

After an Autism Spectrum Disorder (ASD) is identified, families are sometimes unsure what to do next. The amount of information on ASD can be overwhelming. This guide provides basic information about next steps, resources in your area, and support in your community.

This guide was developed to assist families when their child receives an ASD diagnosis. It is intended to give you a starting point for accessing resources in your area.

Below are some key topics related to Autism Spectrum Disorders you may want to explore. Be sure to discuss your interest in specific topics with your child's healthcare provider since only some therapies have evidence of benefit.

- Behavioral Therapies
- Biomedical Interventions
- Communication Tools
- Developmental Models
- Early Intervention
- Medications
- Nutrition
- Occupational Therapy
- Physical Therapy
- Recreation
- Sensory Integration Therapy
- Special Education
- Speech Therapy
- Social Skills Development
- Support Groups
- Vision Therapy



Your journey is just beginning. Please know that you are not alone as you chart your course and navigate through available resources.

PLACES TO START



Autism Society of Oregon

1-888-AUTISM-1 | <http://autismsocietyoregon.org/>

Autism Speaks 100 Day Tool Kit

1-888-288-4762 | www.autismspeaks.org

CaCoon (CAre COordination) Program

503-494-8303 | www.occyshn.org

Disability Rights Oregon

503-243-2081 | www.disabilityrightsoregon.org

FACT (Family and Community Together)

1-888-988-FACT | www.factoregon.org

Help Autism Now

503-371-6791 | www.helpautismnow.com

Inclusive Child Care Program

1-866-837-0250 | www.oregoninclusivecc.org

Oregon Family to Family Health Information Center

1-855-323-6744 | www.oregonfamilytofamily.org

Swindells Child Disability Resource Center

1-800-833-8899 ext. 52429

www.providence.org/childcenter

The Arc of Oregon

1-877-581-2726 | www.arcoregon.org



www.orcommissionasd.org

www.occyshn.org

Alternate formats available upon request
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SERVICES FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS



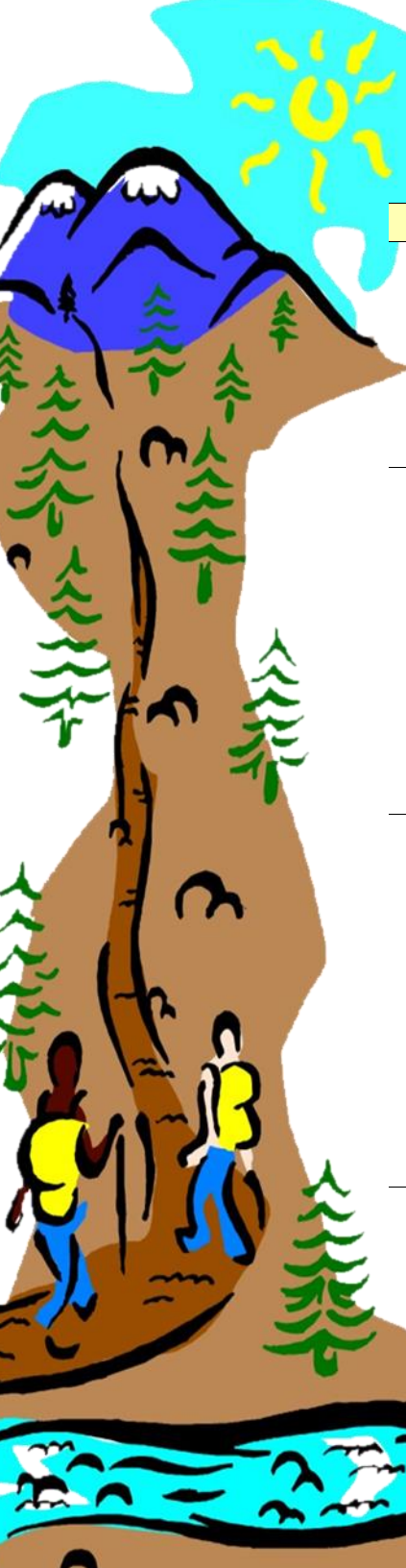
NAVIGATING YOUR WAY





BAKER, CROOK, DESCHUTES, GILLIAM,
GRANT, HARNEY, JEFFERSON,
MALHEUR, MORROW, SHERMAN,
UMATILLA, UNION, WALLOWA, AND
WHEELER COUNTIES

OREGON

NAVIGATING LOCAL SYSTEMS OF SUPPORT

This navigation map gives families with children newly identified as having an Autism Spectrum Disorder (ASD) an overview of programs and services available. **Your journey may begin in any one of these systems of support.** If your child is not eligible for services within a particular system, seek help in the other systems of support.



