



Tonight's Autism 200 Series presentation,
Autism 209: Autism Care Planning, will begin at 7 p.m.



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Autism 209: Autism Care Planning - Recommended Interventions, Resources and Support

Autism Center ARNP team

October 17, 2019



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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

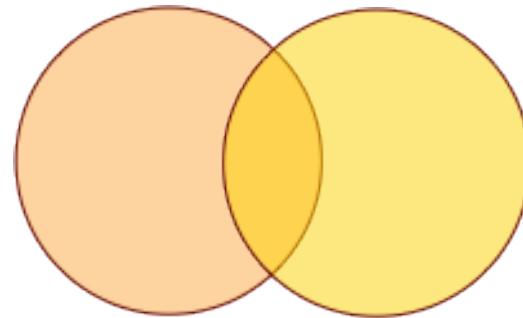


Autism Spectrum Disorder (DSM-5)



Autism
Spectrum
Disorder

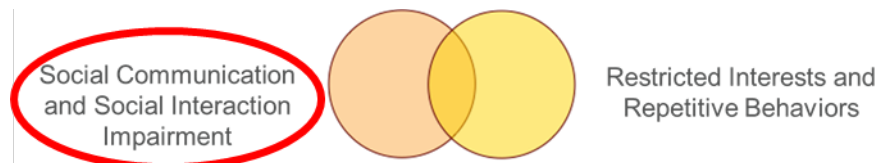
Social Communication
and Social Interaction
Impairment



Restricted Interests and
Repetitive Behaviors



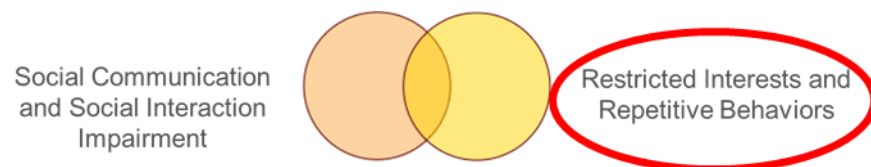
Social Communication Impairment



- 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](#)

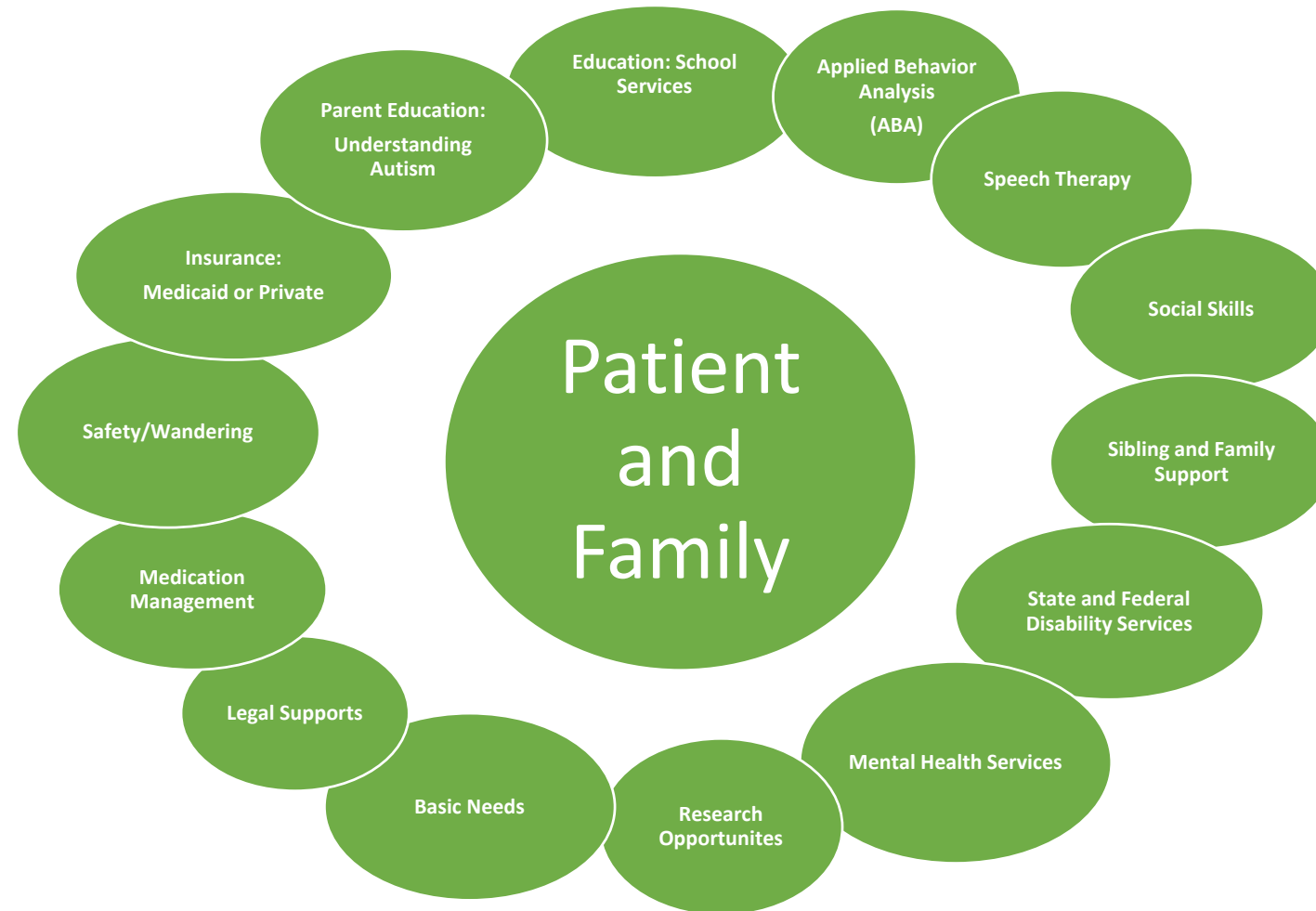
[The Autism Blog](#), [Autism 200 series](#), [Autism Center Website](#)

State & Federal supports (DDA, SSI, DVR)

Autism Family Support and Resources



Seattle Children's Autism Center





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?



Olivia



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