

Legend:

Provincial Government

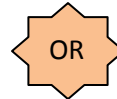
Municipal Government

Private

SUSPECT YOUR CHILD HAS AUTISM?



FIRST WORDS
SUSPECTS
AUTISM?



FAMILY DOCTOR
OR PEDIATRICIAN
SUSPECTS
AUTISM?

Tip: Yes! You can self-refer to OCTC!

CONTACT IMMEDIATELY

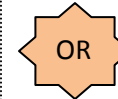
Step 1:

Pre-Diagnosis

Ottawa Children's Treatment Centre Intake Services (OCTC) – to see a multi-disciplinary team for help prior to diagnosis.



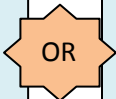
Contact the *KickStart* Intervention Program for children up to 30 months.
<http://www.quickstartautism.ca>
Telephone: 613- 883-3716



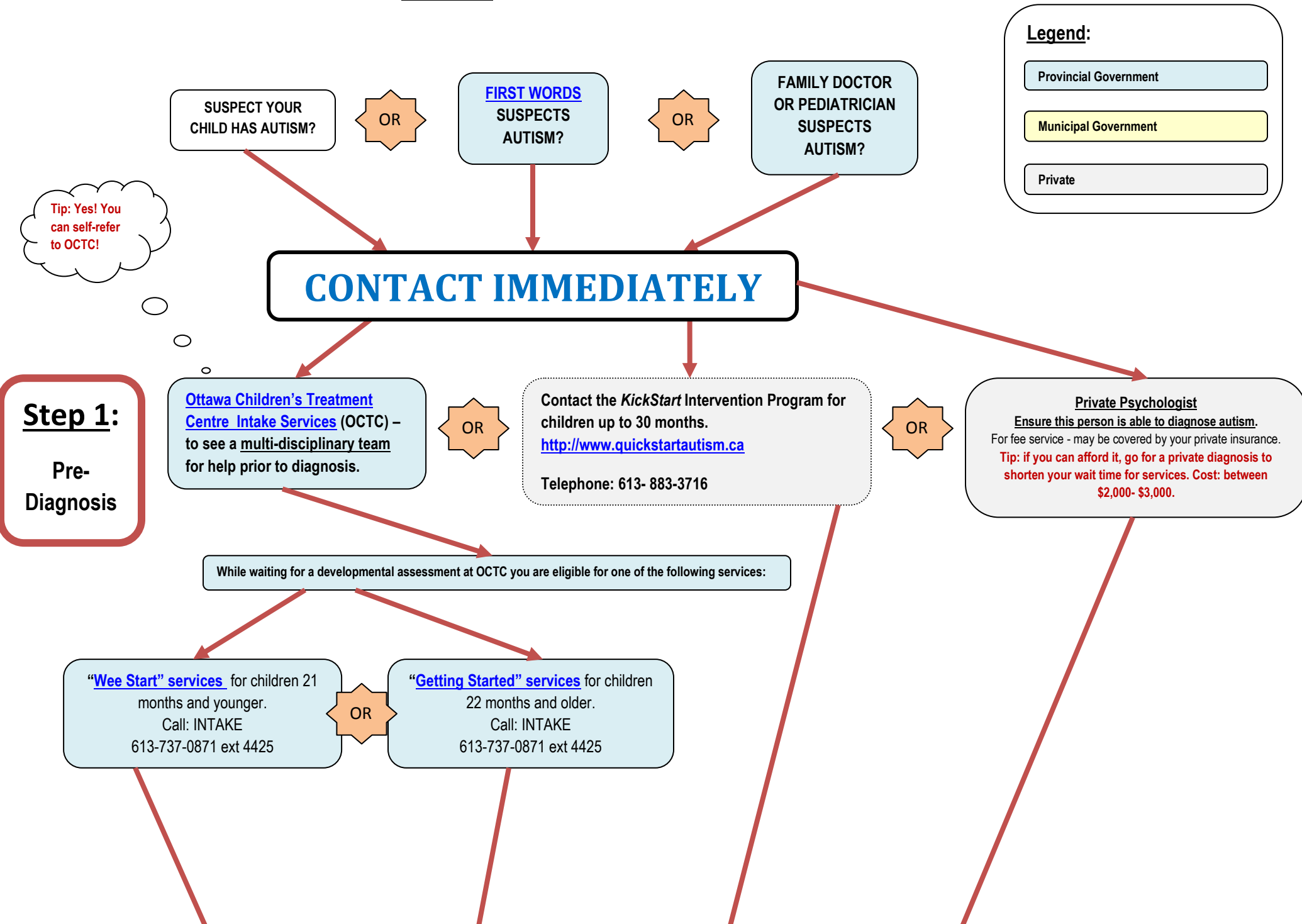
Private Psychologist
Ensure this person is able to diagnose autism.
For fee service - may be covered by your private insurance.
Tip: if you can afford it, go for a private diagnosis to shorten your wait time for services. Cost: between \$2,000- \$3,000.

While waiting for a developmental assessment at OCTC you are eligible for one of the following services:

"Wee Start" services for children 21 months and younger.
Call: INTAKE
613-737-0871 ext 4425



"Getting Started" services for children 22 months and older.
Call: INTAKE
613-737-0871 ext 4425



Requires a referral from your family doctor or pediatrician.

Assessment(s) with an OCTC Developmental Paediatrician

Wait time: ~18 months.

Assessment(s) with private psychologist

Step 2:

Getting Your Diagnosis.

Receive Diagnosis

Tip: If you received a diagnosis privately, you are still eligible to receive services from OCTC if you choose. Simply call them, and make arrangements to send a copy of your diagnosis letter for their records.

