



Services You Should Know About

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For copies of this publication, please call our office

Learning that your child has an Autism Spectrum Disorder (ASD) can be a difficult and overwhelming experience. An important and vital step in meeting the challenges that come with this diagnosis is to be aware of the services that are available to your child and your family.

This booklet is intended to assist you in accessing those services available within the Edmonton region.

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The Autism Society of Edmonton Area

The Autism Society of Edmonton Area (ASEA) is a non-profit organization that was started over 30 years ago by parents.

It continues to be a parent-based organization that strives to provide support, current information, and resources to families and professionals. We are here to help and can be reached at **453-3971**.



Programs and Services

Summer Program:

We provide programs for children and teenagers with Autism Spectrum Disorders. The programs are half-days and run Tuesday through Saturday. Parents may enroll their children in 2 or 3 half-day programs per week for eight weeks. The summer program provides safe, supported, recreational and social opportunities for children with autism, and provides relief for families. For more information please call the Autism Society of Edmonton Area.

Parent Support Groups:

ASEA holds monthly support groups at their office for parents of children with Autism and Asperger's syndrome.

- Parents of children with Autism:
Meeting is held on the first Wednesday of every month
- Parents of children with Asperger's syndrome:
Meeting is held on the third Wednesday of every month.

Emails sent out as a reminders. Please call for more information.

Drama Groups:

Adults: Adults with Autism have written and acted in their own plays designed to educate the public about autism. The Drama Group is currently touring schools and other venues with this educational/advocacy tool. All drama groups are involved in producing a drama documentary which is currently funded by a grant from the TELUS Community Fund. Group is held Fridays at the ASEA office.

Teens: Teens with autism of all levels of functioning meet and develop a play, which uses all of their talents and "quirks". Group is held Tuesdays at St. Stephen's church. For more information, please call Trent Wilkie on his cell at 668-3478 or at the Autism Society of Edmonton Area 453-3971

ASEA provides a dramaturge to McNally School's Interactions Program for High School Students with autism.

Supported Work and Community Inclusion Program:

Teens and young adults with autism are assisted in participating in community programs with recreational, creative or employment-oriented focuses.

Work Experience Partnership:

The Autism Society of Edmonton Area is partnering with the McNally Interactions Classroom for students with autism to assemble our information packages. Students will be paid per unit assembled – approximately 100 information packages each month.

Friday Night Social Group:

A Social group for children with high-functioning autism/asperger's syndrom, aged 14 – 17. Trained staff, who understand the behavioral challenges and impairments facing young people with autism, provide a supportive environment in which children can practice social skills in community-based recreational activities. Simultaneously, parents and family members have much needed respite.

Saturday Night Social Group:

A Social group for children with high-functioning autism/asperger's syndrome, aged 8-13. Trained staff, who understand the behavioral challenges and impairments facing young people with autism, provide a supportive environment in which children can practice social skills in community-based recreational activities. Simultaneously, parents and family members have much needed respite.

Christmas Social and Summer Picnic

Get-togethers for families of children with autism. Since autism, in many instances, precludes socializing, these are welcome opportunities for many families.

Information Nights:

Volunteers organize speakers on topics of interest to parents of children with autism spectrum disorders.

Autism Collaboration Team Luncheon Meeting:

Professionals involved with autism in all areas convene to discuss issues and possible ways of addressing concerns regarding services and treatments to people with autism.

Information Packages:

Volunteers have developed a series of education booklets which are in high demand by the Glenrose, other service providers, parents whose child have a new diagnosis or those who suspect their child may have an autism spectrum disorder.

Speakers and Community Education:

Staff and volunteer speakers provide educational talks and workshops to schools, service groups, service providers, etc. Volunteers also staff tables at conferences and community events to provide education about autism.

Autism Society Players:

ASEA's Autism Society Players write and perform short plays designed to educate the public about autism spectrum disorders. A question and answer period after each play allows the actors to answer questions from the audience about autism.

Autism Now (quarterly newsletter):

The Autism Now newsletter runs between 28-32 pages filled with informative articles, opportunities to become involved with research, upcoming events and items of interest.

Library:

ASEA has updated its library extensively. ASEA lends books, video tapes, audio tapes, CDs & DVDs free of charge to members and for cost of a library card to others.

