



"The thought of diagnosing a child with autism can be daunting to physicians. This book - filled with clever illustrations and easy explanations - is a great tool for physicians and other care givers trying to deal with this issue. Thank you to the Help Autism Now Society and Autism Canada for putting together a very helpful resource that can easily be used by anyone involved in the early detection of autism."

*Dr. Wendy Edwards
Pediatrician
Chatham, ON*

"I have gone through the Autism Physician Handbook materials and found the information presented to be a truly excellent and a very creative visual resource for physicians, educators and other caregivers working with young children."

*Dr. Suzanne Lewis
Clinical Professor
University of British Columbia*

"With the generous help and tireless work of the Help Autism Now Society, Autism Canada has been able to bring this important resource north of the border. Complete with an extensive list of Canadian and international resources, the handbook will certainly allow thousands of families to get the help they need."

*Laurie Mawlam
Executive Director
Autism Canada Foundation*



AUTISM PHYSICIAN HANDBOOK

Canadian Edition



HANS **Help
Autism
Now
Society**

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Acknowledgements



We would like to thank the Help Autism Now Society for all the hard work they have put into this handbook and for so graciously allowing us to modify it to suit the needs of Canadians. It is an excellent resource to have, and the ability to add our distinctly Canadian content will only serve to make it more accessible and to help a far greater number of families.



Autism Canada Foundation's Message



Autism Canada is committed to finding the answers for all Canadians affected by Autism Spectrum Disorders (ASD). We consider ourselves to be among the leaders of the growing community of dedicated families, professionals and caregivers who share this common goal.

At Autism Canada, we:

- Support Canadians by providing biomedical and behavioural treatment information to help those affected by autism;
- Expand health care professionals' knowledge and awareness of autism as a treatable illness affecting the whole body;
- Work to influence policy within governments to provide public health initiatives and policy change;
- Enable research into the causes and treatments for autism.

We support a "multi-disciplinary", holistic approach to treating individuals with ASD, combining biomedical, nutritional and behavioural treatments. We encourage all parents to seek treatment options in all modalities, to seek the support of other families with children with ASD, and to partner with informed Health Care Professionals to provide the best care for their child.

Founded in 2002 by a group of parents, Autism Canada Foundation is a registered Canadian charitable organization dedicated to providing support and guidance to parents and caregivers of individuals with ASD. We have a dedicated, passionate board of directors who come from a wide variety of professional backgrounds, and the majority of them have experience caring for children with autism.

We believe there is hope for the tens of thousands of Canadian families impacted by autism. The search for a cause and cure continues to make great strides. At Autism Canada, we feel a responsibility to support meaningful research while helping parents, physicians and other caregivers make informed choices.

Of course, our organization could not possibly continue to provide support were it not for generosity of our dedicated donors and volunteers. Please visit us at www.autismcanada.org to learn how you can donate or volunteer to help us continue -

*Changing Minds, Changing Lives.
Changing the Course of Autism.*

Autism Canada Foundation

www.autismcanada.org

P.O. Box 366, Bothwell, Ontario N0P1C0

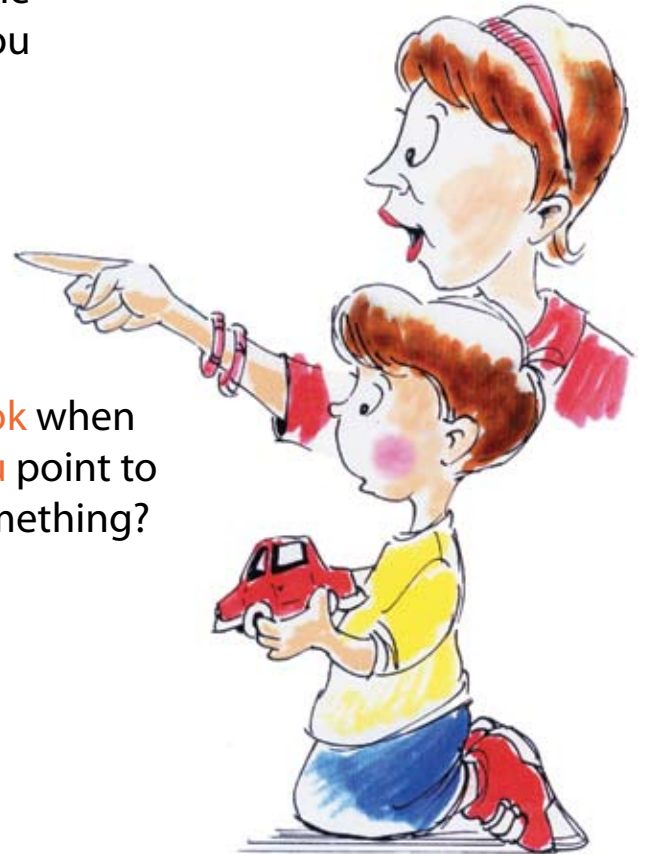
info@autismcanada.org

Registered Charitable Organization 86587 8466 RR0001

At 18 months of age Does your child ...



1. Look at you and point when he/she wants to show you something?



2. Look when you point to something?



3. Use imagination to pretend play?

If the answer is **NO**,
your child may be at risk
for **AUTISM**. Please
alert your physician today.

CHAT (Checklist for Autism in Toddlers)

Page 1 of 2 (To be completed at 18-month visit)

Section A: To be completed by parent

- | | | |
|---|-----|----|
| 1. Does your child enjoy being swung, bounced on your knee, etc? | Yes | No |
| 2. Does your child take an interest in other children? | Yes | No |
| 3. Does your child like climbing on things, such as up stairs? | Yes | No |
| 4. Does your child enjoy playing peek-a-boo/hide-and-seek? | Yes | No |
| 5. Does your child ever PRETEND, for example, to make a cup of tea using a toy cup and teapot, or pretend other things? | Yes | No |
| 6. Does your child ever use his/her index finger to point, to ASK for something? | Yes | No |
| 7. Does your child ever use his/her index finger to point, to indicate INTEREST in something? | Yes | No |
| 8. Can your child play properly with small toys (e.g. cars or bricks) without just mouthing, fiddling or dropping them? | Yes | No |
| 9. Does your child ever bring objects over to you (parent) to SHOW you something? | Yes | No |

Section B: Physician or healthcare provider

- | | | |
|---|-----|----|
| 1. During the appointment, has the child made eye contact with you? | Yes | No |
| 2. Get child's attention, then point across the room at an interesting object and say 'Oh look! There's a (name of toy)!' Watch child's face. Does the child look across to see what you are pointing at? | Yes | No |
| 3. Get the child's attention, then give child a miniature toy cup and teapot and say 'Can you make me a cup of tea?' Does the child pretend to pour out tea, drink it, etc.? | Yes | No |
| 4. Say to the child 'Where's the light?', or 'Show me the light'. Does the child POINT with his/her index finger at the light? | Yes | No |
| 5. Can the child build a tower of bricks?
(If so, how many _____) | Yes | No |

B2: To record Yes on this item, ensure the child has not simply looked at your hand, but has actually looked at the object you are pointing at.

