

Autism Edmonton's Next Steps: Guide to Autism Resources

Adults (18+)

[Membership](#)

[Diagnosis Process](#)

[Assessment](#)

[Establishing Adult Services](#)

[Education, Training, and Skills
Development](#)

[Employment](#)

[Housing Options](#)

[Public Transportation](#)

[Advocacy](#)

[General Legal Services](#)

[Money Management](#)

[Behavior](#)

[Safety Planning](#)

[Wandering Risk](#)

[Adult Respite](#)

[Day Programs for PDD](#)

[Health](#)

[Recreation](#)

[Discussion/Support](#)

[General Resources](#)

[Autism Websites](#)

[Sensory Product Suppliers](#)

[Facebook Pages](#)

DISCLAIMER:

Autism Edmonton does not endorse any service or organization listed in the Next Steps guide.

This guide is intended only to help families and individuals navigate their options for services, while guiding them to the most relevant autism resources.



Membership

Membership with Autism Edmonton is available to all individuals, **FREE** of charge, with no expiration date.

Want to join us as a member? Sign up now using this convenient online form!

By becoming a member of Autism Edmonton (previously known as Autism Society of Edmonton Area, or ASEA), you will be joining a community of like-minded people that for decades has given strength, support and hope to families and individuals affected by Autism.

Autism Edmonton membership benefits give you:

- The opportunity to take advantage of Autism Edmonton's programs and workshops
- The first look at [Autism Edmonton's Monthly E-Newsletter](#)
- The ability to check-out helpful educational materials (including digital media and Autism Edmonton's in-office library)
- Exclusive access to additional online resources

<http://www.autismedmonton.org/autism-edmonton-membership-online-registration>





Diagnosis Process

Assessment of adults who may have ASD and are not eligible for Persons with Developmental Disability (PDD) is currently available through Alberta Health Services; the Adult Autism Diagnostic Clinic located at the Glenrose Rehabilitation Hospital. Please note this service is currently for assessment of ASD only, and not for ongoing treatment. This service requires a physician or nurse practitioner referral.

In addition to diagnosis, the Adult Autism Diagnostic Clinic is also provides a consultation service to primary healthcare providers, psychologists and psychiatrists for those who are already diagnosed.

Please click [here](#) to access the Adult Autism Diagnostic Clinic/Consultation referral form. Additional information about this service is available by calling 780-735-8852.



Diagnosis Process

Private diagnosis is available through a psychologist and costs around \$2000.

Make sure the questions being asked of the testing psychologist are focused on client's concerns specifically related to the Autism Spectrum.

Alberta Employment and Immigration can order testing for clients that have been frequently fired. Ask to speak to a disability specialist if ASD is suspected. Care should be taken to ensure that the questions asked of the psychologist include a specific query of autism.

Mental health can also order testing for clients as part of the assessment for services under their supervision.

Educational Institutions such as colleges can order testing for students experiencing academic difficulties. Care should be taken to make sure that autism is mentioned in any request for testing.



Assessment

Obtain a Capacity Assessment

[Alberta Human Services](#) – List of Capacity Assessors

Complete IQ Testing or Psychoeducational Testing

[University of Alberta – Department of Educational Psychology](#) 780-492-3746

The Education Clinic at the University of Alberta is committed to the community at large through the provision of low cost services to the general public. Clients who have reduced financial resources will be able to apply for a fee reduction.

[Insight Psychological Services](#) 780-461-1717

[ABC Psychological Services](#) 780-756-9280

Colleen performs the required preliminary assessments and if the evaluation indicates concerns for an Autism Spectrum Disorder she will recommend a referral to a neurodevelopmental assessment clinic

No ADOS



Establishing Adult Services

[PDD](#)

[Financial Resources](#)

[AISH](#)

[Disability Tax Credit](#)

[Registered Disability Savings Program](#)

[Guardian & Trusteeship](#)

[Canada Caregiver Credit](#)



PDD

Persons with Developmental Disabilities (**PDD**) funds programs and services to help adult Albertans with developmental disabilities to be a part of their communities and live as independently as they can.

The program funds four kinds of staffing supports based on an individualized [service plan](#):

- **Community Living Supports** help individuals in their home (for example: meal planning and housekeeping)
- [Employment Supports](#) train, educate and support individuals to get and keep jobs
- [Community Access Supports](#) help individuals participate in their community (for example: volunteering, going to clubs, sports and other activities)
- **Specialized Community Supports** are generally short-term supports to help with special circumstances (for example: extra help when a person is having trouble)

Continued on next slide





PDD

Who can get help from PDD?

To be eligible for PDD, a person must be an adult (18 or older) and meet these three criteria:

- The individual must have a “significant limitation in intellectual capacity.” This means an IQ score of 70 or below.
- The individual must have a “significant limitation in adaptive skills.” This means the individual needs help with daily living activities like making food. PDD measures this by checking whether the person needs help with six or more out of [24 typical skills](#).
- The individual must have had both of these two limitations before he or she turned 18.
- For more detailed information about these eligibility criteria, see the [Developmental Disabilities Guidelines](#).

Continued on next slide



PDD

How does it work?

PDD services are provided by service providers in the community. PDD service providers are agencies that specialize in helping people with disabilities. PDD gives these agencies money to pay for the staff supports that individuals need. Services provided by an agency are part of an individualized [service plan](#).

PDD services can also be provided through a Family Managed Services agreement. With Family Managed Services, an individual with a developmental disability, their family, or a close friend can directly hire staff or a service provider that has been approved by the PDD program. For more information on this, visit our [Family Managed Services section](#).

How do I get help from PDD?

To apply for funding through the PDD Program, please click on [myAlbertasupports](#) to complete an application for the PDD program. Once your application is received, someone from the PDD Program will contact you as soon as possible to talk to you about how they can help you. If you need help filling out this form, call 1-877-644-9992.

It is recommended to start this application process approximately 6 months before the person turns 18. [Click here](#) for PDD office contact information and locations. If you are eligible for PDD, you are automatic eligible for AISH.





Financial Resources

The Government of Canada offers a variety of services and financial benefits to assist people with disabilities and their families. Service Canada has compiled a list to help you find benefits that may be right for you. For information on what resources are available through the Government of Canada, click [here](#).

The Government of Alberta's Disability Services department offers many supports and services to support Albertans with disabilities. For more information on what is available, click [here](#).

