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.

**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
___ Apply to the Developmental Disabilities Administration (DDA)
___ Investigate Behavioral Support Services if you need them
___ Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
___ 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
___ Learn more about Medical Assistance
___ Explore dental resources
___ Explore miscellaneous health and medical resources
___ Learn about funding options for medical care
___ Explore resources for navigating medical benefits (for services other than private insurance)

**ASSISTIVE TECHNOLOGY**
___ Learn all you can about Assistive Technology services available
___ Explore financial assistance for Assistive Technology

**EMPLOYMENT**
___ Develop employment experiences, either paid or volunteer
___ Develop a resume that may include a list of skills and competencies as well as a video portfolio showing him/her at work
___ Explore employment services and opportunities available in Maryland
___ Evaluate interests and strengths – vocational assessments
___ Make a decision about disclosure (of diagnosis)
___ Learn about 504 Plans
___ Explore additional employment resources

**HOUSING**
___ Explore housing options (residential, community supports, rental options, home ownership)
___ Apply to the Developmental Disabilities Administration (DDA)
___ Apply to the local public housing authority Section 8 waiting list
___ Establish credit and continue to monitor credit reports
___ Learn about social security and housing
___ Explore additional housing information

**SOCIAL AND RELATIONSHIPS**
___ Continue to help your family member learn about appropriate social skills
___ Teach your family member about sexuality and relationships
___ Develop the recreational and leisure activities that your family member enjoys

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SUPPORT: SUPPORT GROUPS AND RESPITE
___ Network with others at a support group
___ Take care of yourself, your spouse, your other children
___ Investigate respite care options

FUNDING FOR SERVICES AND LEGAL ISSUES
___ Review the “Financial Things Every Parent of a Child with Autism Needs to Know”
___ Apply 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
___ Explore the legal implications of adulthood

TRANSPORTATION
___ Explore options including public transportation, Mobility, and driver’s license
___ Apply for all appropriate transportation programs
___ Help your family member obtain a Maryland State ID card issued by the Motor Vehicle Administration

ADVOCACY AND SELF-ADVOCACY
___ Make a decision about disclosure (of diagnosis)
___ Learn about becoming an advocate at the local and national level. Consider joining local and national autism groups and listservs.
___ Help your family member learn self-advocacy skills

For the supporting information and details, visit www.pathfindersforautism.org/autism-by-age