

AGES BIRTH - 5 LIFESPAN CHECKLIST



The following is a brief checklist of things to help you get started. This checklist is meant to serve as a guide only and is not exhaustive of all services and supports you should explore for your child or family member. For the supporting information and details, visit

www.pathfindersforautism.org/autism-by-age

EARLY INTERVENTION

- Contact your local Infants and Toddlers Program (ages birth – 3)
- Contact your local Family Support Network (ages birth – 3)
- Contact your local Child Find office (ages 3-21)
- Contact your local Preschool Partners (ages 3-5)
- Prepare to transition from Early Intervention Services to the local school system
- Explore Additional Early Intervention Resources

HEALTH AND MEDICAL CARE, AND RELATED THERAPEUTIC INTERVENTIONS

- Understand the definitions for Autism Spectrum Disorders (ASD), and why a person should be diagnosed.
- Learn about treatment options and therapies
- Sign up for the Autism Waiver Registry
- Apply to the Developmental Disabilities Administration (DDA)
- Investigate Behavior Supports if you need them
- Develop a system to organize your paperwork
- Develop a good group of providers and supports that will continue to work with your family on a long term basis
- Explore funding options for medical care
- Learn more about Medical Assistance
- Explore Dental Resources
- Explore Miscellaneous Medical and Health Resources

COMMUNICATION TOOLS

- Learn all you can about Assistive Technology services available
- Explore Financial assistance for Assistive Technology

EDUCATION

- Learn about the special education process and IEPs
- Learn about 504 Plans (Kindergarten and older)
- Contact your local Family Support Network
- Prepare to transition from Early Intervention Services to the local school system
- Contact your local Preschool Partners
- Explore daycare and preschool options
- Understand your student's placement options
- Get involved with your local Special Education Citizen's Advisory Committee (SECAC) or the Maryland Special Education State Advisory Committee (SESAC)
- Develop a system to organize education records
- Explore Additional Education and Special Education Resources
- Consider homeschooling as an educational option

SOCIAL AND RELATIONSHIPS

- Help your child learn about appropriate social skills
- Develop the recreational and leisure activities that your child enjoys

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SAFETY

- Teach your child about stranger danger
- Discuss what is appropriate talk and touch
- Address wandering and elopement
- Explore additional safety resources

FUNDING FOR SERVICES AND LEGAL ISSUES

- Review the “Financial Things Every Parent of a Child with Autism Needs to Know”
- Sign up for the Autism Waiver
- Determine if your child is eligible for Social Security Benefits
- Apply to the Developmental Disabilities Administration (DDA)
- Investigate Low Intensity Support Services (LISS)
- Learn about life planning tools and options
- Develop a system to organize financial and legal records

SUPPORT: SUPPORT GROUPS AND RESPITE

- Network with others at a support group
- Identify your support system
- Explore daycare options
- Take care of yourself, your spouse, your other children
- Investigate respite care options
- Involve your other children

ADVOCACY

- Learn how to be an advocate for your child