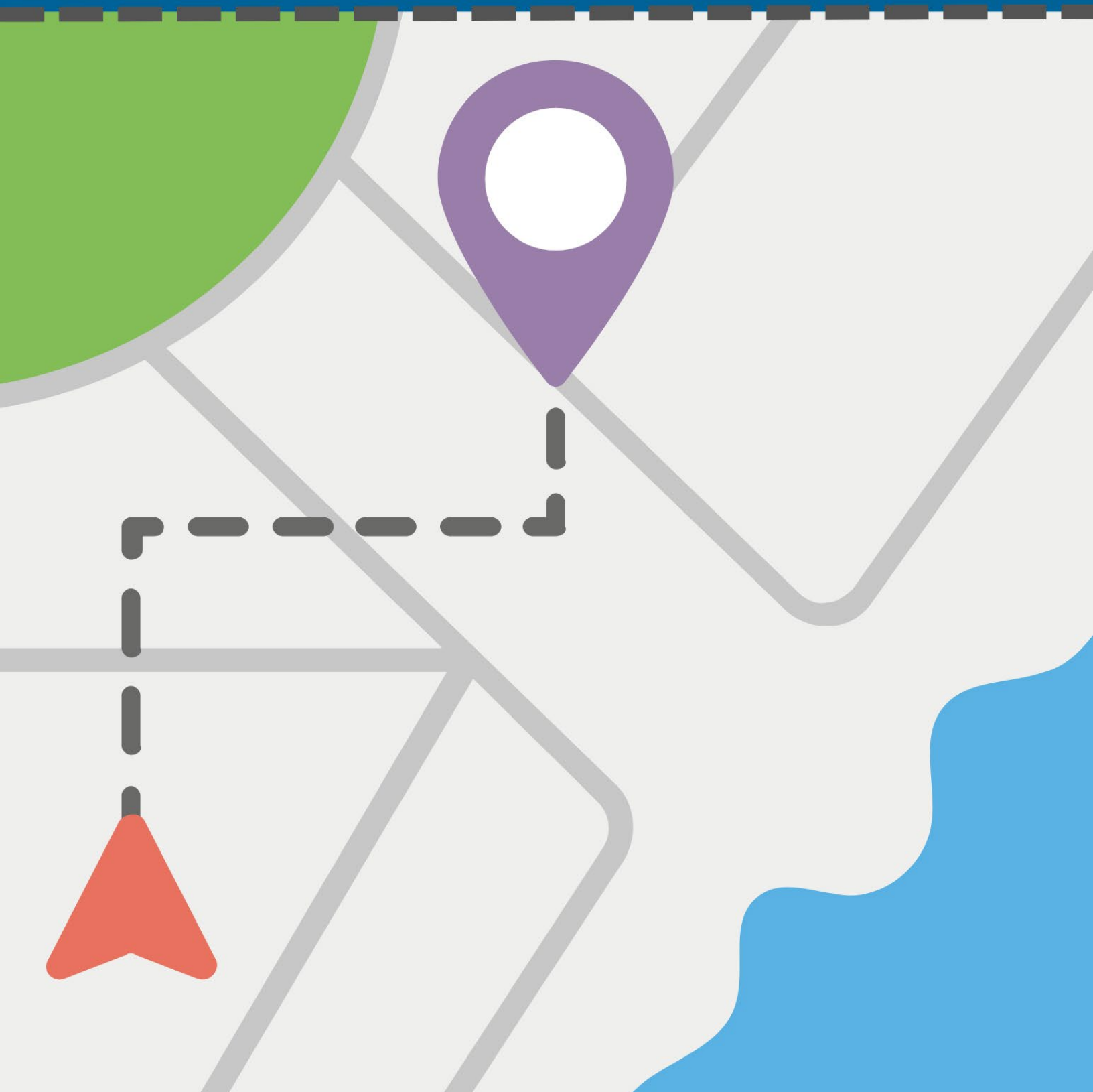


# Roadmap to Services

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



If you are concerned about your child's development in any way, complete the developmental milestone tracker. This tracker can be found at: [CDC's Developmental Milestones | CDC](#). The tracker also includes recommendations for interventions at various ages. Some behaviors that may signal a need for an autism evaluation include the following:

### **Communication Skills:**

- No, limited, or inconsistent response when called by name
- 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 without meaning or in place of appropriate language
- Losing skills they once had (e.g. stop saying words they were once using)

### **Social Skills:**

- No or limited engagement and enjoyment of social games such as "peek-a-boo"
- Not imitating play actions; clap when you clap by 12 months
- Not doing simple pretend play such as "talk" on a 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 44 children in the United States. Children can be diagnosed as early as 18 months and can receive services at any time. Early intervention **MAKES** a difference!

## Do Not Wait! What You Should DO:

- 1.** Track your child's progress using an app such as the CDC's free [Milestone Tracker](#).
- 2.** Talk to your doctor about the information from the app. 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 in which to observe your child. As a result of the screening, a more extensive diagnostic assessment may be needed.
- 3.** If you are still not getting helpful answers about your child's diagnosis, ask your doctor for a referral to a specialist for a full diagnostic evaluation. Riley Developmental Medicine can do a full diagnostic evaluation (<https://www.rileychildrens.org/departments/developmental-medicine> or 317-944-4846). Also check out 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>.
- 4.** If your child is birth through 2 years old, contact your local First Steps program by calling 800-545-7763 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.
- 5.** If your child is 3 years or older 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.
- 6.** Some families opt to send their child to an Applied Behavior Analysis (ABA) center. A list of centers and criteria for selecting a specific program can be found at: [Where and How to Find an Applied Behavior \(ABA\) Provider or Center](#).
- 7.** 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 child.

- **Indiana Resource Center for Autism**

812-855-6508, <https://www.iidc.indiana.edu/irca/index.html>

- **Autism Society of Indiana**

800-609-8449, <https://www.autismsocietyofindiana.org/>

- **Riley Developmental Medicine**

317-944-4846, <https://www.rileychildrens.org/departments/developmental-medicine>

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

### **Apply for These Programs, if Applicable:**

- **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> for a listing of district offices. The Medicaid Waiver funds 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. You can find out more about the Medicaid Waiver by clicking here: [Indiana's Medicaid Waiver Programs: Home and Community-Based Services for Adults and Children](#).

- **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.html>. 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.

### **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.

- **IN\*SOURCE**

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.

- 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>
- Indiana Disability Resources Finder includes a database of resources and services across the state. [Home - Indiana Disability Resource FINDER](#)

## **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.), and what specific outcomes you hope to achieve. Contact your insurance company to see what services they will or will not pay for. Indiana is a state with an insurance mandate that requires some health insurance programs to cover services for autism.
- Continue to learn along with your child and seek the guidance of professionals as your child's and family's needs will change over time. Consider also learning from the voices of individuals who are on the autism spectrum by seeking out their writings and videos.

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!**

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