Income Support (IS) provides financial assistance to Albertans who do not have the resources to meet their basic needs, like food, clothing and shelter. For those who will probably never be able to work full-time continuously in the competitive labour force, due to medical or disability related concerns are assigned to a **Barriers to Full Employment (BFE)** client sub-type. For further information on IS or BFE, click [here](#).



AISH

Assured Income for the Severely Handicapped (AISH) provides financial and health benefits to eligible Albertans with a disability.

AISH eligibility overview:

- You have a disability that substantially limits your ability to earn a living
- Your disability is likely to remain permanent
- There's no training, rehabilitation or medical treatment that will help you to work enough to earn a living
- You're at least 18 years old and not eligible to receive an Old Age Security pension
- You live in Alberta and are a Canadian citizen or permanent resident
- You aren't in a correctional facility or some mental health facilities such as Alberta Hospital Edmonton
- You meet financial eligibility criteria

For more information on AISH including eligibility, types of benefits included and the application process, click [here](#) or [here](#) or call Alberta Supports Contact Centre Toll Free 1-877-644-9992





Disability Tax Credit

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting person(s) reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC. This amount includes a supplement for persons under 18 years of age at the end of the year.

The purpose of the DTC is to provide for greater tax equity by allowing some relief for disability costs, since these are unavoidable additional expenses that other taxpayers don't have to face.

Being eligible for the DTC can open the door to other federal, provincial, or territorial programs such as the [registered disability savings plan](#), the working income tax benefit, and the child disability benefit.

For more information on the Disability Tax Credit and how to apply, click [here](#).





Registered Disability Savings Plan

The Registered disability savings plan (RDSP) is a registered disability savings plan intended to help parents and others save for the long term financial security of a person who is eligible for the disability tax credit (DTC).

Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59. Contributions that are withdrawn are not included as income to the beneficiary when they are paid out of an RDSP. However, the Canada disability savings grant (grant), the Canada disability savings bond (bond), investment income earned in the plan, and the proceeds from rollovers are included in the beneficiary's income for tax purposes when they are paid out of the RDSP.

For more information on the RDSP, click [here](#) or [here](#).



Guardianship & Trusteeship

The Office of the Public Guardian and Trustee (OPGT) provides services to help Albertans with disabilities to plan for the future and make the most of today if decision-making support is needed.

When someone dies and no one is willing or available to settle their affairs, they assist with burial and may help with the administration of the estate.

They work mostly with adults, but we also help manage funds for minors in special situations.

People often think that if someone isn't capable of making personal decisions, a friend or family member (e.g. a spouse or a parent) can make decisions for them. This isn't necessarily true. If that person is an adult, there are limits to what friends and family can do without legal authority. If you or someone you know needs help making decisions about personal financial matters, there are options. For those who need assistance in decision making regarding finances or day to day living, a guardian or trustee can be appointed.

For more information on Guardianship and Trusteeship, click [here](#).





Canada Caregiver Credit

You may be able to claim the CCC if you support your spouse or common-law partner with a physical or mental impairment.

You may also be able to claim the CCC for one or more of the following individuals if they depend on you for support because of a physical or mental impairment:

- your or your spouse's or common-law partner's child or grandchild
- your or your spouse's or common-law partner's parent, grandparent, brother, sister, uncle, aunt, niece, or nephew (if resident in Canada at any time in the year)

An individual is considered to depend on you for support if they rely on you to regularly and consistently provide them with some or all of the basic necessities of life, such as food, shelter and clothing.

For more information on the CCC, click [here](#).





Education, Training, & Skills Development

Transitioning to Adulthood

Life Education

Academic Supports

Academic Upgrading

Practical Education with Employment Focus

Modified Post-Secondary

Scholarships and Grants

Assessments



Transitioning to Adulthood

The transition to adulthood and the community beyond high school can present many challenges to individuals with Autism Spectrum Disorder (ASD) and their families. Comprehensive transition planning can help to buffer the challenges during this time and maximize the potential for each person to live a full and meaningful life.

The following Community partners offer transition planning that can be accessed on line or thru workshops:

[Launch to Life - Prepare to Launch Resource Guide can be downloaded.](#)

[Transition Planning for Adulthood](#) presented by Gateway Association



Life Education

[Cerebral Palsy Association of Alberta](#) offers services that assess needs and identify the strengths in their members of all ages. They have a full time social worker in Edmonton on hand to help support, enrich, and enhance the lives of their clients.

780-477-8030

[Teenage Survival Guide](#) an online forum and education site with comics explaining everything from body changes to bullying, and offering an interactive 'Ask Andy' component



Academic Supports for Students with Autism

[Center for Literacy](#) Edmonton's Premier diagnostic and teaching clinic for students with reading, writing, and math disabilities or difficulties 780-434-3698

[Disability Related Employment \(Education\) Supports \(DRES\)](#) Education supports help learners with disabilities who are out of the kindergarten to grade 12 school system. These supports prepare learners with disabilities for employment through post-secondary education, basic skill training, academic upgrading or labor market programs. Supports may include sign language interpreters, tutors, note takers, and assistive technology such as software programs specific to the disability.

[Oxford Learning Centre](#) - Various locations throughout Edmonton

[Sylvan Learning Centre](#) - Various locations throughout Edmonton

[Kumon Learning Centre](#) - Kumon helps accelerate your child's learning, from as young as age 3 all the way through high school

[School is Easy Tutoring](#) - School is Easy Tutoring is a tutor referral agency for in home tutoring (or at a public library if preferred); covering all grades and subjects from kindergarten to adult students. They have teachers experienced in working with autistic students, with a proven record of having patient and compassionate staff.





Academic Upgrading

The following organizations offer academic upgrading:

[Alberta Distance Learning Centre](#) Toll Free 1-866-774-5333 or
Local 780-674-5333

[Boyle Street Education Centre](#) 780-428-1420

[Centre for Family Literacy](#) 780-421-7323

[Centre High](#) 780-425-6753

[Chrysalis \(PDD funded adults only\)](#) 780-454-9656

[Project Adult Literacy \(PALS\)](#) 780-424-5514



Practical Education with Employment Focus

[Norquest College Transitional Vocational Program](#)

This 10-month program is designed to provide employment preparation training for adults with mild cognitive developmental disabilities. The post-secondary setting enables learners to further their education beyond high school to transition to the workforce.

[Transitional Support Program – Edmonton Public Schools](#) 780-434-9561

Programming supports students who are preparing to transition into the workforce. Students may have successfully completed Knowledge and Employability programming, completed Grade 12 without a diploma or certificate or left high school before completion.

