

**AUTISM SPECTRUM DISORDER:  
ESSENTIAL RESOURCES FOR FAMILIES**

# FAMILY ACTION PLAN

CENTER FOR CHILDREN WITH SPECIAL NEEDS (CCSN)  
FLOATING HOSPITAL FOR CHILDREN AT TUFTS MEDICAL CENTER,  
BOSTON, MA 02111  
[WWW.CCSNBOSTON.ORG](http://WWW.CCSNBOSTON.ORG), 617-636-7242

## CONTACTS AT CENTER FOR CHILDREN WITH SPECIAL NEEDS

**JEANNE BYRON**  
AUTISM RESOURCE SPECIALIST  
Phone: 617-636-1305  
Email:  
[jbyron@tuftsmedicalcenter.org](mailto:jbyron@tuftsmedicalcenter.org)

**KAYLA MCOSKER, LICSW**  
CLINICAL SOCIAL WORKER  
Phone: 617-636-8029  
Email:  
[kmcosker@tuftsmedicalcenter.org](mailto:kmcosker@tuftsmedicalcenter.org)

## FAMILY ACTION PLAN CHECKLIST:

- 1) Sign Up for Your Local Supports
- 2) Check for Coverage of ABA Therapy
- 3) Department of Developmental Disabilities Application
- 4) Learn About Special Education Resources
- 5) Learn About Additional Resources

CHECKLIST

# TABLE OF CONTENTS

- 1. Find Community Support:** Sign up with your local autism support center, your local Arc, and your family support center to learn about helpful programs in your community..... **pp. 3-4**
- 2. ABA Therapy:** With MassHealth or CommonHealth, you have coverage for ABA therapy. \*\*\* If you have private insurance (NOT MassHealth) call the number on the back of your insurance card to find out about coverage, costs, and In-Network Providers..... **p. 5**
- 3. Apply for Secondary Insurance (Non-MassHealth Members):** Sign your child up for a secondary insurance called CommonHealth. If you need help with this process or have questions, contact the Autism Insurance Resource Center (AIRC) at 774-455-4056 or visit <http://massairc.org/>..... **p. 6**
- 4. Premium Assistance:** After you get CommonHealth for your child, it is ESSENTIAL that you apply for Premium Assistance by calling 800-862-4840 which can save you a lot of money if you're eligible..... **p. 6**
- 5. Consider applying for FREE diapers and pull-ups if needed:** For kids over age 3 with MassHealth or CommonHealth. Ask your pediatrician to complete the paperwork for your child..... **p. 7**
- 6. Assistance and Services:** Consider applying for funding and services from DDS (based on doctor's report, not based on income) and Social Security (based on income and the doctor's report)..... **pp. 7-8**
- 7. Request School Services:** For children 3+, contact your local school district to request IEP services. If in Early Intervention, ask them to start transition to preschool at age 2.5. For help and questions about the IEP process, contact the Federation for Children with Special Needs (FCSN) at 671-236-7210..... **pp. 9-11**

# COMMUNITY RESOURCES

TAKE ADVANTAGE OF WHAT IS ALREADY AVAILABLE TO YOU.

## YOUR LOCAL AUTISM SUPPORT CENTER

Sign up right away to get access to resources and programs in YOUR community! These agencies are here to help you, so feel free to ask them about any questions you might have. They will be able to inform you about funding sources, autism-friendly activities going on, provide information you might need to make a health-care choice, tell you about services and support groups in the area, and so on. Additionally, you can call or go online rather than actually visit the location to find out information. When you call, make sure to sign up for their email list! In their emails, they will send you any updates about news, events, and opportunities that could be beneficial to you. Below is a listing of the autism support centers in Massachusetts:

### WHICH CENTER WORKS THE BEST FOR YOU?

#### TILL (METRO BOSTON AUTISM SUPPORT CENTER) IN DEDHAM.

- Serves Greater Boston
  - 781-302-4835
  - [www.tillinc.org/autism\\_support.html](http://www.tillinc.org/autism_support.html)

#### AUTISM ALLIANCE OF METROWEST IN FRAMINGHAM.

- Serves Metrowest, Middlesex West
  - 508-652-9900; En Espanol 508-628-6777; En Portuguese 508-782-0016
  - [www.autismalliance.org](http://www.autismalliance.org)

#### AUTISM RESOURCE CENTRAL IN WEST BOYLSTON.

- Serves Worcester, NorthCentral, and South Valley areas
  - 508-835-4278
  - [www.autismresourcecentral.org](http://www.autismresourcecentral.org)