B3: If you can elicit an example of pretending in some other game, score a Yes on this item.

B4: Repeat this with 'Where's the teddy?' or some other unreachable object, if child does not understand the word light. To record Yes on this item, the child must have looked up at your face around the time of pointing.

(See next page for scoring recommendations)

CHAT (Checklist for Autism in Toddlers)

Page 2 of 2

CHAT key items	Section A
	A5: Pretend play
	A7: Protodeclarative pointing
	Section B
	B2: Following a point
	B3: Pretending
	B4: Producing a point
CHAT non-key items	Section A
	A1: Rough and tumble play
	A2: Social interest
	A3: Motor development
	A4: Social play
	A6: Protoimperative pointing
	A8: Functional play
	A9: Showing
	Section B
	B1: Eye contact
	B5: Tower of bricks

Risk Assignment

High risk for autism group	Fail (NO answer) A5, A7, B2, B3, B4
Medium risk for autism group	Fail A7, B4 (but not in high risk group)
Low risk for autism group	Not in other two risk groups

Management recommendations:

High risk group:	Refer to developmental clinic as well as ESD (Educational Services Department).
Medium risk group:	High suspicion – refer as above Low suspicion – Re-test in one month
Low risk group:	If there are any NO answers, re-test in one month.

Behavioral Symptoms of Autism



Social

Communication

Bizarre / Repetitive Behaviours

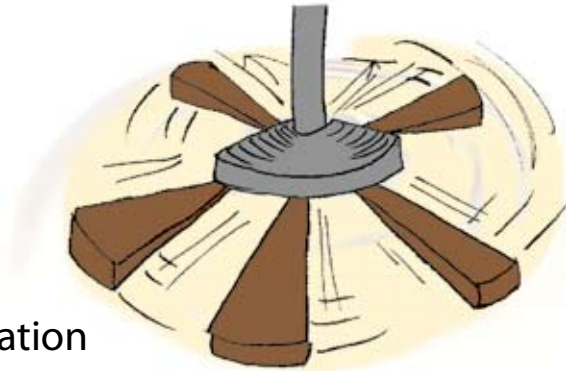
Motor

Sensory Overload

Sensory

Self Injurious

Safety



Behavioural Symptoms of Autism



SOCIAL ISSUES

May show no interest in other children playing



May be vicious
with siblings

May sit alone in
crib screaming
instead of calling
out for mother



May not
notice when
parent leaves
or returns
from work



Behavioural Symptoms of Autism



SOCIAL ISSUES

May show no interest in Peek-a-Boo or other interactive games



May strongly resist being held, hugged or kissed by parents



May not raise arms to be picked up from crib when someone reaches out to pick him up

Behavioural Symptoms of Autism



COMMUNICATION ISSUES

Children with autism are often unaware of their environment and may have difficulty with eye-contact. As a result they may seem uninterested in communication of any kind.

When they do need something they often resort to "Hand-Leading". The child places the parent's hand on the object he desires, so using the parent or adult as a TOOL to get what they want. Typical children communicate their needs by verbalizing, or non-verbal methods such as pointing.



Avoids eye-contact



Hand-Leading



Behavioural Symptoms of Autism



BIZARRE / REPETITIVE BEHAVIOURS



Flapping



Staring at ceiling fan



Spinning

Lining up toy cars



Behavioural Symptoms of Autism



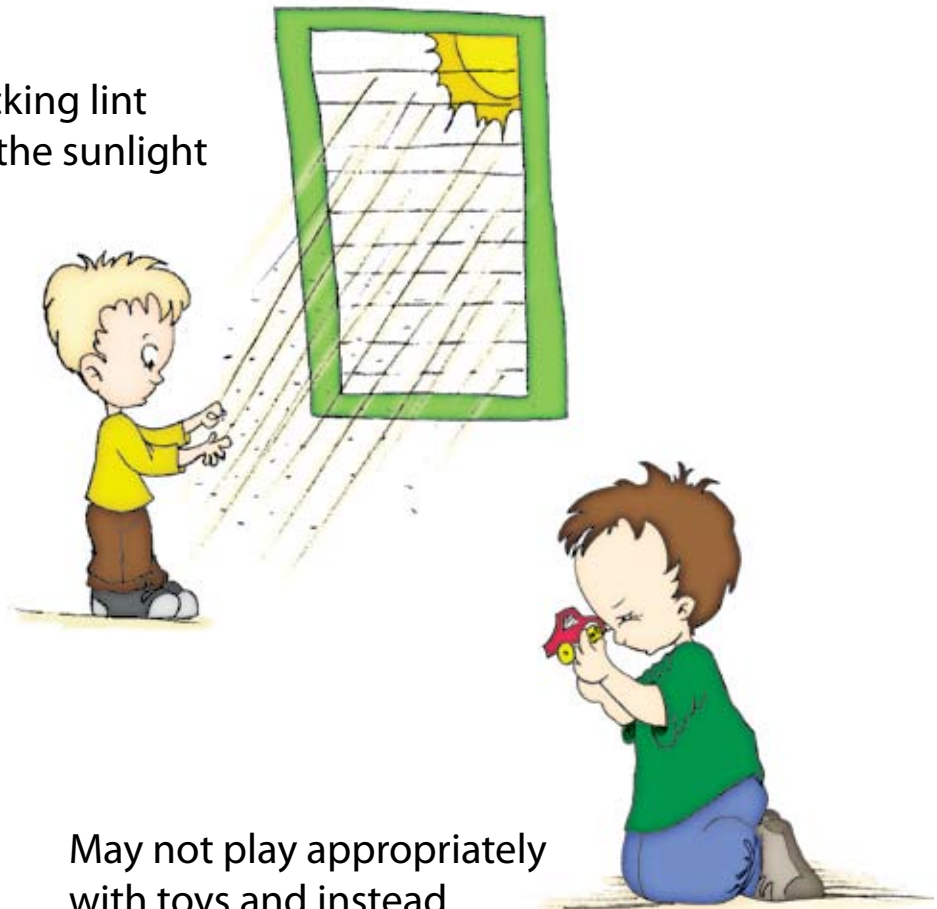
BIZARRE / REPETITIVE BEHAVIOURS



May show no interest in toys but get attached to objects like a space-heater



Picking lint in the sunlight



May not play appropriately with toys and instead focuses only on one aspect, like spinning the wheels of a toy car

