The Kentucky Autism Training Center (KATC) is dedicated to giving families access to the information, services and supports they need by providing an up-to-date, comprehensive website. We understand that the amount of information available on the web regarding autism spectrum can be overwhelming. The purpose of this page it to give you a road map for your travels.

If your child was recently diagnosed, click on each item in the list below to educate yourself about autism and the actions you should take to obtain services. Step by Step: 13 Things To Do for a Child with a New Autism Diagnosis

1. Learn all that you can about autism spectrum disorders.
2. Create notebook to carry with you to all of your child's medical appointments and school meetings.
   1. A care notebook is used to assist families and caregivers maintain a record of their child's care, services, providers, and notes. Families and caregivers should bring their child's care notebook to all medical appointments, therapies, conferences, and vacations.
      1. To view the notebook and to learn more visit: National Resource Center for Patient/Family -Centered Medical Home
3. Join the Kentucky Autism Training Center's listserv.
   1. Join the [Kentucky Autism Training Center's listserv](https://louisville.edu/education/kyautismtraining/katc-listserv) to learn about local, regional, state and national resources and trainings. Also sign-up for monthly updates from the KATC-see our home page. Seek early intervention, if your child is under age 3.
4. Seek early intervention if you child is under 3.
   1. Contact the [First Steps Program](https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx). Referrals should be made to the [POE](https://chfs.ky.gov/agencies/dph/dmch/ecdb/fs/PointOfEntryListing.pdf) for your local area. The POE list can be found on the First Steps website. Contact First Steps at Toll free - (877) 417-8377 (or, 1-877-41STEPS).
5. Contact your local school district's special education department, if your child is age 3 or older to secure special education services your child is entitled to under the Individuals with Disabilities Education Act (IDEA), all children with disabilities have the right to a free and appropriate public education.
6. [Review your child's insurance coverage.](https://louisville.edu/education/kyautismtraining/families/insurance-information) Contact your insurance company and employer's benefits coordinator to discuss medical and behavioral health coverage.
7. Explore the possibilities associated with government-administered insurance programs. Information about eligibility guidelines for the Medicaid and KCHIP programs can be found at the [Department for Medicaid Services (DMS)](https://chfs.ky.gov/agencies/dms/Pages/default.aspx)
8. Review eligibility information about Supplemental Security for children with disabilities by visiting the Social Security Administration website or by calling your local [Social Security office](https://www.ssa.gov/benefits/disability/apply-child.html?gclid=CjwKCAiAksyNBhAPEiwAlDBeLN7OLCpWeQaLA-q4Hs9S7j21SwOn4JRl5jp_qdWefNyKHIDqDGtayBoChfsQAvD_BwE)
9. Learn about treatment and intervention options. Find out what [resources](http://katcproviders.louisville.edu/) are available in your area.
10. Contact your local [Kentucky Comprehensive Care Centers](https://dbhdid.ky.gov/cmhc/default.aspx). Publicly-funded community services for Kentuckians with mental health, disability, and substance abuse problems are provided through Kentucky's 14 regional mental health and disability boards. Regional boards are private, nonprofit organizations established by KRS Chapter 210 (see Related Links) that serve residents of a designated multi-county region. For information about mental health or substance abuse services, contact the local office of your regional MHMR board.
11. Learn about Medicaid waivers:
    1. The [Michelle P. Waiver](https://chfs.ky.gov/agencies/dms/dca/Pages/mpw.aspx) (MPW) is a home and community-based waiver under the Kentucky Medicaid program developed as an alternative to institutional care for individuals with intellectual or developmental disabilities. MPW allows individuals to remain in their homes with services and supports.
       1. After you apply, to check what number you are on the waiting list contact: The MPW program at (502) 564-1647
       2. A full listing of services and their definitions can be found in section six of the [MPW regulation](2022PossAbilitiesExpo_ResourceGuide.pdf).
    2. The [Home and Community Based (HCB) Waiver program](https://chfs.ky.gov/agencies/dms/dca/Pages/hcb-waiver.aspx) provides services and support to elderly people or children and adults with disabilities to help them to remain in or return to their homes.
    3. [Supports for Community Living (SCL)](https://chfs.ky.gov/agencies/dms/dca/Pages/scl-waiver.aspx) is a home and community-based waiver under the Kentucky Medicaid program developed as an alternative to institutional care for individuals with intellectual or developmental disabilities. SCL allows individuals to remain in or return to the community in the least restrictive setting.
12. Find other parents who understand the challenges of raising a child with autism. Consider joining a support group. [A list of support groups](https://louisville.edu/education/kyautismtraining/families/ASDSupportGroupsinKYPDF.pdf) is available from the Kentucky Autism Training Center. Check the websites of local groups to information about local services and resources.
13. Plan ahead for day care and summer needs such as aftercare programs or YMCA programs. Explore your local resources and make the contact. View our current listing [here](https://louisville.edu/education/kyautismtraining/families/information-for-all-ages).