#### AUTISM SUPPORT CENTER IN DANVERS.

- Serves Northeast region
  - 978-777-9135
  - <https://ne-arc.org/services/autism-services/>

#### FAMILY AUTISM CENTER IN WESTWOOD.

- Serves Norfolk County
  - 781-762-4001, Ext. 310
  - [www.arcsouthnorfolk.org/family-autism-center/](http://www.arcsouthnorfolk.org/family-autism-center/)

#### COMMUNITY AUTISM RESOURCES IN SWANSEA.

- Serves Southeastern region, Cape Cod, and Islands
  - 508-379-0371
  - [www.community-autism-resources.com](http://www.community-autism-resources.com)

#### AUTISM CONNECTIONS IN EASTHAMPTON AND PITTSFIELD.

- Serves Western region
  - 413-529-2428;
  - <https://autismconnectionsma.org/>



# COMMUNITY RESOURCES

TAKE ADVANTAGE OF WHAT IS ALREADY AVAILABLE TO YOU.

## SIGN UP WITH YOUR LOCAL ARC.

The Arc provides advocacy, support, and programming for individuals with disabilities such as (but not limited too) autism. The Arc also offers an excellent resource guide: [www.autismnow.org](http://www.autismnow.org)

**BROCKTON ARC** 508-583-5080

**LIFELINKS (CHELMSFORD)** 978-349-3040

**NORTHEAST ARC (DANVERS)** 978-762-4878

**MINUTE MAN ARC (CONCORD)** 978-287-7900

**GREATER WALTHAM ARC** 781-899-1344

**SOUTH SHORE ARC (WEYMOUTH)** 781-335-3023

**ARC OF GREATER PLYMOUTH** 508-732-9292

**ARC OF OPPORTUNITY (FITCBURG)** 978-343-6662

**UNITED ARC (TURNER FALLS)** 413-774-5558

**BERKSHIRE COUNTY ARC (PITTSFIELD)** 413-499-4241

**ARC OF SOUTHERN WORCESTER COUNTY (SOUTHBRIDGE)** 508-764-4085

**ARC OF GREATER LAWRENCE** 978-975 8587

**ARC OF GREATER HAVERHILL-NEWBURYPORT** 978-373-0552

**EAST MIDDLESEX ARC – EMARC (WAKEFIELD)** 781-942-4888

**CHARLES RIVER CENTER (NEEDHAM)** 781-972-1000

**ARC OF SOUTH NORFOLK (WESTWOOD)** 781-762-4001

**ARC OF BRISTOL COUNTY (ATTLEBORO)** 508-226-1445

**ARC OF CAPE COD (HYANNIS)** 508-790-3667

**BERKSHIRE COUNTY ARC (PITTSFIELD)** 413-499-4241



## SUPPORT GROUPS/FAMILY SUPPORT CENTERS:

To find a parent support group in your area, contact your Regional Coordinator at Massachusetts Family Ties [www.massfamilyties.org/](http://www.massfamilyties.org/). You can also contact your local Autism resource center. Here are some specialized support groups/family support centers:

**GRANDPARENTS GROUP** IN DANVERS (978-624-2302) AND WESTWOOD (508-543-7057).

**DADS GROUP** IN WESTWOOD (617-868-4858 x206), NATICK (508-652-9900), AND WORCESTER (508-835-4278).

**PARENTS OF GIRLS GROUP** IN WORCESTER (508-835-4278).

**PARENTS OF TEENS GROUP** IN WESTWOOD (781-762-4001 x 303), WORCESTER (508-835-4278), AND DANVERS (978-624-2350).

**SIBLING GROUPS** (CALLED SIB SHOPS). AVAILABLE IN COMMUNITIES ACROSS THE STATE.

[WWW.MASIBLINGSUPPORT.ORG](http://WWW.MASIBLINGSUPPORT.ORG)

**TRANSITION GROUP** (WORKSHOPS FOR PARENTS OF TRANSITION-AGED YOUTHS 14-22) IN DANVERS, CONTACT NANCY LUCIER, 978-624-2350, [NALUCIER@NE-ARC.ORG](mailto:NALUCIER@NE-ARC.ORG)

**FOR MORE LANGUAGE SPECIFIC SUPPORT GROUPS, TURN TO PAGE 13.**

# APPLIED BEHAVIORAL ANALYSIS

## APPLIED BEHAVIORAL ANALYSIS (ABA)

ABA is a research supported form of therapy that provides insight into how a child learns. It is used to promote certain behavioral practices across all areas, including school and home life.