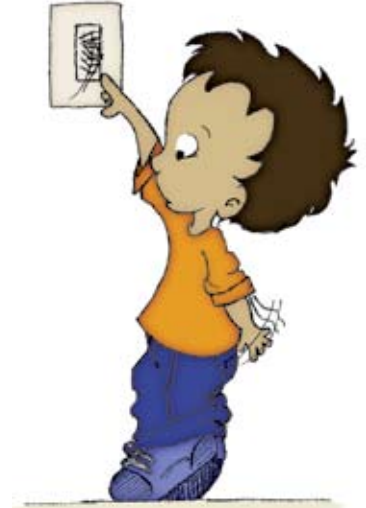
Behavioural Symptoms of Autism



BIZARRE / REPETITIVE BEHAVIOURS



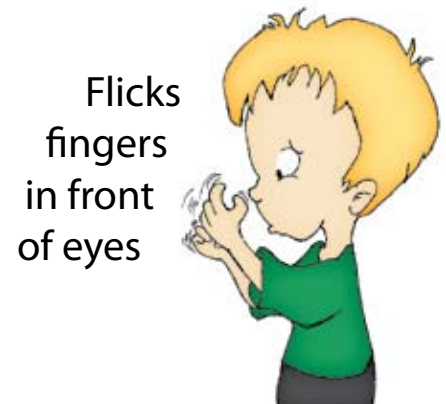
Rocking



Obsessively
switching light
on and off



Eats unusual
objects like clothes,
mattress or drapes



Flicks
fingers
in front
of eyes

Behavioural Symptoms of Autism



BIZARRE / REPETITIVE BEHAVIOURS

Finds ways
to get
deep-pressure
applied to body



Smearing feces



Finds ways to get
heavy impacts
to body



Behavioural Symptoms of Autism



MOTOR ISSUES

Children with autism can exhibit motor abnormalities. Some may have exceptional motor skills in one area yet could be impaired in others.



Fine Motor Deficits



Poor coordination



Toe-walking



Depth Perception Deficit

Behavioural Symptoms of Autism



MOTOR ISSUES

Even children who exhibit typical motor skills, may have difficulty with activities like tricycles, ride-on trucks, etc.



OR



Unable to ride tricycles, or trucks



Behavioural Symptoms of Autism



SENSORY OVERLOAD



A child with autism may have extreme difficulty tolerating music, noise, textures and new experiences or environments. The greater number of sensory exposures, the more likely a behavioural melt-down will occur.

Behavioural Symptoms of Autism



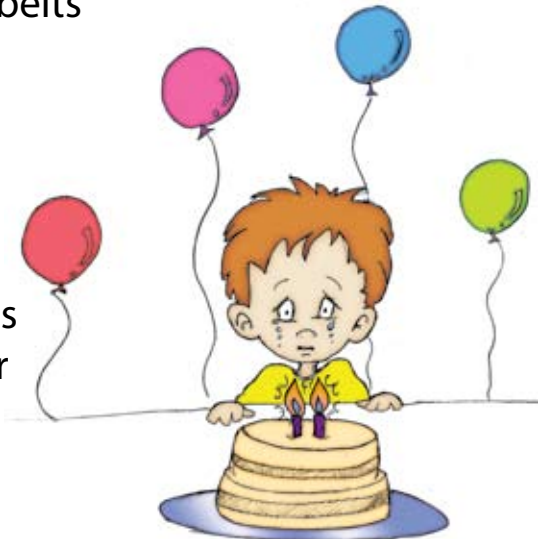
SENSORY ISSUES

Extreme difficulty with haircuts



Unable to tolerate seat belts

May not like new experiences such as birthday candles or balloons



May be almost impossible to bathe

Behavioural Symptoms of Autism



SENSORY ISSUES

Gags at common household smells



May have difficulty tolerating music



Spinning objects close to face



May appear deaf, not startle at loud noises but at other times hearing seems normal