Meet with your assigned social worker at OCTC to start setting up services and supports.

OR

Start setting up your services and supports privately.

Step 3: Setting up and monitoring your services.

Here's where the bulk of the parent's legwork really kicks in!!

Forms and Registrations:

1. [Canada Revenue Agency Disability Tax Credit form – T2021](#). – must be completed by a doctor. **Tip: Ask your doctor to be as descriptive as possible.** It takes about 8 weeks to process. (retroactive to birth)
2. [Ottawa Autism Registry with the Ottawa Police](#).

This is an amazing service for families in Ottawa. This service was used to successfully locate a little boy in Kanata who left his home. **Register your child now!**

Please note that private service providers are not regulated!

Setting up your services:

[Ottawa Children's Treatment Centre \(OCTC\)](#)

- Speech Therapy
- Occupational Therapy
- Physiotherapy
- Dietician
- Behavioural Consultant
- Social Worker.
- Respite & Summer camp

Call: 613-737-0871, ext. 4425
Email: intake@octc.ca

CHEO Autism Program
[Centralized Intake Process](#)
Call: 613-249-9355 to be placed on the waitlist for both programs below:

1. [CHEO ABA](#): this is the new CHEO ABA program – Applied Behavioural Analysis.
2. [CHEO – AIPEO](#) *critical to be on this wait list. This is the Intensive Behavioural Intervention (IBI Program).

Using private services. There are huge lists of private practitioners in the [Ottawa Compiled Directory](#) and the [Ottawa Aspergers Guide](#). As well, there are several private companies (listed in alphabetical order):
A) [CommuniCare](#)
B) [Child Solutions](#)
C) [Emerging Minds](#)
D) [Portia Learning Centre](#)
E) [Spectrum Intervention](#)
F) [TIPES](#) – Thinking in Pictures Education Services.

Waitlist Monitoring:

We advise [organizing all your paperwork into a binder](#) and following up regularly with the agencies to see where your child is on the waitlist. Keep a written record of your phone calls and the information obtained. Ask as many questions as you need to.

Waitlists to monitor:

1. [Ottawa Children's Treatment Centre \(OCTC\)](#) – Speech Therapy, Occupational Therapy, Dietician, Physiotherapy etc. contact INTAKE at 613-737-0871 x4425. You can call in anytime and ask where you are on the waitlist.
2. [CHEO ABA](#) – you can call in anytime and ask where you are on the waitlist.
Call: 613-249-9355
3. [CHEO – AIPEO](#) – you can call in anytime and ask where you are on the waitlist. Program is either centre-based or directed funded. **Wait time: 18-24 months**
Call: 613- 745-5963

Subscriptions and Supports:

Belonging to the following local organizations and groups is **highly recommended** so that you hear about all the latest news and events concerning Autism in Ottawa, Ontario and Canada.

1. [Walking in my Shoes \(WIMS\)](#) – Parent Support group. Request to be added to their mailing list even if you cannot attend the meetings.
2. [Children at Risk](#) - \$25 per year.
3. [Autism Ontario, Ottawa Chapter](#) (info, support groups & more!) - \$50 per year.
4. [Ottawa Autism Support Yahoo group](#) – heavily used, lots of helpful parents and information. You can ask anything here!
5. [Respite Services](#) – make a match with a special needs worker and get some much needed respite.
6. [United Families of Eastern Ontario](#) – a coalition of families.
7. [New Facebook Group](#) – search for "OttawaParents of Special Needs Kids."
8. [Families Matter Coop](#)
9. [Parents' Lifelines of Eastern ON](#)
10. [Autism Advocacy Ottawa Facebook Page](#)
11. [One More Thing Facebook Group](#)
12. [Rare Disease Foundation Ottawa](#).

Service Coordination:

A provincial government agency. After diagnosis they can help with the following:

1. Filling out your application form for IBI therapy at [CHEO – AIPEO](#).
2. Filling out your application for [Special Services at Home \(SSAH\)](#) – there is no funding for this program but apply anyways to put pressure on the government!
3. Letting you know about various sources of funding and grants.
4. Information about playgroups, seminars and camps in the community. It is a good idea to keep in touch with your Case Worker at Service Coordination to make sure you are not missing out on something new for your child or family.

Call 613-748-1788 **after you receive your diagnosis** and ask for a Case Worker. You will go to their offices on Montreal Road for an initial meeting & to complete forms.

Andrew Fleck Services:

Children's Integration Support Services:
Provides a "Resource Advisor" or "Program Assistant" to children age 6 months to 10 years with special needs in licensed daycare or Nursery School. Talk to your daycare or Nursery School OR call Susan Spence to check for your eligibility.

613-736-1913 ext. 231
sspence@afchildcare.on.ca

They also offer various types of training, a newsletter, an excellent resource library and parents have access to everything.

Address:
700 Industrial Avenue, Suite 600
Ottawa, Ontario
K1G 0Y9

[Thursday's Child Nursery School](#)
a licensed center-based program that operates eleven months of the year for nine children aged two to five who are diagnosed with Autism Spectrum Disorder.

Funding sources to investigate:

1. [Autism Ontario](#)
2. [Easter Seals](#)
3. [Presidents Choice](#)
4. [Max Keeping Foundation](#)
5. [Jennifer Ashley Foundation](#).

You can find information about funding from:

1. Your social worker at [OCTC](#).
2. Your Case Worker at [Service Coordination](#)
3. [The Ottawa Autism Support Yahoo group](#).
4. The internet - Google
5. Other parents

The most important advice:

Do lots of research and talk to other parents!