Education Matters:

ASEA has published a booklet, written by Karen Bain, compiling many different strategies to help parents and educators deal with the challenges of teaching children with Autism Spectrum Disorders. Copies of the booklet are available from the ASEA office.

Training and Recruitment of Specialized Foster Care:

ASEA provides training to staff and foster parents for the McMan Youth, Family and Community Services Association and the Family Centre. ASEA will also help recruit foster homes for children with ASD.

Information Inquiries:

ASEA responds to calls from parents and professionals regarding a number of matters including services, treatment options, programs, schools, recreational and social opportunities, work experience and employment opportunities.

Website:

ASEA's website has current information and links.

www.autismedmonton.org

Autism Spectrum Disorders

Diagnosis and Assessment

Many children who are diagnosed with an Autism Spectrum Disorder are often first recognized due to delays in the development of speech and/or language. Sometimes parents may be concerned that their child appears not to hear them. Often there are also concerns about the child's social interaction and behavior.

Speech Language Pathologists can assess a child's speech and language. These services can be accessed through your **neighborhood health unit**.

Parents are encouraged to discuss any concerns about their child's development with their child's **physician** or **pediatrician**. Only physicians can refer a child for a **multi-disciplinary assessment** through the **Preschool Assessment Service** at the **Glenrose Rehabilitation Hospital**. In the Edmonton area, many children are diagnosed with an Autism Spectrum Disorder by this multi-disciplinary team.

Family Support for Children with Disabilities (FSCD)

Phone: 427-4354

Taking care of a child with a disability is an added stress to any family. There are also additional costs associated with caring for a child with special needs. Coping with your child's high needs is typically easier when you take some breaks from your care giving responsibilities.

The Government of Alberta's Family Support for Children with Disabilities (FSCD) program make relief and support services available to families caring for children with disabilities, by reimbursing them for some of the extraordinary costs of raising a child with disabilities. FSCD programs

FSCD contracts with families for a one year period. The contract outlines what services you can access and what costs will be covered by FSCD. Contracts are reassessed and renewed annually until children reach the age of 18. Parents have the option of hiring individuals privately to care for their child or utilizing the services of an agency. If your needs should change before you contract expires you are encouraged to contact FSCD. An addendum to the contract can be prepared.

Relief Service Agencies

Agencies locate and train staff who are available to provide relief care to families. Billing FCSD for these services and ensuring that employer related expenses are covered are included in the services available through an agency.

Relief:

Adaptabilities:	431-8446
Child & Family Services (Respite Care Intake)	422-2001
Jan Pat Management Relief Care:	448-1883
Robin Hood Association (services in Strathcona County and Fort Saskatchewan):	467-7140 ext. 253
Skills:	496-9686
Transitions Rehabilitation Association of St. Albert & District:	458-7371
YWCA Family Relief Services:	423-9922 ext.226, ext. 228

Host Home:

Robin Hood Association (Strathcona County only):	467-7140 ext. 253
Skills:	496-9686
Transitions Rehabilitation Association of St. Albert & District:	458-7371

Group Home Relief:

Robin Hood Association (Fort Saskatchewan only):	467-7140 ext. 253
Hardisty Family Relief Services:	422-1443
Skills – Woodcroft House:	496-9686

Early Intervention (0 to 3.5 years)

Alberta Health provides funding for a developmental stimulation program. This program is available for children up to 3.5 years of age. To find out more contact the appropriate agency for your area (listed below):

Edmonton Early Intervention Program: 483-1744

Robin Hood Association
(Outside of Edmonton): 467-7140 ext. 253

Transition Rehabilitation Association
of St. Albert & District: 458-7371

Behavioral Consultation

If you are not using an IBI/ABA program (See next page) and need support in caring for a child who presents challenging behaviors, contact Family Support for Children with Disabilities 427-4354 or your child's assigned social worker if you already have a FSCD contract.

Applied Behavioral Analysis (ABA)/ Intensive Behavioral Intervention (IBI)

ABA or IBI programs use a structured, behavioral approach to teach specific skill and help children generalize them so they can achieve greater independence. Additional supports for such programming may be made available by Family Support for Children with Disabilities (FSCD) to children with an Autism Spectrum Disorder Diagnosis. Your FSCD contract will outline specific ABA/IBI services, their costs and the coverage available to your family. You will need to contract with a specific ABA/IBI service provider to obtain these services for your child.