Behavioural Symptoms of Autism



SENSORY ISSUES



May have difficulty wearing outdoor clothing in winter



Resists having clothing changed



May rip at own clothes, labels and seams



During summer may insist on wearing winter clothing

Behavioural Symptoms of Autism



SELF INJURIOUS BEHAVIORS



Head-banging



Self-biting
with no
apparent
pain



Ripping and
scratching
at skin

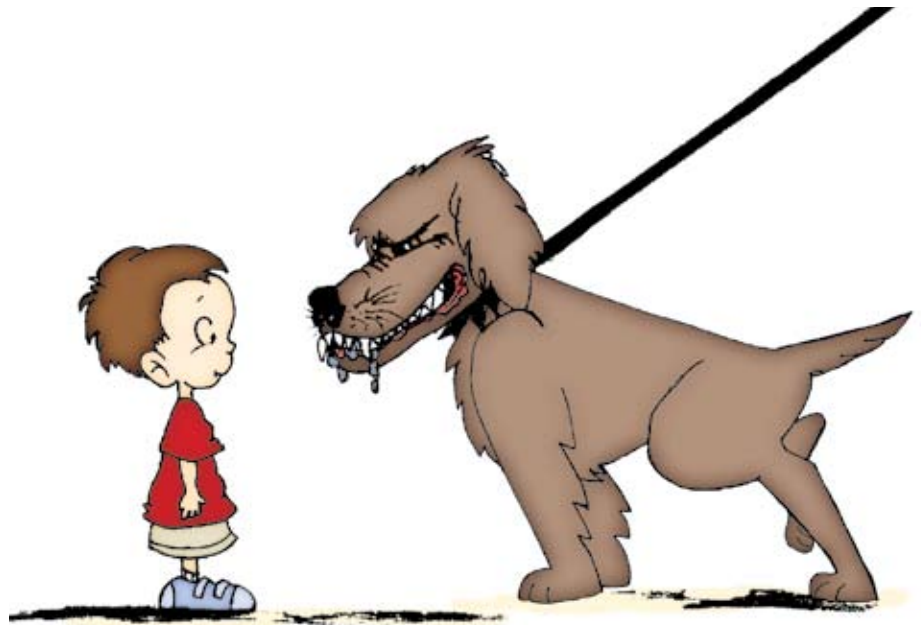


Pulling out
handfuls of hair

Behavioural Symptoms of Autism



SAFETY ISSUES



No sense of danger



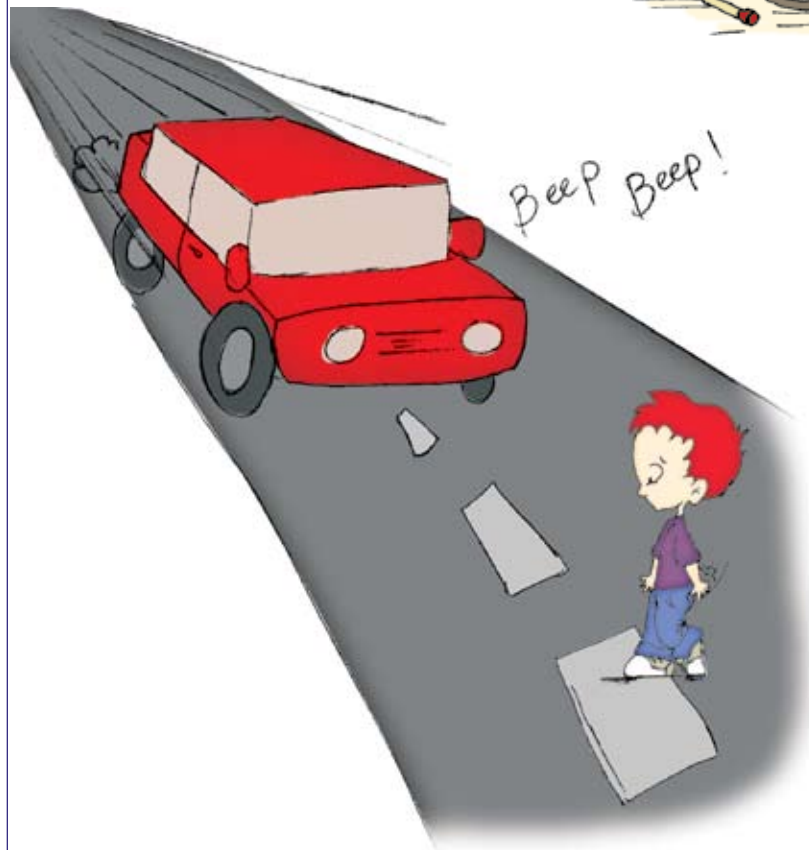
Behavioural Symptoms of Autism



SAFETY ISSUES



Doesn't recognize situations where he may get hurt



Behavioural Symptoms of Autism



SAFETY ISSUES



No fear of heights



Gastro-Intestinal Disturbances



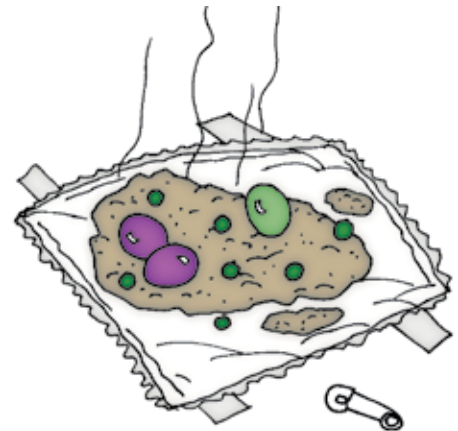
Dr. Tim Buie, a Gastroenterologist at Harvard University and Mass. General Hospital, Boston, has performed endoscopies in over 1000 children with autism. In the initial 400 children, he discovered that GI problems were much more prevalent in children with autism than in normal controls.

- 20% Esophagitis
- 12% Gastritis
- 10% Duodenitis
- 12% Colitis
- 55% Lactase Deficiency

Consider referral to GI where appropriate.



Diarrhea



Undigested food in stool



Severe self-limiting diet and/or food sensitivity



Constipation

Sleep-Disturbances / Pain Responses / Seizures



Sleep Disturbances

Children may go days without any apparent need to sleep. May not seem to notice difference between day and night. May have difficulty going to sleep and staying asleep. May only sleep brief periods of an hour or two maximum.

Consider the parent's sleep-deprived state as a consequence.



Seizures

Co-morbidity with seizures increasing with age.
Unknown etiology

Altered Pain Responses
Diminished / Absent Pain Responses
or
Heightened Pain Responses

Impact of Autism on the Family



With a child with autism, routine everyday activities may be impossible.

Stress on marriage and siblings can be tremendous. Referral to family/siblings counseling and local support groups may be appropriate.

The Role of Early Educational Interventions



Studies have shown that early intensive educational interventions result in improved outcomes for the child and family. Initial strategies may include teaching the child to notice what is going on in their environment, to be able to pay attention, to imitate behavior, and later progressing to communication skills, etc.



Refer the family to Early Intervention (EI) for evaluation if any developmental delay is suspected. Depending on the child's needs, EI may include Speech, Occupational and/or Physical Therapy.

Summary of Potential Referrals



1. Developmental Specialist
2. Evaluation by Early Intervention
3. Hearing Evaluation
4. Speech Therapy
5. Physical Therapy
6. Occupational Therapy
7. Pediatric GI Specialist (if child has severe diarrhea / constipation / bloody stools / undigested food / frequent vomiting)
8. Neurologist (if seizures present)
9. Child Psychiatrist / Psychologist
10. Social Worker / Family Counseling
11. Local Parent Support Groups

Optimizing Office Visits for Children with Autism



As Physicians we are primarily trained to look for sickness.

Children with autism rarely look sick; they may look perfectly normal and have attained all their pediatric milestones.



Instead they may behave as though they are just lacking firm parental controls.

They are often very resistant to change: new situations, new experiences and new people.