[Olds College](#) 403-566-8366

The transition to employment program at Olds College provides employment preparation and instruction in academics, independent living and work skills

[Red Deer College](#) 403-342-3400

This transitional Vocational Program offers employment readiness and on the job training for adults with developmental disabilities.





Post Secondary Programs Modified for Individuals with Disabilities

[Northern Alberta Institute of Technology \(NAIT\)](#)

- Contact the school 4-6 months before starting classes each year
- Together with a disability advisor, appropriate services will be utilized based on need and documentation of disability.

[University of Alberta Student Accessibility Services](#) : When exploring options at U of A, it might be advisable to contact Student Accessibility Services to help determine the types of academic accommodations that would be available to the student should they choose to enroll, as well as information on funding options (specifically, disability related financial supports).

[MacEwan University](#)

1. [Services to Students with Disabilities](#) – SSD Is available to offer various resources, services and accommodations to help with improving accessibility and removing barriers from the students learning environment.
2. [Campus Connections](#) – Campus Connections is an inclusive post-secondary opportunity that supports students with developmental disabilities to be fully included in programs of interest to achieve their career aspirations.

Continued on next slide





Post Secondary Programs Modified for Individuals with Disabilities

[Concordia University of Edmonton](#)

1. [Inclusive Post-Secondary Education](#) - A service that gives students with developmental disability an opportunity to experience post-secondary education through participation in Concordia's university courses, programs of study and campus life, enhancing the learning environment for all.
2. [Learning Accommodation Services \(LAS\)](#) – Concordia provides opportunities for academically qualified persons with documented disabilities to achieve their full potential as individuals and in terms of their education and career objectives.

[Kings College Disability and Accommodation Services](#) – The purpose of accommodation services is to provide a level playing field on which students with documented disabilities have the opportunity to actualize their capabilities without unreasonable hindrance or barrier to their education. Accommodation services do not diminish the academic expectation on the individual student, but rather allow the student to explore classroom accommodations that cater to unique learning needs.



Scholarships & Grants

Employment and Social Development Canada – Grant for Students with Permanent Disabilities \$2000 per academic year

Canada Student Grant for Service and Equipment for Students with Permanent Disabilities Up to \$8000 per year

- Designed to help cover exceptional education-related costs associated with disability, such as a tutor, interpreter, note-takers, readers or brailers, attendant care for studies, specialized transportation , or 75% of the cost of a learning disability assessment up to a maximum of \$1200.

Alberta Grant for Students with Disabilities Up to \$3000 per year

Mattison Scholarship Program for Students with Disabilities

For full-time students in their third or fourth year of a first undergraduate degree. Must be nominated by their school's disability services department. Must have a minimum average of 80%

Continued on next slide





Scholarships & Grants

[The NEADS National Student Awards Program](#)

NEADS is a scholarship for Canadian citizens or permanent residents of Canada with a permanent disability, who are currently registered in and returning to a full-time program of study at an accredited Canadian post-secondary college or university.

[Disability Awards](#)

This website was created to help post-secondary students search hundreds of scholarships available across Canada specifically for students with disabilities.



Preparing for Post-Secondary Education

For some students, the amount of stress associated with post-secondary is very overwhelming. One method of handling this stress is taking a reduced course load, and many programs offer part-time studies. Disability services at some institutions can be useful helping students develop a modified program. To have appropriate services you will need current assessments.

If you are currently in high school and there are no current assessments, ask your school counselor to have new ones completed. Not only will this help with finding you appropriate accommodations in post secondary but can also help for diploma examinations.

If you have already completed high school, and do not have current assessments, you can obtain a free one through Alberta Health Services.



Assessments

As soon as you receive acceptance into your program, meet with your **Services for Students with Disabilities (SSD)** Advisor to discuss assessment needs and to complete any paperwork. Your **SSD** Advisor will then send a referral to **Alberta Works** to have an assessment completed.

A **Career and Employment Consultant (CEC)** will then be assigned to your file and will contact you to set up an appointment. Provide the **CEC** from **Alberta Works** with any documentation regarding your history (previous assessments, doctor's letters, psychologist, or other professional recommendations etc.). Your consultant will discuss any concerns that you have and how your disability impacts the way you learn.

Continued on next slide





Assessments

The **CEC** will have you complete some paperwork and will make a referral to a psychologist, occupational therapist etc. The psychologist or other professional will then contact you to make an appointment to complete the assessment.

Following the assessment, you will be asked to meet with the person who did the assessment, the **CEC** who referred you, and anyone else that you and the consultant feel should attend. In this meeting, you will review the results of the assessment, including recommended accommodations and supports that will assist you with your studies. You and the **CEC** will receive a copy of the assessment. It is then your responsibility to make an appointment with your **SSD** Advisor at the school and to provide them with a copy of the assessment. Based on the recommendations, your advisor will assist you in setting up the recommended supports and accommodations.



Employment

Employment Supports

General Employment Programs

Online Employment Supports

Career Exploration

Business Planning



Employment Supports

[Alberta Association for Supported Employment](#)

An association of service agencies who share a vision and a commitment to Supported Employment. The primary goal of AASE is to create a formal network of service agencies which promotes the sharing of information and opportunities in the field of supported employment.

[Goodwill Industries of Alberta](#) 1-866-927-1414

Goodwill is a non-profit, charitable organization that provides training and employment opportunities for people with disabilities. Goodwill provides individuals with job development, job search, and exploration, skill building and job retention skills.

[Disability Related Employment Supports \(DRES\)](#)

Disability Related Employment Supports (DRES) funding is available to pay for supports that help Albertans overcome barriers to education or employment caused by a disability. Job search supports help Albertans with disabilities aged 16 and older seek employment. Supports may include a sign language interpreter so that an individual with a hearing impairment can attend a job interview.

[Emergency Financial Assistance](#) Toll Free: 1-877-644-9992





General Employment Programs

[Gateway Association](#) 780-454-0701

Gateway builds meaningful paid employment relationships that work for both employer and job seekers who live with intellectual disabilities.