ABA/IBI Service Providers: Specialized Services

Achieve Communication Services, Calgary:	(403)256-6222
Autism Partnership Program Calgary:	(403)205-2749
California:	(562)431-9293
Autism Treatment Consortium, Calgary:	(403)660-4554
Center for Autism and Related Disorders (CARD), California:	(818)345-2345
Children’s Autism Services of Edmonton:	495-9235
Family Linkages Foundation of Alberta:	488-6600

Early Education (2.5 to 5.5 years)

Program unit funding (PUF), provided by Alberta Learning, is available to children diagnosed with Autism Spectrum Disorder for a maximum of three years. Parents can choose from many different program options ranging from additional support(s) for their child in a regular community-based program such as playschool or daycare, to a specialized school-based classroom. Parents then designate their chosen program to access Program Unit Funding on behalf of their child. Programs follow the typical school calendar, starting in September.

Community Options Preschool Education:	455-1818
Corbett Hall Early Education Program:	492-5081
Elves Child Development center:	454-5310
Family Linkages (in coordination with IBI Program):	488-6600
Getting Ready for Inclusion Today (G.R.I.T. Program):	454-9910

Edmonton Catholic Schools

Hand in Hand Growing Through Experience:	989-3041
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Edmonton Public Schools

Mayfield Elementary School (Early Education Program):	489-5100
Scott Robertson (IBI/ABA Program):	475-3565
Waverly Elementary (IBI/ABA Program):	469-6682
Elmwood Elementary (Early Education Program):	489-6749
Evansdale Elementary (Early Education Program):	476-3331
Hazeldean Elementary (Early Education Program):	433-7583
Tevie Miller Heritage School (Early Education Program):	436-0465
Homesteader Elementary (Early Education Program):	478-1139

Edmonton Regional Programs

Blackgold School Division (Beaumont, Leduc, Thorsby)	955-6025
Broxten Park School, Spruce Grove	962-0212

School Age Programs

All children aged 6 to 16 years are required to receive some form of education (may include home schooling). Families should contact their neighborhood school in advance to meet with school personnel and plan for the transition into the school.

The Standards for Special Education 2004 state that "in Alberta, educating students with special needs in inclusive settings is the first placement option to be considered by school boards in consultation with parents, and when appropriate, students. Inclusion, by definition, refers not merely to setting but to specially designed instruction and support for students with special needs in regular classrooms and neighborhood schools."

Some school boards offer specific programs for children diagnosed with Autism Spectrum Disorders in designated schools within their district. For example, in Edmonton Public Schools these programs are called Interaction Programs and are available at the Elementary, Junior, and Senior High Levels.

Alberta Learning materials including Teaching Students with Autism and Standards for Special Education are available for loan at the Autism Society of Edmonton Area office.

School-Based Specialized Consultative Services

Specialized consultative services are available in your child's school. Eligibility for these services is based on a specific set of criteria provided by Alberta Learning. Referrals are made by the school and require the parent's signature.

Specialized Consultative Services are Provided by:

Edmonton Regional Educational Consulting Services (ERECS):

ERECS provides specialized services in central and northern Alberta including assessment, consultation and in-servicing. They provide services in the areas of adapted physical education, communication disorders, educational behavioral programming, occupational therapy, physical therapy, psychology, etc. For further information regarding services call **472-4455**

Edmonton Student Health Initiative Partnership (ESHIP):

Formed in 1999, ESHIP is a partnership of health, social services and education to provide new and enhanced services for students with health and support needs that impact their learning. Consulting Services ESHIP program (one of several ESHIP service providers) focuses on student success in his/her education program by promoting participation and inclusion in their school community whether the student is in an inclusive setting or district program. Services may vary between school districts and may include; consultation, coaching, modeling, monitoring, in-servicing, and assessment as is necessary to support school and home. Service aligns with educationally relevant goals and/ or the Individualized Program Plan (IPP) as pertains to the needs of the student, school, and home. Service disciplines which you may be referred to are Occupational Therapy, Speech/ Language Therapy, and Physical Therapy. For further information contact one of the following numbers:

General Inquiries:	944-8008
Edmonton Public Schools:	429-8381
Edmonton Catholic Schools:	989-3008
Charter Schools:	922-4790
Early Childhood Societies:	454-9581

Adult Programs

Persons with Developmental Disabilities

When a child reaches the age of 17, parents are advised to contact Persons with Developmental Disabilities (PDD) if services are needed when the child turns 18. PDD can be contacted at **427-2817** for assistance.