Systems of Support	Steps to Take	Resources to Explore
MEDICAL 	<ul style="list-style-type: none"> <input type="checkbox"/> Start with your child's health care provider. <input type="checkbox"/> Obtain a comprehensive developmental evaluation by a developmental pediatrician, child neurologist and/or child psychologist. <p>TIP: Start a file for evaluations, contact records, action plans and reports for each system of support.</p>	Artz Center 503-228-6479 www.artzcenter.org The Children's Hospital at Legacy Emanuel Pediatric Development & Rehabilitation Program 503-413-4505 www.emanuelchildrens.org Oregon Health & Science University, Child Development and Rehabilitation Center 1-800-637-0700 (Eugene) or 1-800-452-3563 (Portland) www.ohsu.edu/cdrc Providence Neurodevelopmental Center for Children 503-215-2233 www.providence.org/childcenter
EDUCATION 	<ul style="list-style-type: none"> <input type="checkbox"/> Request an eligibility evaluation. <input type="checkbox"/> Birth to Age 5: If eligible, develop an annual Individual Family Service Plan (IFSP) and receive Early Intervention/Early Childhood Special Education (EI/ECSE). <input type="checkbox"/> At 5 Years and Older: If eligible, develop an Individual Education Plan (IEP) through your local school district or Education Service District. 	Grant County Education Service District 541-575-1349 www.grantesd.k12.or.us Harney Education Service District 541-573-2426 www.harneyesd.k12.or.us High Desert Education Service District (Crook & Deschutes) 541-693-5600 www.hdesd.org Jefferson County Education Service District 541-475-2804 www.jcesd.k12.or.us Malheur Education Service District 541-473-3138 www.malesd.k12.or.us North Central Education Service District (Gilliam, Sherman, Wheeler) 541-565-3600 or 1-800-450-2732 www.ncesd.k12.or.us Wallowa County Education Service District 541-426-4997 www.wallowaesd.k12.or.us InterMountain Education Service District (Baker, Morrow, Umatilla, Union) 541-276-6616 or 1-888-437-6892 www.imesd.k12.or.us
DEVELOPMENTAL DISABILITY SERVICES 	<ul style="list-style-type: none"> <input type="checkbox"/> Start the intake process with your County Developmental Disability Program to determine eligibility for supports and resources. <input type="checkbox"/> Develop an Annual Child Plan for case management and support services coordinated through the County Developmental Disability Program. 	(Baker) Mountain Valley Mental Health & DD 541-523-3646 Crook County Mental Health Program 541-447-7441 Deschutes County DD Program 541-322-7554 (Gilliam) Community Counseling Solutions 541-676-9161 (Grant) Community Counseling Solutions & DD Services 541-575-1466 (Harney) Community Counseling Solutions & DD Services 541-573-7621 Jefferson County DD Services 541-475-6575 (Malheur) Lifeways, Inc. 541-889-9167 (Morrow) Community Counseling Solutions 541-676-9161 (Sherman) Mid-Columbia Center for Living 541-296-5452 County DD Program for Umatilla County 541-276-0452 (Union) Center for Human Development Inc. 541-962-8800 Wallowa Valley Center for Wellness 541-426-4524 (Wheeler) Community Counseling Solutions 541-676-9161
COMMUNITY 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in support / advocacy group(s) for families experiencing Autism Spectrum Disorders. 	Community resources are listed on the back cover of this guide under "Places to Start."

Learn the Signs. Act Early.
 If you suspect that your child has an ASD or developmental delay that has not yet been formally identified, take action! Learn more by visiting www.cdc.gov/ActEarly.