

Every child is different. Find the tools to help your child succeed.

The First Steps



- 1) Understand your child's diagnosis.
- 2) Explore the best treatment for your child.
- 3) Know your child's rights.
- 4) Discover important resources to help you along your journey.

What is Autism?

- Autism Spectrum Disorder (ASD) is a developmental disorder.
- As of 2014, 1 in every 65 American children is diagnosed with Autism.
- ASD affects 1 in 45 children in New Jersey.
- Most children are diagnosed between the ages of 18 and 24 months.
- Boys are 4 times more likely to have ASD than girls.
- There is no medical cure for ASD.
- The prevalence of ASD is fast-growing, although statistics may vary year to year.

How is Autism Treated? Become an Advocate

- Each intervention plan is different. The plan should address the child's individual needs.
- Interventions can include therapies, medicine or both. Common examples of therapies include music, equine, occupational, physical, speech and language therapy.
- Early intervention (ages 0-36 months) is key for your child's development.
- Choosing a credible, evidence-based treatment is important.

Find out more about evidence-based treatments at: www.asatonline.org

Find out more about New Jersey's Early Intervention System at: www.nj.gov/health/hs/eis

What to Expect

- Many persons with ASD have other medical concerns such as gastrointestinal (GI) tract distress, sleep disturbances, and seizures.
- ASD may cause intellectual disabilities as well as problems with motor coordination.
- Persons with ASD may have academic and non-academic talents.
- Repetitive behavior, lack of social communication skills, and restricted interests are also common.

Legal Rights:

Individuals with Disabilities Education Act (IDEA) states children with disabilities have the right to special education. The IDEA encourages parents to work with educational services to help plan their child's education.

Insurance Coverage:

Some insurance plans cover various therapies, depending on the type of plan.

Find more information about insurance coverage at NJ Department of Banking and Insurance: www.state.nj.us/dobi/index.html

Educational Assistance:

Statewide Parent Advocacy Network (SPAN) assists parents with educational issues. SPAN helps parents advocate for their child's rights.

Find more information about Statewide Parent Advocacy Network: www.spannj.org



So...Now What?

There are many resources available to help you along your journey.

Find more information about strategies for raising a child with autism in "Family Support Tool Kits" and "100 Day Kit" at: www.autismspeaks.org/family-services/tool-kits

Special Child Health and Early Intervention Services: www.state.nj.us/health/fns/sch/index.shtml

Autism Speaks: www.autismspeaks.org

Autism New Jersey: www.autismnj.org

Autism Ambassadors: <http://autismambassadors.org>

NJ Resource Guide: www.autismspeaks.org/resource-guide/state/NJ

List of Local Autism Organizations:

www.autismspeaks.org/resource-guide/by-state/91/Local%20Autism%20Organizations/NJ

Developmental Milestones by Age:

www.autismspeaks.org/what-autism/learn-signs/developmental-milestones-age

Parent Link: www.njparentlink.nj.gov

Apps for ASD

Recreational & Educational

Alpha Writer

Dr. Suess's Hop on Pop

Camp Discovery: Objects

Every Day Functional Living

Social Skill Builder

Tantrum Tracker Lite

Week Planner for Kids

Find more Apps for ASD at:

www.autismspeaks.org/autism-apps

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Autism What To Do After Your Child's Diagnosis



Finding out can be hard...
Learn how we can help.



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