Each year, the Gateway Association for Community Living provides a Transition Series to assist parents planning for their children once they become adults. For more information contact the Gateway Association at **454-0701**.

Assured Income for the Severely Handicapped (AISH)

AISH provides financial and health benefits up to \$1050/ month for adults with a permanent disability that severely impairs their ability to earn a living. For more information call **415-6300**.

Federal Tax Credit

The Federal Government recognizes the extra financial burden of raising a child with special needs and provides a tax credit to families who have a child with a severe lifelong disability. Form T2201 must be completed by a physician, occupational therapist, speech language pathologist, or psychologist familiar with your child in order to allow you to claim this tax credit. Form T2201 is available online at **www.cra-arc.gc.ca**. Click on Forms and Publications then follow the directions.

Medical Supplies, Equipment

The following provide financial support to assist you with extra costs such as diapers for children 3 years or older:

Albert Aids to Daily Living (provides partial funding): 427-0731
Capital Health Community Care Access: 496-1300

Education and Recreation

The Steadward Centre (formerly the Rick Hansen Centre)

The Steadward Centre's mission is to provide maximum opportunities for children and adults with disabilities to enhance their physical and mental well-being through individually prescribed and group programs such as physical activity, fitness-related medical interventions, and psychological services. And, through a diverse and carefully planned research program, enhance knowledge in the area of fitness for persons with disabilities, Adapted Physical Activity, and Sports Medicine for athletes with a disability.

Website: www.steadwardcentre.ualberta.ca

Phone: 492-3182

Youth Groups

The Gateway Association for Community Living offers Youth Leadership Program for youth between the ages 13 and 23 who may or may not have a disability. The Youth Leadership Group provides a unique opportunity to learn leadership skills, explore issues related to youth advocacy, share common challenges in a supportive peer environment, and have fun.

For more information call:

454-0701 ext. 221

Communication Services

Alberta Speech Language Association of Private Practitioners

Visit **www.asapp.ca** for a list of names of certified speech and language pathologists and audiologists in private practice, it lists their area(s) of expertise.

Phone: 988-2217

Occupational Therapy

Alberta College of Occupational Therapists (ACOT) 436-8381

Visit their website **www.acot.ca** for a list of occupational therapists.

Music Therapy

The Canadian Association for Music Therapy (CMAT) recommends hiring an accredited music therapist (MTA). These highly trained music therapists have graduated from a CAMT recognized program (typically a four-year Bachelor degree), have completed an internship, have special training for working with special needs populations, and abide by the CAMT Code of Ethics. You can expect an MTA to assess your child's needs, implement a program to address those needs, evaluate the effectiveness of the program, work in cooperation with other team members, document all sessions, and provide progress notes.

For a current list of music therapists in Edmonton contact the Music Therapy Association of Alberta: 459-6812

Visit their website: **www.mtaa.ca**

Parent and Family Resources

Support Services

Provide support groups, information and assistance to persons with disabilities and their family members.

Child Disability Resource Link:	1-866-346-4661
Alberta Association for Community Living:	451-3055
Allergy and Asthma Information Association	456-6651
Autism Society of Edmonton Area	453-3971
Edmonton Epilepsy Association	488-9600
Gateway Association for Community Living	454-0701
Info-line with persons with disabilities	211