Optimizing Office Visits for Children with Autism



CONSIDER ADVANCE TELEPHONE-CONFERENCE WITH THE PARENT

Advantages include the ability to:

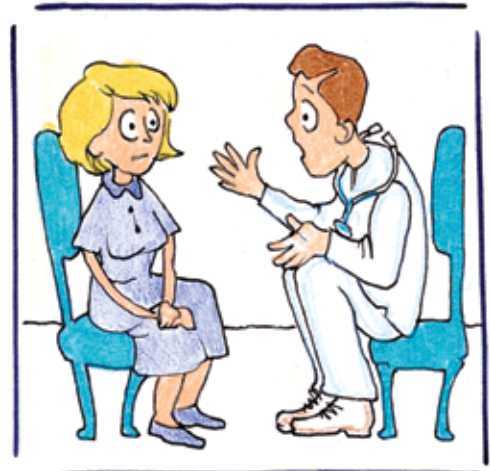
1. Obtain a clear history from the parent without the distraction of the child present.
2. Ask the parent for their suggestions as to how the visit could be made easier.
3. Ask the parent to bring a motivator (bribe) for the child to assist with exam.
4. If you anticipate the need for blood draw, consider prescribing anesthetic cream so that the parent can apply it in advance of the visit.
5. Suggest the parent prepare the child by reading the medical social stories, "Going to see the Dr" and/or "Going to have blood drawn" by HANS helpautismnow.com



LISTEN TO THE PARENT

Parents are experts at "reading" their child.

Where possible treat any physical symptoms as you would a normal child, (without letting autism cloud your judgment).



Optimizing Office Visits for Children with Autism



PREPARE THE EXAM ROOM

Nurse/ Medical Assistant can check in advance with the parent regarding room accommodations. These may include :

- Quiet room
- Room without a window
- No Bright lights
- No music



If necessary remove all objects that could potentially be used as missiles or weapons.

MINIMIZE WAITING TIME IF POSSIBLE

Consider:

Scheduling the child as the first appointment of the day, (ten minutes earlier will prevent the child from seeing other people when he arrives).

Potential Advantages:

Minimizes risk of:

1. Child "melt-down"
2. Disruption for other families in the Waiting Room
3. Embarrassment for the parent
4. Damage to the actual Waiting Room



If possible register the child in advance by telephone.

Optimizing Office Visits for Children with Autism



THINGS MAY NOT BE AS THEY SEEM

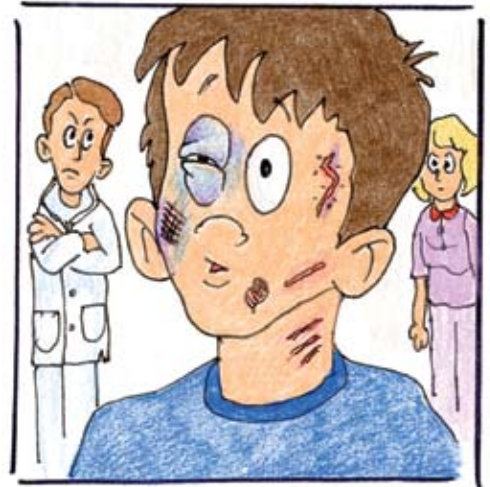
Despite the fact that these children may look neglected and/ or abused, consider the following;

Severe self-injurious behaviours: biting, head-banging, scratching, etc

Limited or no pain-sensation

No sense of danger or what will hurt them

Severe sensory issues making it virtually impossible to change their clothing or bathe them



EXPECT THE UNEXPECTED!

Be alert for your own safety

Some children with autism may not understand that you are there to help them, instead they may see you as a threat. They can be calm at one moment and erupt the next and may:

Head-butt

Bite

Kick

Spit

Punch

Pull hair

BOLT

Etc, Etc, Etc



Respect the child's personal space, (it may be much larger than usual)

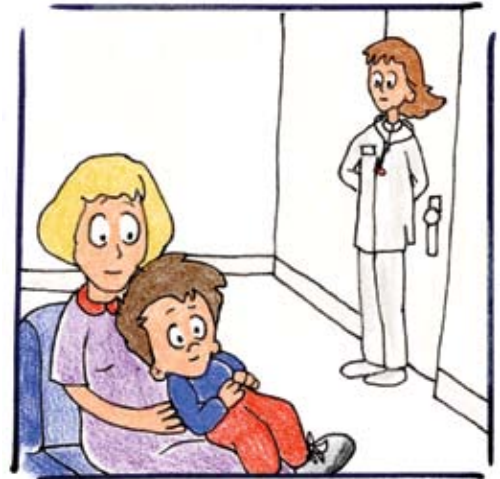
Optimizing Office Visits for Children with Autism



LIMITED UNDERSTANDING AND SPEECH

Some children may be able to recite entire Disney videos, yet may be unable to tell you their name or if they hurt.

They may have difficulty processing auditory information.



CONSIDER THE IMPACT OF AUTISM ON THE ENTIRE FAMILY

Refer when appropriate, e.g.

Sibling Workshops

Family Support groups, etc

Respite services



WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

BRITISH COLUMBIA

Autism Community Training (ACT)

<http://www.actbc.ca/>
Information & support for families, training programs.

Autism Society British Columbia

<http://www.autismbc.ca/>
Information & support for families.

British Columbia Ministry of Education

www.bced.gov.bc.ca/specialed/#Autism
A government agency that enables participation of students with special needs in the educational system.

Central Okanagan Child Development Association (COCDA)

<http://www.cocda.com>
Early Intensive Behaviour Intervention for children under 6 using an ABA and Verbal Behaviour model.

Reach Child and Youth Development Society

<http://www.reachdevelopment.org/>
Offers family-centre programs and services for children and youth.

Families for Early Autism Treatment (FEAT) of British Columbia

<http://www.featbc.org/>
Education and information on early intervention treatments for autism.

Fraser Valley Child Development Centre

<http://www.fvcdc.org/>
Programs and services include direct therapy and support to children with special needs, family education and support and community development.



Integrative Health and Education

<http://www.ihae.ca>
Provide an array of health and education services for children and adults.

Ministry of Children and Family Development - Autism Initiatives Branch

www.mcf.gov.bc.ca/autism
Government agency. Provides three programs: early behavioural intervention, autism funding for under age 6 and autism funding for ages 6-18.

Nona Child Development Centre

<http://www.nona-cdc.com/services.htm>
Various services and support, including speech and music therapy, infant development, and respite.

ALBERTA

Ability Society

<http://www.abilitysociety.org/>
A community-based, non-profit agency providing a range of services including information requests, skill and needs assessments, assistive device recommendations and access to technology for those with special needs.

Alberta Adaptabilities Association

<http://www.adaptabilities.ca/>
Provides Edmonton and surrounding areas with programs and respite services for children with special needs, focusing on essential life skills, recreation and leisure opportunities, and exploration of the arts.

Alberta Association for Community Living

<http://www.aacl.org/>
Advocates for families to receive the support, access to inclusive education and participation in community life.