[Employabilities](#) 780-423-4106

[On-site Placement Services](#) 780-488-8122

On-site Placement is committed to offering career paths to individuals with ongoing medical conditions and disabilities



General Employment Services for people with PDD

[Arch Enterprises and Training Association](#)

780-438-4347

[Chrysalis Employment Services](#)

780-454-9656

[Excel Society](#)

780-450-8442

[Goodwill Industries of Alberta](#)

1-866-927-1414

[Selections: A Career Support Service](#)

780-451-5270

[Winnifred Steward Society](#)

780-453-6707

[NEADS](#) (National Educational Association of Disabled Students)

1-877-670-1256





Online Employment Supports

[Alberta Association for Supported Employment](#)

An association of service agencies who share a vision and a commitment to Supported Employment.

The primary goal of AASE is to create a formal network of service agencies which promotes the sharing of information and opportunities in the field of supported employment. An inclusive organization that supports the development and evolution of supported employment initiatives.

[Autism Speaks Employment Toolkit](#)

A great package with good questions to think about when exploring employment options.

Continued on next slide





Online Employment Supports

JAN – Job Accommodation Network

JAN's Accommodation and Compliance Series is designed to help employers determine effective accommodations. Each publication in the series addresses a specific medical condition and provides information about the condition, ADA information, accommodation ideas, and resources for additional information.

The Accommodation and Compliance Series is a starting point in the accommodation process and may not address every situation. Accommodations should be made on a case by case basis, considering each employee's individual limitations and accommodation needs. Employers are encouraged to contact JAN to discuss specific situations in more detail.



Career Exploration

[Disability Related Employment \(Workplace\) Supports \(DRES\)](#)

Workplace supports help Albertans with disabilities aged 16 and older make successful transitions into the workplace, maintain employment, and enable their full participation in the workforce. Supports may include a job coach, worksite modification or assistive technology.

[Alberta Learning Information Service](#)

Provides online information about careers in Alberta.

[Do2Learn](#)

This is a great information service developed by the national institutes of health that offers jobTIPS for students; an employment exploration website that is inclusive of ASD considerations.



Business Planning

[Autism Community Training Group \(ACT\)](#)

Operating in B.C., this group offers great tools and connections to programming, as well as business and community training to increase awareness of autism. The Ability Hub's Community Works program will be partnering with ACT.

Volunteering Options

[Volunteer Edmonton](#)

Serves the Edmonton and area community by providing information on volunteering. We can help explain what volunteering is, how to start, and where to find the right opportunity for you.



Housing Options

[Emergency Shelters](#)

[Housing Resources](#)

[Independent Living Supports for Individuals with PDD](#)

[Moving](#)



Emergency Shelters

[George Spady Society](#) 780-424-8335

[Hope Mission Herb Jamieson Centre](#) 780-422-2018

[Women's WINN House](#) 780-479-0058

[The Salvation Army Emergency Shelter](#) 1-800-725-2769

[Youth Empowerment & Support Services Nexus](#) 780-468-7070

(Age 15-21 Shelter, 15-24 Daytime Program)



Housing Resources

[Capital Region Housing Corporation](#)

780-420-6161

Capital Region Housing (CRH) is the largest provider of social and affordable housing in the Edmonton area.

[Canada Mental Health Association](#)

[Edmonton Housing Program](#)

CHMA provides quality, secure, and affordable housing for people with mental illness and/or low income. The program works with tenants and their supports to maintain long-term housing.

[E4C \(Inner City, mentally ill, hard to house\)](#)

780-424-7543

[Right at Home Housing](#)

(Edmonton Inner City) 780-423-1339

[Northern Alberta Cooperative Housing Association \(NACHA\)](#) 780-482-6128

The NACHA is a federation of Housing

Cooperatives. NACHA does provide some subsidized units for people with disabilities.

[Bissell Centre Housing Services](#)

780-423-2285 ext. 122

[Catholic Social Services](#) 780-432-1137

[Good Samaritan Society](#) 780-431-3600

[Homeward Trust Edmonton](#) 780-496-2630

[YMCA Home ED](#) 780-474-5706

[Youth Empowerment & Support Services](#)

780-468-7070

Age 15-21 Emergency Shelter,
15-24 Daytime Program





Independent Living Supports for Adults with PDD funding

[Transitions](#) 780-458-7371

[Adaptabilities](#) 780-431-8446

[RobinHood Association](#) 780-640-9401

[Classic Life Care](#) 780-428-2750

[Mira Facilitation Centre](#) 780-450-9414

[McMann](#) 780-482-4010

[La-Arche](#) 780-465-0618

[Entrust](#) 780-760-1091

[Excel Society](#) 780-455-2601 ext. 221

[LoSeCa](#) 780-460-1400

[Winnifred Stewart Association](#)

780-453-6707

[Skills Society](#) 780-496-9686

[Linx](#) 780-980-9423

[Edmonton Integrated Services](#)

780-702-1733



Moving

Moving to Alberta

Applications for

- PDD (Persons with Developmental Disabilities)
- AISH (Assured Income for the Severely Handicapped)

Income Support through Alberta Works

Guardianship

Trusteeship

Bring all documentation about previous services, assessments, guardianship documentation

Multicultural Health Brokers 780- 423-1973

Translation

Connecting immigrant families and communities to resources for health and well-being

Email: mchb@mchb.org



Public Transportation

[Leisure Access Program Pass/ Bus Pass Program](#)

The city of Edmonton offers a buss pass program to those whose family income falls in the low-income category. Once approved individuals can purchase a bus pass at a discounted price.

[DATS: Disabled Adult Transit Service](#) 780-496-4567

Door-to-door public transportation for registered, pre-booked passengers who have a severe physical or cognitive disability

[Let's Ride – Centre for Autism Services of Alberta](#)

780-488-6600 ext. 249

A Comprehensive and fun introduction to public transportation for young people with Autism Spectrum Disorder.

Email: bhughes@centreforautism.ab.ca





Driving Assessment with Cognitive Component

Driving is a big responsibility, and there are many things to consider before pursuing a license. There is no reason however, that someone on the autism spectrum cannot be a successful driver if they learn the necessary skills.

[AMA Alberta Motor Association driver education programs](#)

AMA is now offering an online driver training curriculum for individuals who may have challenges attending the in-class portion of driver training.

[Alberta Registry Services](#)

Every Alberta approved license Registry, such as AMA, has accommodations for test-writing including audio read-outs of the test questions over the computer and an option to sit an oral exam instead of a written test. In order to qualify for the oral exam, an individual must have failed the test a minimum of 3 times in a written form. Please search online for a location near you.

[Ministry of Transportation: Driver Fitness & Monitoring](#) 780-427-8230

You can call in to the ministry for personalized advice regarding assessment requirements and legalities of driving with an ASD diagnosis.

