

What to Do While Waiting for an Autism Center Appointment

This handout includes resources that may help you while waiting for your child's appointment at the Seattle Children's Autism Center.

Early intervention and educational services in Washington

For children birth to 3

Children with developmental delays may qualify for early intervention services even before they have a formal evaluation or get a diagnosis. For children under the age of 3, services are most often provided by local centers know as Birth to Three Centers or Neurodevelopmental Centers.

To find out more about early intervention services in Washington, contact:

- Family Health Hotline at 1-800-322-2588
- WA State Department of Children, Youth and Families website at dcyf.wa.gov/services/child-development-supports/esit

For children over 3

IDEA, the Individuals with Disabilities Education Act, is a law that ensures that all children with special needs have access to free and appropriate public education. Children who qualify for IDEA services continue to receive educational services when they turn 3, through a family's local school district. These services are often provided through developmental preschools. A diagnosis of autism is not required to get services.

To find out more, contact your local school district by visiting the Washington State Office of Superintendent of Public Instruction website at K12.wa.us/maps/SDmainmap.aspx or call 360-725-6000.

Speech and occupational therapy services

Your health insurance may cover speech and occupational therapies for communication, social, motor and sensory delays and deficits. Contact your insurance provider to find out which services and providers are covered.

Other options for getting your child evaluated

Centers of excellence list

Other options for getting your child evaluated can be found through the Washington State Health Care Authority Centers of Excellence list at hca.wa.gov/assets/billers-and-providers/index-coe-applied-behavioral-analysis.pdf. You can also contact your insurance company and ask them for a list of providers who can evaluate your child.

To Learn More

- Autism Center
206-987-8080, or 1-877-987-2000
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Autism research

Taking part in research is a possible way to have your child evaluated for autism. Seattle Children's Research Institute and The University of Washington Autism Center (UWAC) both offer research opportunities that might include an evaluation for autism. This option may or may not provide family support, guidance, or follow up care. We recommend you consider keeping your referral at Seattle Children's Autism Center to establish care and receive ongoing support.

To learn more about autism research opportunities:

- Seattle Children's Research Division
206-884-8266
seattlechildrens.org/research
- University of Washington Research
877-408-8922
depts.washington.edu/uwautism/research/index.html

Suggested reading and websites

Seattle Children's Autism Center

seattlechildrens.org/clinics-programs/autism-center/resources/

Provides autism education, support groups, Autism 101 and Autism 200 series information and The Autism Blog at theautismblog.org.

Autism Speaks: First Concerns Toolkit

autismspeaks.org/early-access-care/first-concern-action

If you have a concern about how your child is communicating, interacting or behaving, you are probably wondering what to do next. This tool kit provides you with specific resources and tools to help guide you on the journey from your first concern to action. The kit is also available in Spanish.

Autism Navigator-Family Resources

autismnavigator.com/a-seamless-path

Resources to improve early detection of autism as well as information related to intervention and strategies to support your child's learning and development.

Books

A Parent's Guide to High-Functioning Autism Spectrum Disorder: How to Meet the Challenges and Help Your Child Thrive

Sally Ozonoff, Geraldine Dawson and James McPartland, 2014

Does My Child Have Autism: A Parent's Guide to Early Detection and Intervention in Autism Spectrum Disorders

Wendy Stone and Theresa DiGeronimo, 2006

More Than Words

Fern Sussman, 2012