Autism Calgary Association

<http://www.autismcalgary.com/>
Parent support & information group; goals include diagnosis and treatment of children with ASD, inclusive education, integration into community, and research initiatives.

Autism Partnership

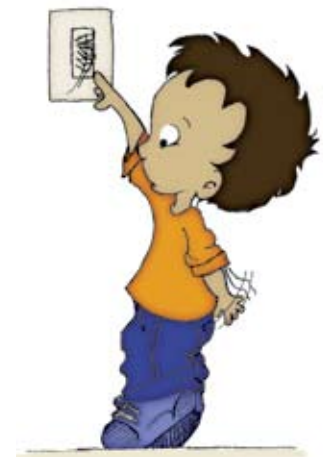
<http://www.autismpartnership.com/>
ABA, Children, Information & support for families.

Between Friends Club

<http://www.betweenfriends.ab.ca/>
Enables participants to experience a sense of belonging and an enhanced quality of life by providing quality social and recreational.

Cause and Effect

<http://www.causeandeffectfoundation.com/>
Early intervention service for children 2.5 years to age 6 providing coordinated therapy addressing specific needs; goals include promoting independence and integration into a regular classroom setting.



Families for Effective Autism Treatment of Alberta (FEAT/AB)

<http://members.shaw.ca/feat.ab/FEAT.html>
Provides support, information, education and guidance for parents, educators, and other professionals, who believe in the efficacy of Applied Behaviour Analysis/Functional Analysis intervention and ABA-based interventions.

Foothills Special Needs Association for Parents and Siblings (SNAPS)

<http://www.foothillsnaps.com/>
Provides information, education and support to parents and siblings of special needs children.

Government of Alberta

<http://www.child.gov.ab.ca/home/591.cfm>
Builds on children's strengths and abilities, recognizes families as partners in planning and decision making process of children's needs and helps family access information and coordinate services.

WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

Hope for Healing Children

<http://www.hopeforhealingchildren.org/>

A group of Calgary parents dedicated to using alternative biomedical treatments for their children with ASD. This site is a forum for information and support.

In-home Support Services

<http://www.inhomesupportservices.com/>

Provides home care and support to individuals, their families, and caregivers in their own homes 24 hours a day.

Just 4U Family Services

www.just4ufamilyservices.com/index.html

Empowers parents and caregivers of special need children to participate in the organization of respite care through one on one and group outings.



Persons with Developmental Disabilities (PDD) Program

www.pdd.org/default.shtml

Part of the Ministry of Seniors and Community Supports. Develops, implements, and evaluates a provincial plan for the delivery of supports to adults with developmental disabilities in order to include them in community life. They also work with local agencies to provide services.

Society for Treatment of Autism (STA)

<http://www.sta-ab.com/>

Provides comprehensive treatment and educational services for children and adolescents between the ages of 2 and 18. They offer support, consultation and educational services for families and communities in Alberta.



Community Respite Service

<http://www.communityrespiteservice.ca/>

Offers respite services for caregivers of and to children and adults with physical and intellectual challenges.

Manitoba Families for Effective Autism Treatment

<http://www.mfeat.ca/>

Supports research and education.

Manitoba Family Services and Housing: Children's Special Services

<http://www.gov.mb.ca/fs/pwd/css.html>

Provides information and programs, including therapy, behavioural services, applied behaviour analysis, summer programming, after school care and more.

SCE Lifeworks

<http://www.lifeworks.mb.ca/homepage.html>

Services include individualized, consumer directed planning (with parental input), supported employment, access and support to continuing education, recreation/leisure activities, physiotherapy, speech therapy, and ongoing follow-up support services.



SASKATCHEWAN

Autism Resource Centre

<http://www.autismresourcecentre.com/>

Services people with ASD and support their families.

Autism Services

<http://www.autismservices.ca/>

Provides programs and services.

Government of Saskatchewan

<http://www.health.gov.sk.ca/autism>

Provides information, training sessions and strategic direction.

SASKFeat

<http://www.saskfeat.com/>

Supports research and education.

MANITOBA

Asperger Manitoba Inc.

<http://www.asperger-manitoba.ca/>

Encourages early diagnosis and spreads awareness and information of Asperger Syndrome.

Autism Portage

www.autismportage.ca/

For parents and professionals in the Portage la Prairie, Manitoba area with local resources and general information on ASD.

Autism Society Manitoba

<http://www.autismmanitoba.com/>

Provides information and support for families.

ONTARIO

ABACUS

<http://www.abacuslist.ca/>

Provides a listing of Autism ABA providers serving Ontario and information about ABA.

Asperger Society Ontario

www.aspergers.ca

Provides education, resources and support while enabling individuals with AS to realize their potential.

WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org



Autism Ontario

www.autismsociety.on.ca

Provides information, referrals, increases public awareness, supports research and advocates for programs and services for the autism community.

Geneva Centre for Autism

<http://www.autism.net/>

Delivers clinical intervention services and training, supports research and educates.

Kerry's Place

<http://www.kerrysplace.org>

Offers Community Outreach programs, which provide support and consultation to individuals with autism and their families.

Ministry of Children and Youth Services

<http://www.children.gov.on.ca/>

Ontario provides a range of services and supports to children and youth with autism.

Société Franco-Ontarienne de l'Autisme

www.autismefranco.ca

Provides services in French to families in Ontario.

Regional Service Providers:

Central East Region - Kinark Child and Family Services

www.kinark.on.ca

Markham, ON

Central West Region - ErinoakKids

Centre for Treatment and Development

www.erinoakkids.ca

Mississauga, ON

Eastern Region - Children's Hospital of Eastern Ontario

www.cheo.on.ca

Ottawa, ON

North East Region - Hands, The Family Help Network

www.thefamilyhelpnetwork.ca

North Bay, ON

Hamilton/Niagara Region - McMaster Children's Hospital, Hamilton Health Sciences

www.mcmasterchildrenshospital.ca

Hamilton, ON

Northern Region - Child Care Resources

www.childcare.on.ca/default.aspx

Sudbury, ON

South East Region - Pathways for Children and Youth

www.pathwayschildrenyouth.org

Kingston, ON

South West Region - Thames Valley Children's Centre

www.tvcc.on.ca/

London, ON

Toronto Region - Surrey Place Centre

www.surreyplace.on.ca/

Toronto, ON



Peel Children's Centre

<http://www.peelcc.org/services>

Provides families with guidance and access to resources.

QUEBEC

Association du Québec pour l'intégration sociale

<http://www.aqis-iqdi.qc.ca>

French site.