### INSURANCE COVERAGE FOR ABA OR FLOORTIME THERAPY:

- Families who have any type of MassHealth, including CommonHealth, have coverage for ABA/Floortime.
- If you have private insurance, call your health plan to see if you have coverage.
- Ask your insurance for a list of in-network providers. If they don't have a list, find providers at <https://services.disabilityinfo.org/arica/SearchBAResult.aspx>.
- If not covered through your insurance, sign up for CommonHealth (as described below) to get ABA/Floortime coverage.
- Contact the Autism Insurance Resource Center (AIRC) if you need help getting ABA/Floortime covered or finding an ABA provider who takes your insurance
  - 774-455-4056, *or* visit <http://massairc.org/>

### DOCUMENTS THAT MAY BE NEEDED FOR ABA SERVICES

- ABA programs may ask you for specific documents to start (and sometimes continue) services. Here is a list of the most commonly requested documents:
  - Initial Diagnostic Report – The evaluation report that first diagnosed Autism. This report should include the tools that were used and the scores.
  - ABA Referral Letter – Ask your child's pediatrician to write a letter "prescribing" ABA therapy. The letter must be less than 6 months old.
  - Most Recent Physical – Call your child's Primary Care Provider (PCP) to request a copy of your child's last physical.
  - IEP – If your child is school-aged and on an IEP



# HEALTH INSURANCE AND HEALTHCARE ASSISTANCE

## APPLY FOR MASSHEALTH SECONDARY INSURANCE CALLED COMMONHEALTH.

**Even if you have health insurance, your child is eligible CommonHealth, which covers copayments, ABA therapy, and diapers/pull-ups for children over age 3, and much more:**

- You can apply for CommonHealth request an application by calling MassHealth at 800-841-2900. You can also download the forms, or apply online at [www.mahealthconnector.org](http://www.mahealthconnector.org)
- Applying for MassHealth CommonHealth requires three steps:
  - General MassHealth Application (Form ACA-3);  
<https://www.mass.gov/files/documents/2019/06/28/aca-3-english.pdf>
  - Disability Determination (Supplement A);  
<https://www.mass.gov/files/documents/2016/11/uz/mads-child.pdf>
  - Third Party Liability Form;  
<https://www.mass.gov/files/documents/2016/07/ov/tpli.pdf>
- Be sure to say **YES** to this statement on the application: “Does this person have an injury, illness, or disability (including a disabling mental health condition) that has lasted or is expected to last for at least 12 months?”
- The Autism Insurance Resource Center (AIRC) explains how to apply for CommonHealth: <https://massairc.org/factsheets/mashealth-commonhealth-fact-sheet/>
- **Once you are approved for CommonHealth you may have to pay a monthly premium. Monthly premiums vary based on household income, family size, whether you have other insurance, and premium assistance benefits. For more information about premium costs contact the MassHealth Customer Service Center at 800-841-2900**

## APPLY FOR PREMIUM ASSISTANCE AFTER GETTING COMMONHEALTH (SO IMPORTANT)

**After you get CommonHealth coverage for your child, you may be told you have to pay a monthly fee. However, your family may be eligible for Premium Assistance:**

- If you contribute to the cost of your health insurance (i.e., your employer pays some of the cost and you pay the rest) your family may be eligible for Premium Assistance (**no matter your income!**)
- Getting Premium Assistance will reduce and possibly eliminate the monthly cost, and applying for Premium Assistance is the **only way to get maximum financial benefit** for your family from CommonHealth.
- Even if you don't have a monthly cost for CommonHealth, you must apply for Premium Assistance!
- To apply, call **800-862-4840** to ask for a Premium Assistance application as soon as you are notified that your child has coverage under CommonHealth.

# HEALTH INSURANCE AND HEALTHCARE ASSISTANCE

## SOCIAL SECURITY

**If your primary insurance is MassHealth (or if you are low income but don't have MassHealth), consider applying for Social Security which can give you extra funds to take care of your child if you are eligible:**

- Your child might not be eligible for Social Security, but you can't be sure until you apply. Factors taken into consideration include your income and assets, and your child's disability.
- Learn more about this program and how to apply by visiting [www.ssa.gov/disabilityssi/apply-child.html](http://www.ssa.gov/disabilityssi/apply-child.html)
- Or, make an application appointment at your local Social Security office by calling 800-772-1213.

## MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)

**DDS serves people with disabilities and their families. If your child is approved, you may be eligible for funding, service coordination, and family support including respite.**

- Download an application: [www.mass.gov/lists/dds-eligibility-forms](http://www.mass.gov/lists/dds-eligibility-forms)
- Or contact your local office for an application:
  - Metro region: 781-314-7513
  - Southeast region: 617-727-7822
  - Central/West region: 413-205-1608
  - Northeast region: 978-739-0420

## FREE DIAPERS/PULL-UPS FOR CHILDREN OVER AGE 3:

- For children over age 3 who have MassHealth.
- Ask your child's primary pediatrician (PCP) to do the paperwork.
- To contact the diaper supplier directly, call All Care Medical Supply: 508-865-4857; [www.allcaremed.org/parents](http://www.allcaremed.org/parents).

## FAMILY AND MEDICAL LEAVE ACT (FMLA):

- FMLA allows parents/guardians who work for covered employers (more than 50+ employees) to receive unpaid, job-protected leave to take care of their child with a serious health condition (such as ASD). Parents use FMLA time to take their child to appointments, attend school meetings, participate in therapy, etc.
- For more information go to [www.dol.gov/whd/fmla/](http://www.dol.gov/whd/fmla/)

# GRANTS AND FINANCIAL ASSISTANCE PROGRAMS

Parents of children with ASD may encounter unexpected costs for services. Through the generosity of foundations and, sometimes, public funding, applicable grants might help with ASD related expenses. Read each option carefully and understand that specific criteria pertain to each, and information is subject to change.

- **FINANCIAL ASSISTANCE AUTISM SPEAKS**

- Autism Speaks maintains a database of local and national foundations and agencies that offer grants and support for families who are dealing with an autism diagnosis.
- <http://www.autismspeaks.org/family-services/community-connections/financial-assistance>

- **ACT-TODAY FOR AUTISM**

- Awards grants up to \$5000 to families, with priority given to those with a household income under \$100,000. Funding may be used for ABA, speech, OT, medications, & home safety devices.
- 19019 Ventura Blvd. Suite 200 Tarzana, CA 91356; 818-705-1625. [www.act-today.org/act-today-grant-program.php](http://www.act-today.org/act-today-grant-program.php)

- **CATASTROPHIC ILLNESS IN CHILDREN RELIEF FUND**

- Provides financial assistance to families in Massachusetts for expenses incurred for the medical and related needs of children under age 22 who are not otherwise covered by insurance, federal or state health-care assistance.
- 800-882-1435 or 617-624-6060. [www.mass.gov/cicrf](http://www.mass.gov/cicrf)

- **THE DEPARTMENT OF EARLY EDUCATION AND CARE (EEC)**

- Provides assistance, information and funding options for services and child care for children, birth to age 5, and their families.
- 617-988-6600. [www.mass.gov/edu/birth-grade-12/early-education-and-care/financial-assistance/financial-assistance-for-families/](http://www.mass.gov/edu/birth-grade-12/early-education-and-care/financial-assistance/financial-assistance-for-families/)

- **DOUG FLUTIE JR. FOUNDATION FOR AUTISM**

- Provide direct financial assistance for families and serving as a resource for information on local service providers.
- Framingham, MA. <https://www.flutiefoundation.org/relieving-financial-burden-families>

- **EDWIN PHILLIPS FOUNDATION**

- *Must be a resident of Marshfield, Massachusetts or Plymouth County.* Provides grants directly to families who have children with disabilities, including physical and cognitive challenges. Funds can be used for more expensive projects or services such as assistive technology or home modifications.
- <http://fdnweb.org/phillips/>

- **UNITED HEALTHCARE CHILDREN'S FOUNDATION**

- Households with private-pay or employer insurance (MassHealth/Medicaid subscribers do not qualify) may receive up to \$5,000 annually/\$10,000 lifetime to support their child, who must be 16 years of age or less.
- <https://www.uhccf.org/apply-for-a-grant/>

