

After an Autism Spectrum Disorder (ASD) is identified, families are sometimes unsure what to do next. The amount of information on ASD can be overwhelming. This guide provides basic information about next steps, resources in your area, and support in your community.

This guide was developed to assist families when their child receives an ASD diagnosis. It is intended to give you a starting point for accessing resources in your area.

Below are some key topics related to Autism Spectrum Disorders you may want to explore. Be sure to discuss your interest in specific topics with your child's healthcare provider since only some therapies have evidence of benefit.

- Behavioral Therapies
- Biomedical Interventions
- Communication Tools
- Developmental Models
- Early Intervention
- Medications
- Nutrition
- Occupational Therapy
- Physical Therapy
- Recreation
- Sensory Integration Therapy
- Special Education
- Speech Therapy
- Social Skills Development
- Support Groups
- Vision Therapy



Your journey is just beginning. Please know that you are not alone as you chart your course and navigate through available resources.

PLACES TO START



Autism Society of Oregon

1-888-AUTISM-1 | www.AutismSocietyOregon.org

Autism Speaks 100 Day Tool Kit

1-888-288-4762 | www.autismspeaks.org

CaCoon (CAre COordination) Program

503-494-8303 | www.occyshn.org

Creating Opportunities

503-559-0424 | www.creatingops.org

Disability Rights Oregon

503-243-2081 | www.droregon.org

Families Connected

541-343-5256 | laura.dahill@arclane.org

FACT Oregon (FACT)

503-786-6082 | info@factoregon.org

Help Autism Now Society

207-505-0307 | www.helpautismnow.com

Inclusive Child Care Program

1-866-837-0250 | www.oregoninclusivecc.org

Oregon Family to Family Health Information Center

1-855-323-6744 | www.oregonfamilytofamily.org

Swindells Resource Center

503-215-2429 | Portland
www.providence.org/childcenter

The Arc of Oregon

503-581-2726 | www.thearcoregon.org



www.orcommissionasd.org

www.occyshn.org

Alternate formats available upon request

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SERVICES FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS



NAVIGATING YOUR WAY

BENTON, LANE, LINCOLN, LINN,
MARION, POLK, TILLAMOOK,
AND YAMHILL COUNTIES

OREGON

NAVIGATING LOCAL SYSTEMS OF SUPPORT

This navigation map gives families with children newly identified as having an Autism Spectrum Disorder (ASD) an overview of programs and services available. **Your journey may begin in any one of these systems of support.** If your child is not eligible for services within a particular system, seek help in the other systems of support.

Systems of Support

Steps to Take

Resources to Explore

MEDICAL



- ☐ Start with your child's health care provider.
- ☐ Obtain a comprehensive developmental evaluation by a developmental pediatrician, child neurologist and/or child psychologist.

TIP: Start a file for evaluations, contact records, action plans and reports for each system of support.

Albertina Kerr's Children's Developmental Health Services Center | 503-228-6479 | www.childrenspdx.org

Randall Children's Hospital at Legacy Emanuel Pediatric Development and Rehabilitation
503-413-4505 | <http://www.legacyhealth.org/health-services-and-information/health-services-for-children-a-z/development-and-rehabilitation.aspx>

Oregon Health & Science University
Child Development and Rehabilitation Center
541-346-3575 or 1-800-637-0700 | www.ohsu.edu/cdrc

Providence Neurodevelopmental Center for Children
503-215-2429 | www.providence.org/childcenter

EDUCATION



- ☐ Request an eligibility evaluation.
- ☐ **Birth to Age 5:** If eligible, develop an annual Individual Family Service Plan (IFSP) and receive Early Intervention/Early Childhood Special Education (EI/ECSE).
- ☐ **At 5 Years and Older:** If eligible, develop an Individual Education Plan (IEP) through your local school district or Education Service District.

Early Childhood CARES (Lane County EI/ECSE)
541-346-2578 | www.earlychildhoodcares.uoregon.edu

Lane Education Service District
541-461-8200 | www.lesd.k12.or.us

Linn, Benton, Lincoln Education Service District
541-812-2600 | www.lblesd.k12.or.us

Northwest Regional Education Service District (Tillamook)
503-614-1428 | www.nwesd.k12.or.us

Willamette Education Service District
(Marion, Polk, Yamhill) | 503-588-5330 | www.wesd.org

DEVELOPMENTAL DISABILITY SERVICES



- ☐ Start the intake process with your County Developmental Disability Program to determine eligibility for supports and resources.
- ☐ Develop an Annual Child Plan for case management and support services coordinated through the County Developmental Disability Program.

Benton County DD Program | 541-766-6847

Lane County DD Services Program | 541-682-3695

Lincoln County DD Services | 541-574-5960

Linn County DD Program | 541-967-3890

Marion County DD Services | 503-588-5288

Polk County DD Program | 503-831-5969

Tillamook County Mental Health Program | 503-842-8201

Yamhill County DD Program | 503-434-7460

COMMUNITY



- ☐ Participate in support / advocacy group(s) for families experiencing Autism Spectrum Disorders.

Community resources are listed on the back cover of this guide under "Places to Start."

Learn the Signs. Act Early.

If you suspect that your child has an ASD or developmental delay that has not yet been formally identified, take action! Learn more by visiting www.cdc.gov/ActEarly.