Driver Fitness & Monitoring email: driver.fitness@gov.ab.ca

Continued on next slide





Driving Assessment with Cognitive Component

Medical Examination for Motor Vehicle Operators

To be filled out by your family physician. This is NOT a requirement to get a license in most cases, but is another option to explore your ability to drive from a medical perspective.

The form to be filled out by the physician is click the link [here](#).

[Driver Evaluation and Training Services \(Edmonton\)](#) 780-735-7938

AHS service provided at the Glenrose Rehabilitation Hospital in Edmonton
Provide an assessment, counseling and training for young adults, adults and seniors with a wide variety of disabilities or health conditions that may affect their driving, client assistance in learning new driving techniques, choosing adaptations for their vehicles that will enable safe driving, providing on-road training in an adapted or custom-modified car for individuals to practice driving skills as well as on-road training in a wheelchair accessible van for individuals to practice driving skills.

- Have an in-clinic as well as an on-the-road portion of the assessment



Advocacy

Gateway Association 780-454-0701

Email: info@gatewayassociation.ca

Inclusion Alberta 780-451-3055

Email: mail@inclusionalberta.org

[Facebook Page](#)

Alberta Human Rights Commission

Duty to Accommodate: Interpretive Bulletin

Canadian Human Rights Commission

Accommodation in the 21st Century

Guardian Law Group 403-457-7778

Chamberlain Hutchison Barristers & Solicitors (for legal issues)

Janet Hutchison 780-423-3661 (ext.227)

Email: jhutchison@nucleus.com

Meikle Osgood Baristers and Solicitors (for legal issues)

Meikle Osgood 780-454-7111

Email: info@meiklelaw.ca





General Legal Services

Legal Aid Alberta

Legal Services at a minimal cost

1-866-845-3425

Chamberlain Hutchison Barristers & Solicitors

Janet Hutchison 780-423-3661 (ext.227)

Email: jhutchison@nucleus.com

Meikle Osgood Baristers and Solicitors

Meikle Osgood 780-454-7111

Email: info@meiklelaw.ca





Money Management

[Money Mentors](#) 1-888-294-0076

An Alberta wide program that offers free online and in-person classes for learning how to budget, manage debt, increase savings, understand credit ratings, ext.

[Financial Management Hub – E4C](#) 780-429-5018

[Emergency Financial Assistance](#) Toll Free: 1-877-644-9992



Behavior

Self harm and aggressive behavior towards others is common in people on the Autism Spectrum. Though aggression is not typical of everyone with Autism, it can result in harmful behavior inflicted on to others and self-injurious behavior. Knowing what to do when these situations get out of hand is imperative, especially being knowledgeable about the services available to support you. If there are issues that get out of control please do the following.

Contact [Edmonton Police Services](#) 780-342-7777

Crisis Response Team (24 hours): 780-342-7777

TTY: 780-425-1231

(Inform them that the individual is on the spectrum and that certain measures should be take into consideration)

Headquarters, Downtown Division Station, 9620-103A Ave, NW, Edmonton, AB T5H-0H7

Email: eps@edmontonpolice.ca

Dial 211

211 is a telephone service run by the United Way, Distress Centre Calgary, The city of Calgary and Inform Alberta, that helps connect individuals to a variety of Social services and programs. All you have to do is dial 211, and you will have access to an entire network of care. This service is free, confidential, and operates 24/7





Safety Planning

For Adults with ASD who have PDD supports who require behavior supports contact your PDD worker first to discuss

Positive Behavior Support Team Training 780-735-7999

Accessible through the Glenrose Autism Clinic, Program by Dr. Shawn Reynolds

Offers chapter explaining ASD, how to collaborate with school teams, and how to manage challenging behavior

[Do 2 Learn](#)

An information website with tips for everything from sensory needs to job skills, and social skills, and how to think about and deal with behaviors.

[Autism Safety Project](#)

The Autism Safety Project provides families affected by autism with tips, information, expert advice and resources so that everyone in our community can stay out of harm's way.

[TeleCare](#)

Good Samaritan TeleCare® provides monitoring, support and response services to individuals of all ages and situations





Wandering Risk

Children on the Autism Spectrum will wander for various reasons; being overwhelmed with their surroundings, wanting to be in their favorite place or simply just to explore. Statistics show that 50% of parents with children on the spectrum confirm that their children wander and that the behavior normally peaks around the age of 4. Please click [here](#) to learn more about autism related wandering. There are a variety of resources to protect a child that is at risk of wandering. First of all children that wander should have [MedicAlert](#) ID tags so first responders can get in touch with the family and safely return the child.

Additional Resources:

- [iLoc Technologies](#)
- [Eyez-On](#)
- [Awaare](#)
- [No Child Without](#)
- [AngelSense](#)
- [Big Red Safety Box](#)
- [SABRE Wireless Home Security](#)
- [12 WAYS TO PREVENT, AND RESPOND TO, ASD WANDERING](#)



Adult Respite

Nurse Next Door 1-877-588-8609

Classic Life Care 780-428-2750

Transitions 780-458-7371

Compassion Network 780-432-1676

Wildrose Caregivers 780-756-2700

Mira Facilitation Centre 780-450-9414

Adaptabilities 780-431-8446

McMann 780-482-4010

RobinHood Association 780-640-9401

YWCA 780-427-2817



Day Programs for Adults with PDD Support

[RobinHood Association](#) 780-640-9401

[Classic Life Care](#) 780-428-2750

[Mira Facilitation Centre](#) 780-450-9414

[McMann](#) 780-482-4010

[Excel Society](#) 780-455-2601 ext.221

[Chrysalis Society](#) 780-454-9656

[Winnifred Stewart Association](#)
780-453-6707

[Linx](#) 780-980-9423

[L'Arche](#) 780-465-0618

[Entrust](#) 780-760-1091

[Lo-Se-Ca](#) 780-460-1400



Health

[Alberta Adult Health Benefit](#)

[General Health](#)

[Finding a General Practitioner](#)

[Dentists](#)

[Private Speech and Language Pathologist](#)

[Private Occupational Therapist](#)

[Mental Health Needs](#)

[Private](#)

[Psychologists/Psychiatrists](#)

[Counselling](#)

[Sexual Health](#)

[Fitness and Nutrition](#)

[Recreation](#)

[Music, Art, & Drama](#)

[Nature Assisted Therapy](#)

[Sensory Rooms](#)

[Toileting](#)



Alberta Adult Health Benefit

The Alberta Adult Health Benefit program supports Albertans who are low-income to ensure they have access to prescription drugs, dental services, optical services, emergency ambulance, and diabetic supplies that are essential to health and well-being. Knowing your health and your family's health is cared for will bring peace of mind.

