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/fhs/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

Funded by the
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In cooperation with the
Sussex County Department of
Environmental and
Public Health Services

Sussex County New Jersey

Public Health

Special Child Health Services
201 Wheatsworth Road
Hamburg, NJ 07419

Phone: (973) 948-5239
Fax: (973) 948-2270

www.sussex.nj.us/health

Autism What To Do After Your Child's Diagnosis

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

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Hamburg, NJ 07419

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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?

- 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/fhs/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.

Become an Advocate

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**