Autism Edmonton’s
Next Steps: Guide to Autism Resources

Adults (18+)

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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.

Last Update:
April, 2019
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 publications (Autism Now magazine, Autism 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.
Diagnosis Process

PDD – If you qualify for PDD, talk to your worker about being seen at the C.O.A.S.T. clinic for a full diagnostic work up, and make sure that you talk to them about your concerns with Autism Spectrum Disorder.
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
  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.
  Phone: 780-492-3746

- Insight Psychological Services
  Phone: 780-461-1717

- ABC Psychological Services
  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
  Phone: 780-756-9280
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)

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 PDD eligibility is established there is automatic eligibility 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.

Gateway Association – Transition Planning for Adulthood
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.

Phone: 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

Phone: 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). We teach all grades and subjects from kindergarten to adult students. We have teachers experienced in working with autistic students and they have a proven record of being patient and compassionate
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 – Programming supports students who are preparing to transition into the workforce. Students may have successfully completed Knowledge and Employability programing, completed Grade 12 without a diploma or certificate or left high school before completion. Call 780-434-9561

Olds College

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

Call 1-403-566-8366

Red Deer College

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

Call 403-342-3400
Post Secondary Programs Modified for Individuals with Disabilities

**Northern Alberta Institute of Technology (NAIT)**
- NAIT’s Department of Student Life
- 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.
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%

**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.

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**
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.

Phone: 1-866-927-1414

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

Phone: 780-454-0701

**Distinctive Employment Counselling Services of Alberta (DECSA)**
Job placement services for people with disabilities. Must be 18 years of age and have documented disability.

Phone: 780-474-2500

**Employabilities**

Phone: 780.423.4106

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

Phone: 780-488-8122
General Employment Services for people with PDD

Arch Enterprises and Training Association
Phone: 780-438-4347

Chrysalis Employment Services
Phone: 780-454-9656

Excel Society
Phone: 780-450-8442

Goodwill Industries of Alberta
Phone: 1-866-927-1414

Selections: A Career Support Service
Phone: 780-451-5270

Winnifred Steward Society
Phone: 780-453-6707

NEADS (National Educational Association of Disabled Students)
Phone: 1-877-670-1256
**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.

**JAN – Job Accomodation 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**
Phone: 780-424-8335

**Hope Mission Herb Jamieson Centre**
Phone: (780) 422-2018

**Women’s WINN House**
Phone: 780-479-0058

**The Salvation Army Emergency Shelter**
Phone: 1-800-725-2769

**Youth Empowerment & Support Services Nexus**
(Age 15-21 Shelter, 15-24 Daytime Program)
Phone: 780-468-7070
Housing Resources

**Capital Region Housing Corporation**

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

Call: 780-420-6161

**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.

Call: 780-424-7543

**E4C (Inner City, mentally ill, hard to house)**

Call: 780-423-1339

**Right at Home Housing (Edmonton Inner City)**

Call: 780-423-1339

**Northern Alberta Cooperative Housing Association (NACHA)**

The Northern Alberta Cooperative Housing Association (NACHA) is a federation of Housing Cooperatives. NACHA does provide some subsidized units for people with disabilities.

Call: 780-482-6128

**Bissell Centre Housing Services**

780.423.2285 ext. 122

**Catholic Social Services**

Call: 780-432-1137

**Good Samaritan Society**

Call: 780-431-3600

**Homeward Trust Edmonton**

Call: 780.496.2630

**YMCA**

**Home ED**

Call: 780-474-5706

**Youth Empowerment & Support Services** (Emergency Shelter)

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

Phone: 780-468-7070
Independent Living Supports for Adults with PDD funding

Transitions
Call: 780-458-7371

Adaptabilities
Call: (780) 431-8446

RobinHood Association
Call: 780-640-9401

Classic Life Care
Call: (780) 428-2750

Mira Facilitation Centre
Call: (780) 450-9414

McMann
Call: 780-482-4010

La-Arche
Call: 780-465-0618

Entrust
Call: 780-760-1091

Excel Society
(780) 455-2601 ext. 221

LoSeCa
Call: 780-460-1400

Winnifred Stewart Association
Call: 780-453-6707

Skills Society
Call: 780-496-9686

Linx
Call: 780-980-9423

Edmonton Integrated Services
Call: 780-702-1733
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

Translation

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

Phone: 780-423-1973

E-mail: 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
Door-to-door public transportation for registered, pre-booked passengers who have a severe physical or cognitive disability
Phone: 780-496-4567

Let’s Ride – Centre for Autism Services of Alberta
A Comprehensive and fun introduction to public transportation for young people with Autism Spectrum Disorder.
Phone: 780-488-6600 ext. 249
E-mail: bhughes@centreforautism.ab.ca
Driving Assessment with a 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.