The Alberta Adult Health Benefit plan pays for health services, such as eyeglasses, prescription drugs, and dental care that are not available through standard Alberta Health Care Insurance. The health benefit plan is for individuals and families with limited incomes. It includes children up to age 18, and up to age 20 if they live at home and are attending high school. There are no fee to sign up.

For more information on the Alberta Adult Health Benefit program and how to apply, click [here](#).





General Health

[Health Link Alberta](#)

Call 811 from any phone, they give trusted general health advice for any health concern that you might have.

In an emergency call 911



Finding a General Practitioner

[Oliver Primary Care Network](#)

The Oliver Primary Care Network is working with the Adult Autism Diagnostic Clinic at the Glenrose Rehabilitation Hospital to provide more advance ASD training to family physicians and other health care professionals within the PCN.

Contact:

Anisha Badoni, 780-756-3434 ext. 262, Email: Abadoni@edmontonoliverpcn.com

Kiran Sahota, 780-756-3434 ext. 223, Email: Ksahota@edmontonoliverpcn.com

Health Link 811

Call and give Health Link your postal code. They have a list of Doctors who are accepting patients in and around Edmonton, and will provide 3 options of clinics near you.

[College of Physicians and Surgeons Alberta](#) 780-423-4764

Maintains a comprehensive list of physicians practicing in the Edmonton Area, as well as their profiles. You can make inquiries and file complaints here.





Dentist

Dentably has created a fantastic resource guide about ASD and dental services. There is information about what to ask the dentist, how to prepare for an appointment, and special accommodations.

<https://www.emergencydentistsusa.com/autism-and-dental-care/>

[Find a dentist](#) in your area.

These dentists are adult Autism Aware:

[Nottingham Dental Clinic](#) 780-467-2401

[Axis Dental](#) 780-437-4816

[Mirror Dentistry](#) 780-489-9809



Private Speech/Language Pathologist

Alberta Speech & Language Association of Private Practitioners (780) 988-2217

Email: info@asapp.ca

Speech Language Collaboration of Edmonton

Jacqueline Quittenbaum (780) 934-8941, jacqueline.quittenbaumspl@gmail.com

or

Kate Farr (780) 394-0456, katefarrslp@gmail.com

Robin Illchuk (Registered Speech-Language Pathologist) 780-935-9500

Email: robin.speechpath@gmail.com

Specializes in Down Syndrome and Autism





Private Occupational Therapy

[Society of Alberta Occupational Therapists](#) 780-803-0350

Email: info@saot.ca

[Alberta College of Occupational Therapists](#) 780-436-8381

Email: info@acot.ca

[Canadian Association of Occupational Therapists OT Finder:](#)

Email: education@caot.ca

[Family Supports Solutions Inc.](#) 780-974-0612

[Shelly Craig](#) 780-709-4289

Email: a.linktherapyservices@gmail.com

They work with adults (**including seniors**) and their families to continue to develop and maintain Activity of Daily Living, include increasing independence with self-care, shopping, cooking, managing finances, working and/or volunteering, being a part of relationships, possibly parenting, and leisure activities.





Alternative Medicine

[Hoffman Centre For Integrative Medicine](#)

403-206-2333

Dr. Bruce Hoffman (Registered Defeat Autism Now Practitioner) Calgary, AB

Email: assistant@hoffmancentre.com

[Dr. Steven K.H. Aung](#), MD 780-426-2760
(traditional Chinese medical practitioner)

Email: draung@aung.com

[Alberta Homeopathic Medical Clinic](#)

780-455-1623

Dr. Danny Thomas B.SC., D.M.S., H.D.
St. Albert

Email: info@askdrthomas.com

[Vital Health Clinic](#) 780-449 4047

Dr. Garry Schafer

#136 - 2755 Broadmoor Blvd. Sherwood Park

Email: info@vitalhealthclinic.ca

[Le Soleil Health & Wellness Ltd.](#)

780-414-1466

Dr. Robert Pearman MSc, ND, Naturopath

Email:

lesoleilhealthandwholeness@gmail.com

[Green Apple Health Care](#) 780-485-9468

Dr. Nowazuk, ND

[Dr. Stephen Genuis](#) 780-450-3504

Preventative Medicine

[Dr. Tris Trethart](#), MD 780-433-7401

[Dr. Mason Wood – Natural Terrain
Naturopathic Clinic](#) 587-521-3595





Physicians, Massage & Chiropractor

[The Chiro Clinic](#) 780-460-2290

Corey Graham

Laurie – Registered Massage Therapist
also takes clients living with autism

[Dr. Kim Crickmay](#) 780-458-9828

Restoration Chiropractic

Fax: 780-458-9839

Email: crickdc@gmail.com

[Dr. Bryan Redpath](#) 780-469-4881

Chiropractor

[Dr. William Farrell](#) BSc., M.Chiro, DACNB

Neurorehabilitation & Chiropractic

Consultation Services 780-988-2615

[New Dimension Therapies](#) 780-288-0641

(Cranial Sacral Therapy)

Murray Gadica, BA, R.M.T

[RESET Wellness](#) 780 756 5265

Massage, Acupuncture and Float Therapy

10324 Whyte Ave NW, Suite B02

Email: contact@resetwellness.ca





Mental Health Needs

Mental Health Help-Line

- Confidential, anonymous service
- Crisis intervention
- Information about mental health programs and services
- Referrals to other agencies if needed
- 1-877-303-2642

Psychologists Association of Alberta 780-424-0294 or Toll-free 1-888-424-0297

- Professional association for psychologists working in Alberta. Offers tips and guides for understanding and selecting psychology services, as well as a psychology referral service.

