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

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

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

Social and Relationships
___ 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

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
**Support: Support Groups and Respite**

___ Network with others at a support group
___ Investigate support groups for your family member
___ Identify needs of support and establish a support system
___ Take care of yourself, your spouse, your other children
___ Investigate respite care options

**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