

Newly Identified with Autism

A Caregiver's Resource
for Connecting to the
Support you Need



If your child or loved one has been recently identified as Autistic, you likely have a lot of questions. You might feel overwhelmed, uncertain, and unsure of what to do next. These feelings are common, and the Autism Society is here to support you.

Being identified with Autism doesn't change who your child or loved one is, they're still the same person you've known and loved every step of the way. You can use this new information to better understand your child's experiences. And while it may feel overwhelming, being identified opens doors to valuable resources and support for your family. As their strongest advocate, this understanding will help you meet their needs and ensure they have the support they need to thrive.

You aren't alone on this journey. Connecting with other families, community groups, and resources can provide invaluable support. Here are a few ideas on what to do next:

Learn About Autism

The more you understand about Autism, the better you'll be able to support your child and make informed decisions about services that are best aligned with their individual strengths and needs.

- Check out our online Foundations of Autism Course Package through our [Training and Resource Center](#).
- Seek to learn from the lived experiences of the Autism community. There are many Autistic advocates who have written books and blogs, and many have active social media accounts sharing their experiences.

Education

Beginning with early intervention services, your local school district offers services to children with disabilities through age 21. Even if your child has a medical diagnosis of Autism, the school will do an educational evaluation to identify educational needs. Connect with your local school district to learn more about what special education services are available to you.

Interventions & Therapies

There are a range of interventions and therapies that may be helpful to your child as they grow and develop. Families should learn about the options, ask questions, and choose what they feel is in the best interest of their child and family. Each person with Autism is unique and it will be important to choose services and supports that best supports your child's specific needs. No single service or intervention is likely to meet the needs of every individual with Autism. Services and support should be offered by trained, qualified professionals. The interventions and therapies should encourage self-determination, foster community involvement, and improve quality of life.

Some options include:

- Applied Behavior Analysis (ABA)
- Assistive Technology
- Augmentative & Alternative Communication
- Occupational Therapy
- Physical Therapy
- Speech Therapy

Paying for What You Need

It is common to have questions and concerns about the cost of interventions, therapies, and other services. There may be programs in your local area to help, including:

- Private Health Insurance
- Medicaid
- Supplemental Waivers

Find Support

Processing this new diagnosis, learning about Autism and navigating next steps can be overwhelming and you may be feeling many different emotions at the same time. Connecting with others in the Autism community can reduce feelings of isolation, give you a place to turn to for support, and help you better understand the services and resources available to you.

- [Find a local Autism Society affiliate.](#)
- Research parent or caregiver support groups meeting online or in person.
- There may also be additional resources to support siblings and grandparents in your area.

Get Connected to the Resources You Need

Call the Autism Society to get connected. Every day we help families navigate their next steps after identification. We can help you understand your options, identify services available to you, and point you in the right direction for accessing local resources. Our trained Information & Referral (I&R) Specialists are here to connect you to the information and resources you need.

Get connected by calling 1.800.3AUTISM (800.328.8476) or visit the [National Helpline](#) for support.