- Go online for registry locations and contacts:

Driving Assessment with a Cognitive Component

Ministry of Transportation: Driver Fitness & Monitoring

- You can call in to the ministry for personalized advice regarding assessment requirements and legalities of driving with an ASD diagnosis.
- Driver Fitness & Monitoring Contact Info:
  - Phone: 780.427.8230
  - Email: Driver.fitness@gov.ab.ca
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 linked here:

Driver Evaluation and Training Services (Edmonton)

• 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
• Phone: 780.735.7938
Advocacy

**Gateway Association**
Phone: (780) 454-0701
Email: info@gatewayassociation.ca

**Inclusion Alberta**
Phone: 780-451-3055
E-mail: 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

**Janet Hutchison** - Chamberlain Hutchison Barristers & Solicitors (for legal issues)
Phone: 780-423-3661 (ext.227)
E-mail: jhutchison@nucleus.com

**Meikle Osgood** - Meikle Osgood Baristers and Solicitors (for legal issues)
Phone: (780) 454-7111
E-mail: info@meiklelaw.ca
General Legal Services

**Janet Hutchison** - Chamberlain Hutchison Barristers & Solicitors (for legal issues)
Phone: **780-423-3661 (ext.227)**
E-mail: [jhutchison@nucleus.com](mailto:jhutchison@nucleus.com)

**Meikle Osgood** - [Meikle Osgood Baristers and Solicitors](mailto:info@meiklelaw.ca)
Phone: (780) 454-7111
E-mail: [info@meiklelaw.ca](mailto:info@meiklelaw.ca)

**Legal Aid Alberta**
Legal Services at a minimal cost
Phone: 1-866-845-3425
Money Management

**Money Mentors**
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.
Phone: 1-888-294-0076

**Financial Management Hub – E4C**
Phone: 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: (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, Alberta, T5H-0H7
Phone: 780-342-7777
Crisis Response Team (24 hours): 780-342-7777
TTY: 780-425-1231
E-mail: 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
Accessible through the Glenrose Autism Clinic
Program run by Dr. Shawn Reynolds – Phone: 780-735-7999
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
- Big Red Safety Box
- SABRE Wireless Home Security

12 WAYS TO PREVENT, AND RESPOND TO, ASD WANDERING
Adult Respite

**Nurse Next Door**
Phone: 1-877-588-8609

**Transitions**
Phone: 780-458-7371

**Wildrose Caregivers**
Phone: 780-756-2700

**Adaptabilities**
Phone: 780-431-8446

**RobinHood Association**
Phone: 780-640-9401

**Classic Life Care**
Phone: 780-428-2750

**Compassion Network**
Phone: 780-432-1676

**Mira Facilitation Centre**
Phone: 780-450-9414

**McMann**
Phone: 780-482-4010

**YWCA**
Phone: 780-427-2817
Day Programs for Adults with PDD Support

**RobinHood Association**  
Phone: 780-640-9401

**Classic Life Care**  
Phone: 780-428-2750

**Mira Facilitation Centre**  
Phone: 780-450-9414

**McMann**  
Phone: 780-482-4010

**Excel Society**  
Phone: 780-455-2601 ext. 221

**Chrysalis Society**  
Phone: 780-454-9656

**Winnifred Stewart Association**  
Phone: 780-453-6707

**Linx**  
Phone: 780-980-9423

**L’Arche**  
Phone: 780-465-0618

**Entrust**  
Phone: 780-760-1091

**Lo-Se-Ca**  
Phone: 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
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, Phone: 780-756-3434 ext. 262, e-mail: Abadoni@edmontonoliverpcn.com

Contact Kiran Sahota, Phone: 780-756-3434 ext. 223, e-mail: Ksahota@edmontonoliverpcn.com

**Health Link**

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.

Phone: 811

**College of Physicians and Surgeons Alberta**

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

Phone: 780-423-4764
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. 


Find a dentist in your area.

These dentists are adult Autism Aware.