Brilliant Beginnings Inc.

www.brilliant-beginnings.org

Provides ABA Therapy, Speech Therapy, Social Skills Groups, Daycare and Preschool Shadows Home and Treatment Centre Based in West Island and Laval.

Fédération québécoise de l'autisme et des autres troubles envahissants du développement (FQATED)

www.autisme.qc.ca

French site. Provincial federation with a network of regional organizations providing services across Quebec. Source of information on training and education in Quebec.

Federation québécoise des centre de réadaptation en déficience intellectuelle et en troubles envahissants du développement

<http://www.fqcrdi.qc.ca/>

French site. Provincial federation of public health and social service network establishments providing support and services for people with intellectual disabilities.

L'Envol Stimulation Center

<http://www.lenvol.ca/content/english.aspx>

Non-profit organization; offers support services for children aged 0-12 with communication disorders in Victoriaville.

Miriam Foundation

www.miriamfoundation.ca/

A bilingual private centre with a mission to develop training, research & diagnosis and evaluation programs to support persons with Autism Spectrum Disorders (ASD).

Office des personnes handicapées du Québec (OPHQ)

www.ophq.gouv.qc.ca

French site.

WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

Pro-Autism

www.pro-autism.com

Provides educational activities and RDI consultations. Includes home visits, training programs, and ongoing consultation.

Réseau national d'expertise en troubles envahissants du développement (Network of expertise)

<http://www.msss.gouv.qc.ca/sujets/groupees/rneted/index.php?accueil>

French site. Promotes communication and idea exchange through its members, professionals and other persons in Quebec with expertise in the field.

Services de répit Emergo Autisme T.E.D.

<http://www.servicederepitemergo.com/>

Offers respite services to families living with autistic people, provides stimulating outdoor environment adapted special needs, and encourages to maintain and develop their capabilities.



Société de l'Autisme Région Lanaudière

www.autisme-lanaudiere.org

French site. Provides referrals, training, and information.

Trait d'Union Outaouais Inc. (TUOI)

www.traitdunionoutaouais.com

French site. Provides information, training, support services and social integration for individuals, their families and the community.

NEW BRUNSWICK

Autism Society of New Brunswick

<http://www.autismnb.org/>

Promote public awareness, understanding and acceptance of persons diagnosed ASD, while providing families with support.



Autism Resource Centre (ARC)

<http://www.monctonarc.com/>

Provides available and accessible social support, self-help, public education, and a broad array of resources for persons with autism and their families. Includes a lending library for information, books, toys, and other educational resources.

Autism Resources Miramichi Inc.

www.autismmiramichi.com

Resource Centre serving all individuals, families and professionals affected by Autism. Facilitates professional intervention and involvement in the context of a supportive and inviting environment.

Government of New Brunswick

<http://www.gnb.ca/>

Provides intervention services to pre-school age children with Autism Spectrum Disorder. (Note: Select "child care" as the keyword, then select the program "Services for Preschool Children with Autism Spectrum Disorder".)

M.O.R.E. Services

<http://www.moreservices.ca/>

Assists and supports individuals with intellectual disabilities. Includes training in daily living, activities, job readiness training and supported employment.

New Brunswick Association for Community Living (NBACL)

<http://www.nbacl.nb.ca/>

Supports families, provides training and education, does research, provides inclusive recreation and leisure opportunities.

Upper Valley Autism Resource Centre

www.uvarc.com

Provides family support, library and resources, workshops and conferences to individuals affected by ASD.

NOVA SCOTIA

Alexander Society

<http://www.alexandersociety.org/home.html>

Provides arts-based education programs to children and teens with special needs. Includes after- and in-school programs.

Autism Society Nova Scotia

<http://www.autismsocietynovascotia.ca/>

Provides information and support for families. Includes support groups, raising awareness, and bringing together families in similar situations.

Early Intervention

<http://www.earlyintervention.net/>

Provides family centred services to families of children with special needs (newborn - 6y) in their own homes.

Government of Nova Scotia:

Community Care

<http://www.gov.ns.ca/coms/>

Provides support for children and families, services, assistance with housing and repairs and more.

IWK Health Centre

www.iwk.nshealth.ca

Diagnostic and other assessment services, consultation and some intervention services.

Provincial Autism Centre (PAC)

<http://www.autismcentre.ns.ca>

Professionally run non-profit Resource Centre, providing services and access to information about ASD to individuals, parents and professionals across the province.



WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

PRINCE EDWARD ISLAND

Autism Society P.E.I.

<http://www.autismsociety.pe.ca/>

Provides information and support, raises public awareness and supports research.

The Government of Prince Edward Island: Autism Early Intervention Program

<http://www.gov.pe.ca/infopei/index.php3?number=20680>

Provides information and services, up to 20 hours per week of behaviourally based intervention.

Stars for Life Foundation

<http://www.starsforlife.com/>

Providing continued education for young people with ASD that will equip them with life and job skills.



NEWFOUNDLAND/LABRADOR

Autism Society of Newfoundland and Labrador

<http://www.autism.nf.net>

Promotes timely diagnosis, intervention treatments, public awareness and research. Provides support and information.

The Government of Newfoundland and Labrador Health and Community Services: Autism Pilot Project

<http://www.health.gov.nl.ca/health/divisions/pgmpolicy/default.htm#autism>

Two year early intervention treatment for preschool children, including intensive ABA program.

Learning Disabilities Association of Newfoundland & Labrador

www.nald.ca/ldan/

Provides information and programs for a range of learning disabilities.

Newfoundland and Labrador Association for Community Living

<http://www.nlacl.ca/>

Provides support to individuals and families, facilitates research, training and planning and gathers/distributes information.

YUKON

Autism Yukon

www.autismyukon.org

A detailed handbook to Yukon services is available on their website home page.

Government of Yukon, Health and Social Services

<http://www.hss.gov.yk.ca/>

Services to Children with Disabilities.

Learning Disabilities Association of Yukon

www.nald.ca/litweb/province/yt/day/index.htm

NUNAVUT/NORTHWEST TERRITORIES

The Government of Nunavut

<http://www.gov.nu.ca/health/>

Information and services.

NATIONAL - GOVERNMENT

Canadian Council on Social Development

<http://www.ccsd.ca/drip/>

Provides centralized access to information about disability research.

Human Resources and Social Development Canada

www.sdc.gc.ca/en/gateways/nav/top_nav/program/odi.shtml

Bilingual site; working to remove barriers and to improve the social and economic inclusion of Canadians with disabilities.

