

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](http://www.autismspeaks.org)

### CaCoon (CAre COordinatiON) Program

503-494-8303 | [www.occyshn.org](http://www.occyshn.org)

### Disability Rights Oregon

503-243-2081 | [www.disabilityrightsoregon.org](http://www.disabilityrightsoregon.org)

### FACT (Family and Community Together)

1-888-988-FACT | [www.factoregon.org](http://www.factoregon.org)

### Help Autism Now

503-371-6791 | [www.helpautismnow.com](http://www.helpautismnow.com)

### Inclusive Child Care Program

971-673-2286 or 1-866-837-0250

[www.oregoninclusivecc.org](http://www.oregoninclusivecc.org)

### Oregon Family to Family Health Information Center

1-855-323-6744 | [www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org)

### Swindells Child Disability Resource Center

503-215-2429 | Portland

[www.providence.org/childcenter](http://www.providence.org/childcenter)

### The Arc of Oregon

1-877-581-2726 | [www.arcoregon.org](http://www.arcoregon.org)



[www.orcommissionasd.org](http://www.orcommissionasd.org)

[www.occyshn.org](http://www.occyshn.org)

Alternate formats available upon request

Metro | May 2015

# SERVICES FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS







## NAVIGATING YOUR WAY

CLACKAMAS, CLATSOP, COLUMBIA,  
HOOD RIVER, MULTNOMAH, WASCO &  
WASHINGTON 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
<b>MEDICAL</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Start with your child's health care provider.</li> <li><input type="checkbox"/> Obtain a comprehensive developmental evaluation by a developmental pediatrician, child neurologist and/or child psychologist.</li> </ul> <p><b>TIP:</b> Start a file for evaluations, contact records, action plans and reports for each system of support.</p>	<p><b>Children's Developmental Health Services</b> 503-228-6479   <a href="http://www.albertinakerr.org">www.albertinakerr.org</a></p> <p><b>The Children's Hospital at Legacy Emanuel Pediatric Development and Rehabilitation Program</b> 503-413-4505   <a href="http://www.emanuelchildrens.org">www.emanuelchildrens.org</a></p> <p><b>Oregon Health &amp; Science University Child Development and Rehabilitation Center</b> 1-800-452-3563   <a href="http://www.ohsu.edu/cdrc">www.ohsu.edu/cdrc</a></p> <p><b>Providence Neurodevelopmental Center for Children</b> 503-215-2233   <a href="http://www.providence.org/childcenter">www.providence.org/childcenter</a></p>
<b>EDUCATION</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Request an eligibility evaluation.</li> <li><input type="checkbox"/> <b>Birth to Age 5:</b> If eligible, develop an annual Individual Family Service Plan (IFSP) and receive Early Intervention/Early Childhood Special Education (EI/ECSE).</li> <li><input type="checkbox"/> <b>At 5 Years and Older:</b> If eligible, develop an Individual Education Plan (IEP) through your local school district or Education Service District.</li> </ul>	<p><b>Clackamas Education Service District</b> 503-675-4000   <a href="http://www.clackesd.k12.or.us">www.clackesd.k12.or.us</a></p> <p><b>Multnomah Education Service District</b> 503-262-4100   <a href="http://www.mesd.k12.or.us">www.mesd.k12.or.us</a></p> <p><b>Columbia Gorge Education Service District (Hood River &amp; Wasco Counties)</b> 541-298-5155   <a href="http://www.cgesd.k12.or.us">www.cgesd.k12.or.us</a></p> <p><b>Northwest Regional Education Service District (Clatsop, Columbia &amp; Washington Counties)</b> 503-614-1428   <a href="http://www.nwresd.k12.or.us">www.nwresd.k12.or.us</a></p>
<b>DEVELOPMENTAL DISABILITY SERVICES</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Start the intake process with your County Developmental Disability Program to determine eligibility for supports and resources.</li> <li><input type="checkbox"/> Develop an Annual Child Plan for case management and support services coordinated through the County Developmental Disability Program.</li> </ul>	<p><b>Clackamas County Social Services/DD</b>   503-557-2824</p> <p><b>(Clatsop) Columbia Community Mental Health, Inc.</b> 503-325-1588</p> <p><b>Columbia Community Mental Health</b> 1-800-294-5211 or 503-397-5211</p> <p><b>Hood River &amp; Wasco Counties Mid-Columbia Center for Living</b>   541-296-5452</p> <p><b>Multnomah County DD Program</b>   503-988-3658</p> <p><b>Washington County DD Program</b>   503-846-3150</p>
<b>COMMUNITY</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in support / advocacy group(s) for families experiencing Autism Spectrum Disorders.</li> </ul>	<p>Community resources are listed on the back cover of this guide under "Places to Start."</p>

## 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](http://www.cdc.gov/ActEarly).