Nottingham Dental Clinic
Phone: 780-467-2401

Axis Dental
Phone: 780-437-4816

Mirror Dentistry
Phone: 780-489-9809
Private Speech/Language Pathologist

**Alberta Speech & Language Association of Private Practitioners:**
Phone: (780) 988-2217  
E-mail: info@asapp.ca

**Speech Language Collaboration of Edmonton**
Contact Jacqueline Quittenbaum (780) 934-8941,  
email: jacqueline.quittenbaumslp@gmail.com or  
Contact Kate Farr (780) 394-0456 or email at katefarrslp@gmail.com

**Robin Illchuk** (Registered Speech-Language Pathologist)
Phone: 780-935-9500  
Email: robin.speechpath@gmail.com
Specializes in Down Syndrome and Autism
Private Occupational Therapy

Society of Alberta Occupational Therapists:
Phone: (780) 803-0350
E-mail: info@saot.ca

Alberta College of Occupational Therapists:
Phone: (780) 436-8381
E-mail: info@acot.ca

Canadian Association of Occupational Therapists OT Finder:
E-mail: education@caot.ca

Family Supports Solutions Inc.
Phone: 780-974-0612
Alternative Medicine

**Hoffman Centre For Integrative Medicine:**
Dr. Bruce Hoffman (Registered Defeat Autism Now Practitioner)
Calgary, AB
Phone: (403) 206-2333
E-mail: assistant@hoffmancentre.com

**Dr. Steven K.H. Aung**, MD, (traditional Chinese medical practitioner)
Phone: (780) 426-2760
E-mail: draung@aung.com

**Alberta Homeopathic Medical Clinic:**
Dr. Danny Thomas B.SC., D.M.S., H.D. - St. Albert
Phone: (780) 455-1623
Email: info@askdrthomas.com

**Vital Health Clinic**
Dr. Garry Schafer
#136 - 2755 Broadmoor Blvd. Sherwood Park
Phone: 780-449-4047
Email: info@vitalhealthclinic.ca

**Le Soleil Health & Wellness Ltd.**
Dr. Robert Pearman MSc, ND, Naturopath
Phone: (780) 414-1466
E-mail: lesoleilhealthandwholeness@gmail.com

**Green Apple Health Care:**
Dr. Nowazuk, ND
Phone: (780) 485-9468

**Dr. Stephen Genuis**
Preventative Medicine
Phone: 780-450-3504

**Dr. Tris Trethart**, MD.
Phone: (780) 433-7401

**Dr. Mason Wood – Natural Terrain Naturopathic Clinic**
Phone: (587) 521-3595
Physicians, Massage & Chiropractor

The Chiro Clinic
Corey Graham
Phone: (780) 460-2290
Laurie – Registered Massage Therapist also takes clients living with autism

Dr. Kim Crickmay
Restoration Chiropractic
Phone: 780-458-9828
Fax: 780-458-9839
Email: crickdc@gmail.com

Dr. William Farrell BSc., M.Chiro, DACNB
Neurorehabilitation & Chiropractic Consultation Services
Phone: 780-988-2615

New Dimension Therapies:
(Cranial Sacral Therapy)
Murray Gadica, BA, R.M.T
Phone: (780) 288-0641

RESET Wellness
Massage, Acupuncture and Float Therapy
10324 Whyte Ave NW, Suite B02
Phone: 780 756 5265
Email: contact@resetwellness.ca

Dr. Bryan Redpath
Chiropractor
Phone: (780) 469-4881
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
• Phone: 1-877-303-2642

Psychologists Association of Alberta

• Professional association for psychologists working in Alberta. Offers tips and guides for understanding and selecting psychology services, as well as a psychology referral service.
• Phone: 780-424-0294 or Toll-free 1-888-424-0297

College of Alberta Psychologists

• 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
• Phone: 780-424-5070
Private Psychologists/Psychiatrists

**ABC Psychological Services**, Colleen Stratton
Phone: 780-756-9280
Email: colleen@abcpsychservices.com
Information: 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

**ECSI Consulting**
Phone: 780-464-5809
Address: 10923-76 (by appt. only)
Email: ecsi.services@gmail.com
Information: Educational interpretation of medical reports Assessments, Individual program planning Consultation, Staff training, Direct itinerant teacher services Parental Support, Coordination of services within the community

**Dr. Yogesh Thakker – Consultant Psychiatrist**
Manor Clinic 1107 127 Street SW
Phone: 780-669-8555
E-mail: admin@manorclinic.ca

**Wanda Watson**
Phone: (780)887-1353
E-mail: wandawatson@shaw.ca

**Dr. Diane Hinves**
Educational psychologist, Family and Marital Therapist
Phone: (780) 452-2559
Email: hinvesdl@telus.net

**Maggie Davidson**
Phone: (780) 916-3552
Spruce Grove
Email: maggiedavidson42@gmail.com
Information: Specializing in working with individuals with developmental disabilities including Autism

**Brian Welling**
Brian is a registered psychologist and psychotherapist in Edmonton, Alberta. He offers therapy (but not assessments) for high functioning adults on the autistic spectrum
Phone: 780-439-8787
Email: brianwellingpsychology@gmail.com
Private Psychologist/Psychiatrists Continued…

