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## To Do List for Kentucky Families with Children Who Are Diagnosed with Autism Spectrum Disorder

Learn **all that you can** about the diagnosis of autism. There are many wonderful, parent-friendly resources to help you. The "Kentucky Family Guide to Autism Spectrum Disorders" can be found by visiting <https://louisville.edu/education/kyautismtraining/resources/family-guide>. The Kentucky Autism Training Center also houses an extensive resource library. These materials are available for loan free of charge to anyone in the state of Kentucky. Information about the library can be located by visiting <https://louisville.edu/education/kyautismtraining/resources>. The 100-Day Kit by Autism Speaks is a toolkit to assist families in getting the information they need in the first 100 days after an autism diagnosis. You can locate this by going to [www.autismspeaks.org/community/family\\_services/100\\_day\\_kit.php](http://www.autismspeaks.org/community/family_services/100_day_kit.php).

Consider **creating a notebook** to carry with you to all of your child's medical appointments and school meetings. It is easy to forget many of the fine points when a great deal of information is shared. Writing things down will help you to keep track of all of the important details.

Join the **Kentucky Autism Training Center's listserv** to learn about local, regional, state and national resources and trainings. Information at <https://louisville.edu/education/kyautismtraining/katc-listserv.html>

**If your child is under age 3 seek early intervention**, contact the **First Steps** Program. Referrals should be made to the Point of Entry (POE) for your local area. The POE list can be found at the First Steps website <http://chfs.ky.gov/dph/firststeps.htm> or by calling (800) 442-0087.

Under the Individuals with Disabilities Education Act (IDEA), all children with disabilities have the right to a free and appropriate public education. **If your child is age 3 or older, you can contact your local school to secure special education services entitled to your child.** Your regional Special Education cooperative can also assist in your child's programming. Your cooperative can be found by going to the website <http://www.education.ky.gov/KDE/HomePageRepository/Partners%2BPage/Kentucky%2BEducation%2BCooperatives.htm>

Check with your insurance company about the \$500 allotment for autism medical and behavioral health coverage. For information about this allotment, see the publication "Insurance Benefits for Children with Autism" at <http://insurance.ky.gov/kentucky/ALSearch/Information/fpubs.aspx>. If you have a problem accessing these benefits, contact the Kentucky Department of Insurance at (800) 595-6053 or by visiting <http://insurance.ky.gov>

Explore the possibilities associated with government-administered insurance programs. Information about eligibility guidelines for the Medicaid and KCHIP programs can be found at <http://chfs.ky.gov/dms/>. Eligibility information about Supplemental Security for children with disabilities can be found by visiting <http://www.ssa.gov/pubs/10026.html> or by calling your local Social Security office.

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Learn about treatment and intervention options. For a brief overview of evidence-based interventions, consult chapter 3 of the Kentucky Family Guide to Autism Spectrum Disorders by visiting <https://louisville.edu/education/kyautismtraining/resources/family-guide>.

Find out what resources are available in your area. The Kentucky Autism Training Center's online Services and supports guide can be searched by local region. You can access the guide at <http://katcproviders.louisville.edu/>. In addition chapter 5 of the "Kentucky Family Guide to Autism Spectrum Disorders" discusses social service programs within the state. You can see this guide by going to <https://louisville.edu/education/kyautismtraining/resources/family-guide>

Learn about the Medicaid **waiver programs**.

- The Michelle P. Waiver (MPW) is a home and community-based waiver under the Kentucky Medicaid program developed as an alternative to institutional care for individuals with mental retardation or developmental disabilities. MPW allows individuals to remain in their homes with services and supports. Information can be found at <http://chfs.ky.gov/dms/mpw.htm>
- The Home and Community Based (HCB) Waiver program provides services and support to elderly people or children and adults with disabilities to help them to remain in or return to their homes. Information can be found at <http://chfs.ky.gov/dms/hcb.htm>
- Supports for Community Living (SCL) is a home and community-based waiver under the Kentucky Medicaid program developed as an alternative to institutional care for individuals with mental retardation or developmental disabilities. SCL allows individuals to remain in or return to the community in the least restrictive setting. For more information, visit <http://chfs.ky.gov/dms/scl.htm>
- Hart-Supported Living is a program that provides grants to persons with a disability. These grants provide a broad category of highly flexible, individualized services that provide necessary assistance for the individual to live in the community. Review teams who review each application make funding decisions. Applicants may apply for "one-time" or "ongoing" grants. Learn about this grant program by going to <http://chfs.ky.gov/dial>

Find other parents who understand the challenges of raising a child with autism. Consider joining a support group. A list of support groups is available from the Kentucky Autism Training Center at: <https://louisville.edu/education/kyautismtraining/resources/family-guide>. Check the websites of local groups to information about local services and resources.

Plan ahead for day care and summer needs such as aftercare programs or YMCA programs. Explore your local resources and make the contacts.

Kentucky Protection and Advocacy can help you understand your child's rights and advocate for your child's services. Visit <http://www.kypa.net/drupal/nodeconsult> or call (800) 372-2988.

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