College of Alberta Psychologists 780-424-5070

- You can go to the college to voice complaints or concerns, or ask questions about legislation and your rights. You can also check the credentials of a psychologist you are seeing and ensure they are a college member



Private Psychologists/Psychiatrists

[ABC Psychological Services](#)

Colleen Stratton 780-756-9280

Email: colleen@abcpsychservices.com

Colleen performs the required preliminary assessments and if the evaluation indicates concerns for an Autism Spectrum Disorder she will recommend a referral to a neurodevelopmental assessment clinic

No ADOS

Not a counseling psychologist

Dr. Yogesh Thakker – Consultant Psychiatrist

[Manor Clinic](#) 1107 127 Street SW
780-669-8555

Email: admin@manorclinic.ca

Wanda Watson 780-887-1353
Email: wandawatson@shaw.ca

Continued on next slide

Dr. Diane Hives 780-452-2559

Educational psychologist, Family & Marital Therapist

Email: hivesdl@telus.net

Maggie Davidson 780-916-3552

Spruce Grove

Email: maggiedavidson42@gmail.com

Specializing in working with individuals with developmental disabilities including Autism

[Brian Welling](#) 780-439-8787

Brian is a registered psychologist and psychotherapist in Edmonton. He offers therapy, not assessments for high functioning adults on the autistic spectrum

Email: brianwellingpsychology@gmail.com





Private Psychologist/Psychiatrists

[Naznin A. Virani – Sunrise Psychology](#)

780-416-4060

[Pool Psychological Services](#)

780-901-7848

Randy Pool M.Ed

St. Albert

Christin Tyerma

Registered Provisional Psychologist

(780) 263-3462

Christin.tyerman@gmail.com

Carie Anne Laturnus Psychologist

780-995-9361

10443-85 Ave (Works with all ages)

Email: Carriel@telus.net

[Insight Psychological Services](#)

Edmonton South: 780-461-1717

Edmonton North: 780-478-2580

Spruce Grove: 780-962-3310

Red Deer: 403-346-1716

Information Counselling and Assessment
Services Play Therapy & Children's Services
Marriage and Family Services Grief

[Dr. D-V Massey and Associates](#) 780-471-1860

Neuropsychology, Clinical and Consulting
Psychologists

[Nexus Psychology](#) (780) 221-5721

11 Athabasca Ave, Suite #144B

Email: info@nexuspsychology.ca





Counselling

Momentum Walk-in Counselling 780-757-0900

Single session solution focused counselling for families with a member on the Autism Spectrum

Northlands Family Counselling 780-439-5683

Catholic Social Services 780-432-1137

The Support Network Distress Line 780-482-HELP (4357)

Outside of Edmonton: 1-800-232-7288



Sexual Health

[Alberta Health Services – Sexual Health Services](#)

No individual education sessions exist for a child or youth on the spectrum. However, if there is a group of individual interested in education who are able to get together, a facilitator from Sexual and Reproductive Health Program will come out to meet with them and do a session.

[YWCA Compass - Sexual Wellness Education](#) 780-423-3737

A charitable organization that provides sexual health education and counselling services in Edmonton and surrounding communities.

[King County Flash lesson plans for Special Education](#)

Comprehensive sexual health education curriculum

[Insight Psychological – Sexual Issues and Sexuality](#)

Visit Website for Psychologists and Locations

[The Pride Center of Edmonton](#) 780-488-3234

Or Facebook: www.facebook.com/yegpride/

An organization that provides information and counselling to those with sexual questions





Autism Assistance Dogs

Dogs With Wings 780-944-8011

Email: info@dogswithwings.ca

[Aspen Service Dogs](#) 780-488-2797

[Service Dogs in Alberta](#) 780-427-9136(Edmonton)

Toll free in Alberta: Dial [310-0000](tel:310-0000), then the phone number

Email: servicedogs@gov.ab.ca



Fitness & Nutrition

1. Canada's Food Guide

A resource for knowing how much to eat, and what to eat.

2. Pediatric Centre for Weight and Health

For kids aged 2 – 17 with a BMI \geq the 85th percentile. The PCWH provides a family-centred, multi-disciplinary approach to providing pediatric weight management care. This is part of Alberta Health Services' Provincial Pediatric Weight Management Model. There are three levels of services available in the model. Services include individual and group based programs, delivered by a multi-disciplinary team. There are locations in Calgary and Edmonton, but also flexible services for out-of-town families. A referral from a

physician or nurse practitioner is required.

3. Pediatric Weight Management Services – Outpatient Dietitian Counselling

Registered Dietitians throughout the province, with specialized training in Pediatric Weight Management, provide behavioural counseling, support and structure in making positive lifestyle changes for children and their families. Service targeted to children ages 2-17 years **with a BMI at or above the 85th percentile.**

Continued on next slide





Fitness & Nutrition

[4. AHS Weight Wise Adult Community Program](#)

This program provides weight management education and support to adult patients and health care professionals in the Edmonton Area

[5. Dieticians of Canada – Find A Dietician](#)

You can check out this link below to find a registered dietician in the Edmonton area.

[6. Palates Culinary Kitchen and Learning Centre](#)

Palates provides kids a diverse cooking program that will help them to be independent in the kitchen and learn important life skills

[7. Eat This Much](#)

This Much automatically creates meal plans with your personalized, nutrition targets, food preferences, and budget, and then sends them to you every week with a grocery list.

[8. Heart & Stroke Foundation Meal Planning Made Easy](#)

Offers mealtime suggestions, planning templates, countless recipes, 'Heart Smart Home Cooking' videos and more. They also have their own magazine and various research studies into healthy living.



General Fitness & Nutrition

1. The [Leisure Access Program](#) allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities.

- Unlimited, free admission to [participating facilities](#)
- Discounts for registered programs

2. Online Resources

[Workout Trainer](#) - thousands of free workouts and custom training programs

[JEFIT Workout](#) - Free personal trainer, workout plans, exercise and fitness tracker and gym log.

[Fitocracy](#) - is an online game and social network that aims to use “gamification” to help users improve their fitness. Users log their daily fitness and “level up” and can compete with their friends.

[Breathe2Relax](#) - Provides information on the effects of stress on the body and gives instructions and various exercises to help combat stress. This app is a great buddy when you are sad and upset, and also helps to stabilize your mood and control anger.

[Bodybuilding.com - Exercise Guides](#)

- Excellent resource for anyone, regardless of fitness level, great pictures and videos to teach you how to target each muscle group effectively.

Click on whichever muscle group you would like to target on the picture, and it will show you all the available exercises and how to do them properly.