**Naznin A. Virani – Sunrise Psychology**
Phone (780) 416-4060

**Pool Psychological Services, Randy Pool M.Ed**
St. Albert
Phone: (780) 901-7848

**Christin Tyerman, Registered Provisional Psychologist**
Phone: (780) 263-3462
Christin.tyerman@gmail.com

**Carie Anne Laturnus - Psychologist**
10443-85 Ave (Works with all ages)
Phone: (780) 995-9361
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**
Phone: 780-471-1860
Information: Neuropsychology, Clinical and Consulting Psychologists

**Nexus Psychology**
11 Athabascan Ave, Suite #144B
Phone: (780) 221-5721
Email: INFO@NEXUSPSYCHOLOGY.CA
Momentum Walk-in Counselling
Single session solution focused counselling for families with a member on the Autism Spectrum
Phone: 780-757-0900

Northlands Family counselling
Phone: 780 439-5683

Catholic Social Services
Phone: 780.432.1137

The Support Network Distress Line
Phone: 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.

Compass Centre for Sexual Wellness
A charitable organization that provides sexual health education and counselling services in Edmonton and surrounding communities.
Phone 780-423-3737, E-mail info@compasscentre.ca

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
Or on Facebook: https://www.facebook.com/yegpridecentre/
An organization that provides information and counselling to those with sexual questions
Phone: 780-488-3234
Autism Assistance Dogs

**Dogs With Wings:**
Phone: (780) 944-8011
E-mail: info@dogswithwings.ca

**Lions Foundation of Canada:**
For ages 3-18
Phone: (905) 842-2891

**National Dog Services**
New applications for children between 2-10 yrs
Phone: (519) 623-4188
E-mail: info@nsd.on.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 ≥ 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.

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**
   - **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

**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.

**Centre for Autism Services Alberta**
Phone: (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**:
Phone: (780) 902-7268
E-mail: info@soundaffects.ca

**Inclusive Recreation Guide for People with Disabilities**
- Recreation and leisure opportunities for people with special needs at locations across Edmonton

**Autism Edmonton**
Offers social/recreational and programming for teens and adults
- Phone: 780-453-3971 ext.1

**Soulful Music Therapy**:
Phone: (780) 983-8950
E-mail: christine@solfulmusic.com

**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** - Edmonton, AB
Phone: (780) 476-1233
Email: info@littlebits.ca

**Dreamcatcher Nature-Assisted Therapy Association**
Phone: (780) 809-1047
Email: info@dreamcatcherassociation.com
Various funding options including FSCD and Blue Cross

**Mission Ridge Stables**
Phone: (780) 886-0304
Email: MissionRidgeStables@gmail.com
Sensory Rooms

**Multi-Sensory Environment at the ACT**
Phone: 311

**Children's Autism Services of Edmonton**
Phone: 780-495-9235
E-mail: Info@childrensautism.ca

**Modern Gravity**
Phone: 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**

Phone: *(780) 453-3971 Ext. 1*

Email: [autism@autismedmonton.org](mailto:autism@autismedmonton.org)

**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.
General Resources

Facts About Autism Spectrum Disorder

Toolkit

Autism Websites - Canada and USA

Autism Magazines

Local Autism Facebook Groups

International Autism FB Pages, Groups and Blogs

Book of Hope

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 Society 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:**
- Phone: (780) 455-1004
- E-mail: Through website

**Therapyware**

**Innovaid:**
- Phone: (780)-467-7627
- Email: info@innovaid.ca

**Connecting Autism Parents, Edmonton Garage Sale**
- Facebook Community Garage Sale

**Special Needs Toys**
- Phone: 1-877-509-7524

**Discovery toys**
- Phone: 780 - 438 - 6773
- E-mail: toywarrior@hotmail.ca
National Sensory Product Suppliers

Wintergreen Learning Materials
Phone: 1-800-268-1268

Play Therapy Supplies
Phone: 1-866-590-3991
Email: info@playtherapysupply.com

School Specialty: Special Needs
Phone: 1-866-519-2816

Special Needs Toys
Phone: 877-509-7524

FDMT: Sensory Tools and Solutions
Phone: 1-866-465-0559

Chill-out Chairs
Phone – 1-800-661-9915
Local Facebook Pages

Edmonton Regional Coalition for Inclusive Education (ERC)

Plugged in Community Page

Autism Awareness Centre

Centre for Autism Services Alberta

Qi Creative Inc.

Infinite Resources

Alberta Autism

Canadian Biomed Parents

Autism Edmonton Community Group
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?