Tonight’s Autism 200 Series presentation, Autism 209: Autism Care Planning, will begin at 7 p.m.
Autism 209: Autism Care Planning -
Recommended Interventions, Resources and Support

Autism Center ARNP team

October 17, 2019
Introductions
Objectives for this evening

• Understand “Care Planning” at the Autism Center
• Review the essential components of “Care Planning”
• Provide families with guidance to evaluate their child’s treatment needs
• Know where to find helpful resources
Autism Spectrum Disorder (DSM-5)

Autism Spectrum Disorder

Social Communication and Social Interaction Impairment

Restricted Interests and Repetitive Behaviors
Social Communication Impairment

- Social-Emotional Reciprocity
- Non-verbal Behaviors
- Developing Relationships
Restricted/Repetitive/Atypical Behaviors

• “Stereotyped” (repetitive) behaviors
• Rigid/ inflexible behaviors
• Abnormally obsessive interests
• Sensory differences (e.g., sight, sound, touch, smell, taste)
Reason for Care Planning Visit

• Concerns and questions related to autism
  
  Suggestion: bring a list

• Overall goals and plan for the future.

• Not the time to question the diagnosis of autism.
Reason for Care Planning Visit

Concerns and questions may include:

• Making sure child in the right therapies or school program to support their development
• Are there any other medical tests to consider given the diagnosis of autism
• Help addressing activities of daily living such as diet/feeding, sleep, toileting
• Behavior concerns including aggression, self-injury, safety
• Questions about other mental health issues like ADHD, anxiety, depression
• Questions about medications or supplements
• Help accessing resources or support groups
• Questions about FMLA
Usual Components of the Visit

(But not every visit is the same!)
Health History

Why do we gather health history?

- Differentiate issues related to ASD from issues related to other medical history
- Guidance for recommendations
- Identify gaps in care
- Future monitoring of related health concerns
Health History

Birth History
• Complications during pregnancy and/or birth
• Prenatal exposures to alcohol, drugs, tobacco, medications
• Gestational age: premature infants may have developmental delays
• Birth weight
• Neonate period: History of infections, failure to thrive

Hospitalizations, significant illnesses, injuries
• Medical issues contributing to behaviors
Health History

Prior evaluations and diagnostic studies

- Where and when was the child diagnosed with autism and by whom?
- Medical specialists: neurology, genetics, gastroenterology, psychiatry, sleep
- Prior developmental assessments (speech evaluation, OT, PT)
- Educational assessments: review IEP, cognitive testing
- Psychiatric assessments: diagnoses such as anxiety, depression, ADHD
- Hearing assessment
- Diagnostic imaging
- Genetic testing

Current medications and/or medication history
Review of Systems

• Determine if any current medical concerns are contributing to the overall picture
• Focus on common medical issues seen in ASD and any concerns family may have
Review of Systems

General Growth
• Any concerns for weight gain/loss, growth curve, head size

Sleep
• Difficulty falling/staying asleep, restlessness, snoring

GI
• Constipation, Diarrhea, Stomach Pain

Eating Habits
• Picky eater, rigidity/rituals around food, food seeking

Hearing/Vision

Seizures/Staring Spells
Observations

• Height/weight/head circumference, possibly blood pressure
• Looking at facial features
• How are they moving/manipulating objects
• How are they playing
• How do they communicate
• Other ASD features
  Transitions
  Repetitive movements
  Interactions
Current Development

ASD symptoms that interfere with daily tasks

• Social skills (conversation skills, asking for help, building friendships, interactions with family)

• Repetitive behaviors (difficulty with change/transitions, literal thinking, restricted interests)

• Current Development – Determining current functioning and where support is most needed
Current Development

Adaptive skills

- Life skills – bathing, dressing, feeding, problem solving, making choices, safety awareness, academics
- Medical specialists: neurology, genetics, gastroenterology, psychiatry, sleep

Behavior

- Triggers
- Management attempts and response
- Goals for behavior
Mental Health

Determining what, if any, mental health problems may be affecting:

• Skills
• Learning
• Motivation
• Behavior
Mental Health

• Is the child currently being treated for mental health concerns (anxiety, depression, mood disorder, behavior challenges, ADHD)?
  
  Who is treating?
  
  Response?

• Usual mood

• Predictability

• Change in behavior or adaptive skills

• Recent changes to routine or environment
Autism Center Care Plan Visit

• Education – Child Specific

• 504-Plan
  Accommodations

• Individualized Education Program (IEP)
  Goals and Services – speech therapy, social skills, OT/PT, other

• Classroom-Type
Recommendations/Plan

• Based on issues identified in the visit and may include:
  - Health recommendations (e.g. sleep, constipation, physical activity)
  - Outside therapy referrals, medical referrals (at Children’s or back to PCP)
  - Possible recommendations for lab work (orders or refer back to PCP)
  - Recommendations for education resources
  - Social skills resources

• Resources

  [Autism Speaks](#)
  - [The Autism Blog](#), [Autism 200 series](#), [Autism Center Website](#)
  - State & Federal supports (DDA, SSI, DVR)
Autism Family Support and Resources

Seattle Children’s Autism Center

- Parent Education: Understanding Autism
- Education: School Services
- Applied Behavior Analysis (ABA)
- Speech Therapy
- Social Skills
- Sibling and Family Support
- State and Federal Disability Services
- Mental Health Services
- Research Opportunities
- Basic Needs
- Legal Supports
- Medication Management
- Safety/Wandering
- Insurance: Medicaid or Private

Patient and Family
Autism Family Support and Resources

Adult Population

Transition and Adulthood:
Pathway to a meaningful Life

- Developmental Disabilities Admin
- Services and supports for non DDA population
- Supplemental Security Admin
- Medicaid Insurance
- Guardianship or Power of Attorney
- Therapy (ABA, Speech, OT, Life skills, Social skills)
- Education
- Housing
- Employment
- Community Participation
- Relationships/Sexuality
- Finances/Special Needs Trust
- Advocacy (for parents and for autistic adults)
- Legal Resources
Take-home Points

- Care planning is a process and it is collaborative with your child’s whole team
  
  Not every visit is the same
  
  We may not address every concern in one visit
  
  Keep in touch with your PCP
  
  Our role is to partner with families and provide support as needed over time
    
    Work through challenges
    
    Celebrate successes!
Any Questions?