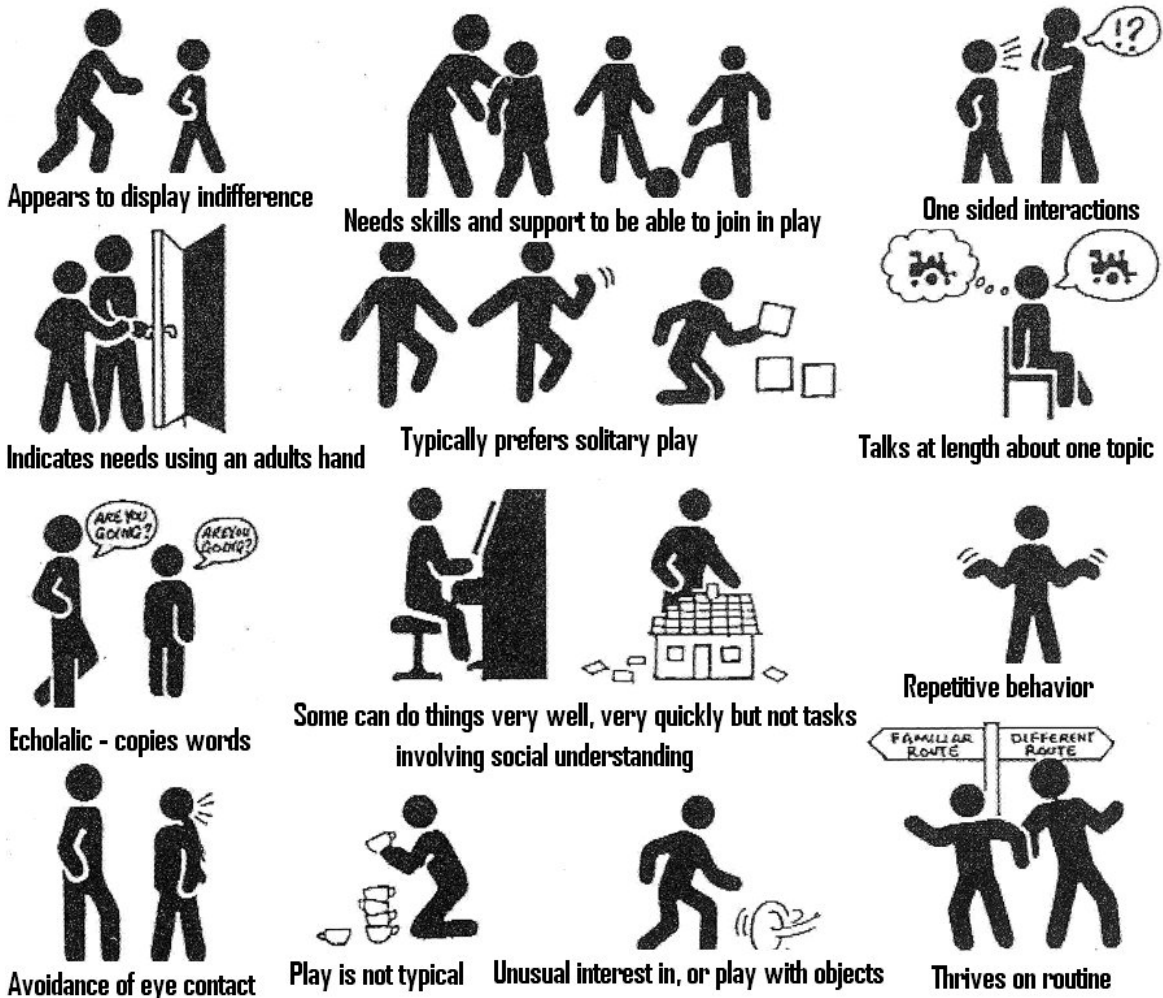
Advocacy Groups

Advocate groups support and encourage people with mental disabilities and their families to live with dignity in the community of their choice. These groups seek to improve the quality of lifestyle of persons with disabilities through educational, legislature, and positive policy changes at all levels of government and society on consumerism and social justice.

Alberta Association for Community Living	451-3055
Alberta Committee of Citizens with Disabilities	488-9088
City of Edmonton – Advisory board on Services Persons with Disabilities	496-5822
Edmonton Regional Coalition for Inclusion	431-0422
(FEAT) Families for Early Autism Treatment	www.feat.org
Premiers Council on the status of Persons with Disabilities	422-1095
Transitions (St. Albert)	458-737

Autism is:

These figures illustrate some of the manifestations of autism. Not all persons with Autism experience each of these symptoms and they vary in severity.



Early diagnosis is essential if people with autism are to achieve their full potential. It is only when their disability is understood that they can be helped to maximize skills and minimize problems.

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