Wheelchair Accessibility

[Guide to Room-by-Room Repairs for Easy Accessibility for Disabled Loved Ones](#)

[Wood Ramp Design: How to Add a Ramp that Looks Good and Works Too](#)

[Top 5 things to consider when designing an accessible bathroom for wheelchair users.](#)

[Handicap Accessible Modifications That Won't Turn Off Future Homebuyers](#)

[Creating a Wheelchair-Accessible Backyard For Visitors](#)

[Wheelchair Gardening Tips](#)

[Building An Accessible Garage](#)



Recreation, Art & Music Programs

[Autism Edmonton](#)

Offers social/recreational and programming for teens and adults
780-453-3971 ext.1

[Edmonton attractions pass](#)

The Edmonton Attractions Pass gives you access to the city's hottest attractions, including the Valley Zoo, Devonian Botanic Gardens, Art Gallery of Alberta, and more!

[City of Edmonton facility memberships](#)

[Leisure access pass](#)

Pass for lower income individuals

[Access 2 Easter Seals Canada Program](#)

The program seeks to offer more opportunities for people with disabilities to participate in recreational activities, primarily attractions and theatres, with an attendant.

[Inclusive Recreation Guide for People with Disabilities](#)

Fall 2019-Summer 2020

Recreation and leisure opportunities for people with special needs at locations across Edmonton

[Soulful Music Therapy](#) 780-983-8950

Email: christine@solfulmusic.com





Recreation, Art & Music Programs

[Centre for Autism Services Alberta](#)

780-488-6600

Email: info@centreforautism.ab.ca

Offers a wide range of art and drama programs for children, teens and adults.

[Sounds Affects Music Therapy](#)

780-902-7268

Email: info@soundaffects.ca

[P.A.L.S.S](#)

Programs include adapted Pottery classes, Move it Groove it Gym, Adaptive Aquatics and Hang with the Gang a social program for youth and young adults.



Nature Assisted Therapy

Little Bits 780-476-1233

Edmonton, AB

Email: info@littlebits.ca

Dreamcatcher Nature-Assisted Therapy Association 780-809-1047

Various funding options including FSCD and Blue Cross

Email: info@dreamcatcherassociation.com

Mission Ridge Stables 780-886 - 0304

Email: MissionRidgeStables@gmail.com



Sensory Rooms

[Multi-Sensory Environment at the ACT](#) 311

[Children's Autism Services of Edmonton](#) 780-495-9235

Email: Info@childrensautism.ca

[Modern Gravity](#) 780-424-0303



Toileting

[Autism Speaks Toilet Training Toolkit](#)

[A Parent Training Model for Toilet Training children with Autism](#)

Article from the Journal of Intellectual Disability Research

[Potty Training Concepts Webpage](#)

Offers Methods including Azrin and Foxx



Discussion/Support Groups

[Autism Edmonton](#) (780) 453-3971 Ext. 1

The League of Extraordinary Individuals

A discussion and activity based group for young adults ages 18+ with ASD

Contact for Intake Interview

Parents of Adults with ASD

A discussion group that allows parents to discuss the challenges and rewards that having adult children with ASD. It also discusses how to advocate for supports and programs to enrich their adult children's lives.

Email: autism@autismedmonton.org



General Resources

[Facts About Autism Spectrum Disorder Toolkit](#)

[Autism Websites](#)

Both Canada and Internationally based

[Autism Magazines](#)

[Local Autism Facebook Groups](#)

[International Autism FB Pages, Groups and Blogs](#)

[Edmonton Public Library](#)

Inclusive Borrowing Materials
Large-print books, Daisy books (digital talking books), audiobooks on CD, descriptive videos for visual impairments, and children's Braille books available at all

17 library locations around the city.
American sign language videos available at the Stanley A. Milner Library downtown, digital content, and eReaders
Adaptive technologies – two computer workstations called the LEAP Station (at the Stanley A. Milner library downtown), which helps make collection and materials more accessible to persons with disabilities. Call (780) 496-7000 for more information about the LEAP station.

[The Alberta Association of Services for Children and Families](#)

Relentless Connector who partner with family and help navigate government and community systems





Autism Websites

[Autism Speaks Canada](#)

[Autism Awareness Centre](#)

[Autism Canada Foundation](#)

[Autism Canada](#)

[Special Kidz Canada](#)

[Autism Research Institute](#)

[Autistic Self Advocacy Network](#)

[National Autism Association](#)



Autism Magazines

[WOOSH Magazine](#)

[Autism Parenting Magazine](#)

[Autism Spectrum Quarterly](#)

[Autism Asperger's Digest](#)



Local Sensory Product Supplier

[Tools for Kids](#) 780-455-1004

Email: Through website

[Therapyware](#)

[Innovaid](#) (780)-467-7627

Email: info@innovaid.ca

[Connecting Autism Parents, Edmonton Garage Sale](#)

Facebook Community Garage Sale

[Special Needs Toys](#) 1-877-509-7524

[Discovery toys](#) 780-438-6773

Email: toywarrior@hotmail.ca





National Sensory Product Suppliers

[Wintergreen Learning Materials](#) 1-800-268-1268

[Play Therapy Supplies](#) 1-866-590-3991

Email: info@playtherapysupply.com

[School Specialty: Special Needs](#) 1-866-519-2816

[Special Needs Toys](#) 1-877-509-7524

[FDMT: Sensory Tools and Solutions](#) 1-866-465-0559

[Chill-out Chairs](#) 1-800-661-9915



Local Facebook Pages

[Edmonton Regional](#)

[Infinite Resources](#)

[Coalition for Inclusive Education \(ERC\)](#)

[Alberta Autism](#)

[Plugged in Community Page](#)

[Canadian Biomed Parents](#)

[Autism Awareness Centre](#)

[Centre for Autism Services Alberta](#)

[Qi Creative Inc.](#)



International Blogs & Facebook Pages

[Diary of a Mom](#)

[Autism Discussion Page](#)

[Asperkids](#)

[Autism with a Side of Fries](#)

[Single Parents who have Children with Autism](#)

[Stuart Duncan: Autism from a Father's Point of View](#)

[Karla's ASD Page](#)

[Always Unique, Totally Intelligent, Sometimes Mysterious](#)

[Keeping Afloat](#)

[Sensational Futures](#)

[The Thinking Mom's Revolution](#)

[Autism Daddy](#)

[MOM – Not Otherwise Specified](#)

[Adventures in Extreme Parenthood](#)

[Autism: A Mother's Support Group](#)

[Snagglebox](#)

[A Sensory Life](#)

[Top 35 Autism Blogs of 2018](#)



Autism Focused Articles

[Autistic Home Decorating: Make Your Home Autism Friendly](#)

[The Best Strategies for Calming Autistic Tantrums and Meltdowns](#)

[Do Sensory Processing Issues Get Better Over Time?](#)