Persons with Disabilities Online

<http://www.pwd-online.ca/pwdhome.jsp?lang=en>

Bilingual site, access to services and information for persons with disabilities, caregivers and all Canadians.

Public Health Agency of Canada

<http://www.canadian-health-network.ca/>

Bilingual site; Federal Government.

OTHER NATIONAL ORGANIZATIONS

Autism Awareness Centre

<http://www.autismawarenesscentre.com/>

Canadian site offering workshops, books and resources, news and information.

Autism Canada Foundation

www.autismcanada.org

Offers support, referrals, information and direction - special focus on biomedical interventions. Expands awareness, influences government policies and supports research.

Autism Society Canada

<http://www.autismsocietycanada.ca/>

ASC is a federation of Canada-wide provincial and territorial autism societies that offer education, information and referral and support.

L'Arche Canada

<http://www.larche.ca/en/>

Bilingual site; Montreal-based organization with community homes across the country.

Roeher Institute

<http://www.roeher.ca/english/about/about.htm>

Leading research and development organization; generates knowledge, information and skills to secure the inclusion, citizenship, rights and equality of people with intellectual and other disabilities.

Special Olympics Canada

<http://www.specialolympics.ca/>

Special Olympics Canada is dedicated to enriching the lives of Canadians with an intellectual disability through sport.



WEBSITES PARENTS MAY FIND HELPFUL: INTERNATIONAL WEBSITES



American Academy of Pediatrics

www.aap.org/healthtopics/autism.cfm
Autism-specific news and resources.

Autism Info

www.autisminfo.com
Extensive list of "A to Z" autism resources: daily updates, studies, and news articles.

Autism Research Center, Cambridge University, England

www.autismresearchcenter.com
Mission of ARC is to understand the biomedical causes of autism spectrum conditions, and develop new and validated methods for assessment and intervention.

Autism Research Institute

www.autism.com
Online resources including a database covering more than two decades of responses from over 25,000 parents on behavioural interventions. Articles available in Spanish, French, Italian, Russian and Portuguese.

Autism Research Unit, University of Sunderland, UK

<http://osiris.sunderland.ac.uk/autism/aru.htm>
Provides a basis for research into the cause of autism and an accessible store of traditional and current research on autism. Produces a booklet guide for parents/clinicians with current research and treatment suggestions.

Autism Resources

www.autism-resources.com
Extensive book list and international resources link. Translates into 16 languages: Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Autism Society of America

www.autism-society.org
A leading voice and resource of the autism community in education, advocacy, services, research, and support.

Autism Speaks

www.autismspeaks.org
Raises public awareness about autism and its effects on individuals, families, and society, and to giving hope to all who deal with the hardships of the disorder.

Autism Today

www.autismtoday.com
Creative, interactive, one-stop shop to navigate the maze of autism-related information. Over 2,500 pages, is the largest autism resource online and resource distributor in the world.

CDC Autism Information Center

www.cdc.gov/ncbddd/autism/index.htm
Screening/diagnosis, treatment/therapy, resources, news, research, state and congressional activities, educational materials.

Children's Disabilities Information

www.childrensdisabilities.info
General disability information with autism-specific resources, including books, articles, links, etc.



First Signs

www.firstsigns.org
Resource for parents and professionals regarding normal/typical development milestones. Useful baseline information for parents to discuss with physician if they have developmental concerns about their child.

Help Autism Now Society

www.helpautismnow.com
Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism. A handbook with over 100 illustrations depicting "the behavioural symptoms" of autism and a 4-minute tutorial video of CHAT screening tool.



WEBSITES PARENTS MAY FIND HELPFUL: INTERNATIONAL WEBSITES

LADDERS

www.ladders.org

Learning and Developmental Disabilities Evaluation and Rehabilitation Services at Mass. General Hospital for Children, Boston MA. Interdisciplinary program designed to provide services in the evaluation/treatment of children and adults with autism, pervasive developmental disorder and related disorders.



MedLinePlus

www.nlm.nih.gov/medlineplus/autism.html

Links to news; diagnosis/symptoms, treatment, research, organizations.

National Autistic Society, UK

www.nas.org.uk/

Telephone hotline, free parent-to-parent telephone service, support, schools, news, and events.

National Institute of Health (NIH) Autism Website

www.nichd.nih.gov/autism/

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov/healthinformation/autismmenu.cfm

Signs/symptoms, treatment, fact sheet, news, links to research.

Pubmed

www.ncbi.nlm.nih.gov/pubmed

Free, immediate internet access to the most up-to-date and previously published medical studies from numerous international medical journals. Can be accessed by subject, author, or title of study. Abstracts often available electronically at no charge.

Schafer Autism Report

www.sarnet.org

Online newsletter of all major news sources, websites, and latest research for important and practical new developments regarding autism. Studies often available for viewing in advance of publication. Subscription free.

Action for Autism

www.autism-india.org/worldorgs.html

Worldwide links to autism organizations, resources in almost 100 different countries.

Autism Resources

www.autism-resources.com/links/non-english.html

Extensive book list and international resource links. Available in Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Future Horizons

www.autismspanol.com

Extensive resource for publishing and books relating to the autism spectrum; books and tapes available online. Website in Spanish.

National Dissemination Center for Children with Disabilities (NICHCY)

www.nichcy.org/pubs/factshe/fs1txt.htm

Autism facts, resources, organizations. Available in Spanish.



MAGAZINES

The Autism Advocate

www.autism-society.org/autismadvocate

A quarterly magazine that offers a diverse collection of the latest issues in autism.

The Autism Asperger's Digest

www.futurehorizons-autism.com

Features articles and material from around the world; covers the latest people, products, research, news and viewpoints emerging in the autism field. Full-length excerpts from groundbreaking new books on autism, original articles from top specialists, etc.

The Autism File

www.autismfile.com

A quarterly magazine dealing with all aspects of autism.

The Autism Perspective (TAP)

www.theautismperspective.org

Provides balanced information on the myriad of therapies and treatments for the vast and complicated realm of autism.

The Autism Spectrum Quarterly

www.ASQuarterly.com

A megajournal, combining the readability and interest of high-level magazine with the substance and depth of a professional journal. Features research and commentary aimed at helping parents, teachers, and clinicians translate research into practice.

Spectrum

www.spectrumpublications.com

For parents of children with autism and developmental disabilities. Wide variety of topics, including educational, research and biomedical. Contains autism-specific