- **WILL POWER FOUNDATION**

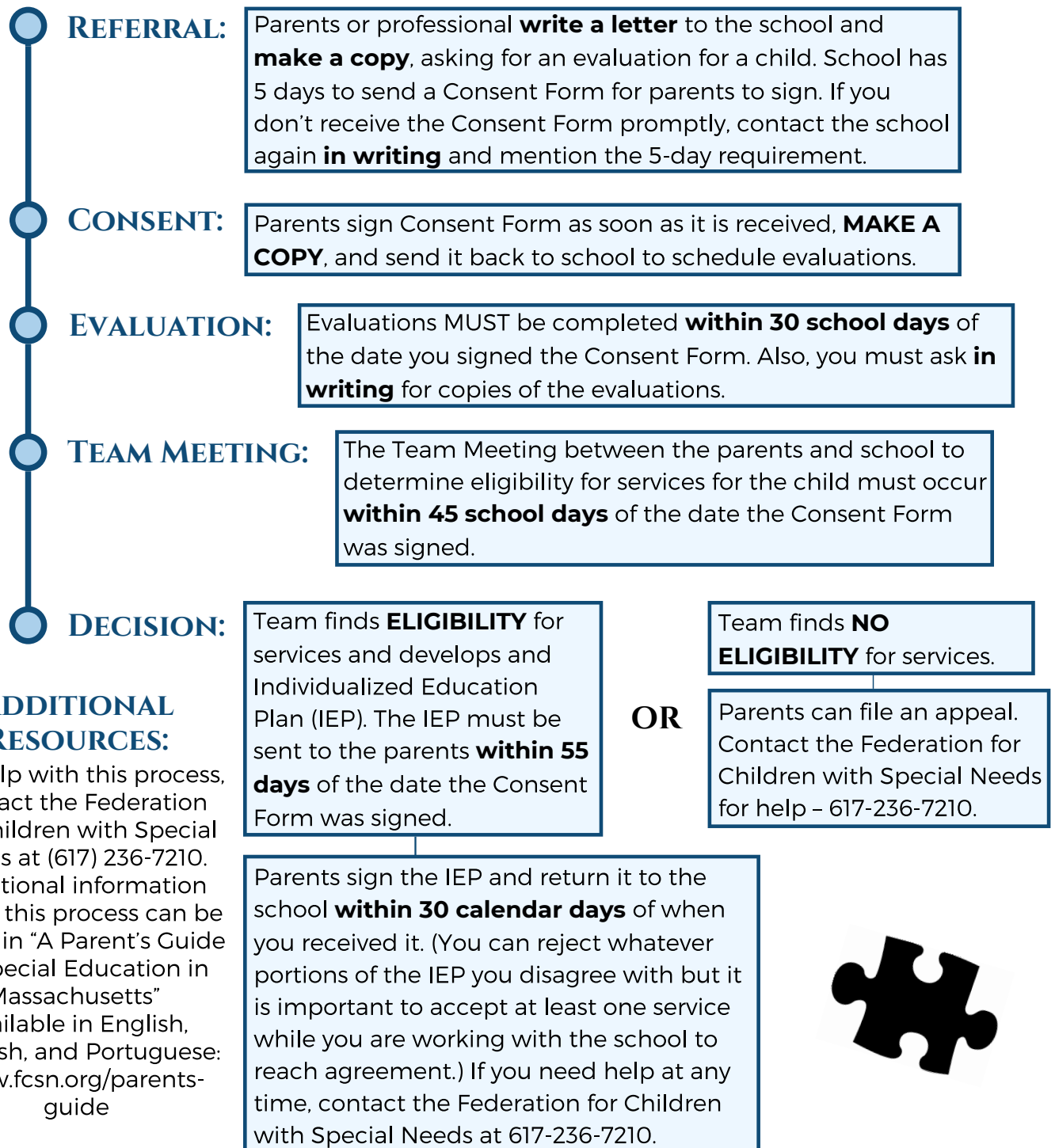
- If you are in Western Massachusetts, you can apply for support for this (and other things) from the Will Power Foundation. Grants are given up to \$500.
- [www.willpowerfoundation.org](http://www.willpowerfoundation.org)



# SCHOOL SERVICES TIMELINE

## TIMELINE FOR FAMILIES SEEKING SCHOOL SERVICES FOR THEIR CHILD

IF YOUR CHILD IS UNDER 3 YEARS OLD, BE SURE TO START THIS PROCESS AT AGE 2 ½!



# SPECIAL EDUCATION RESOURCES

## **FEDERATION FOR CHILDREN WITH SPECIAL NEEDS (FCSN):**

- Answers questions about your child's educational rights and helps with problems, 617-236-7210, [www.fcsn.org](http://www.fcsn.org)
- Has a list of low-cost and free educational advocates-in-training
- Offers FREE parent workshops in communities across the state.  
<https://fcsn.org/ptic/workshops/schedule>
- Offers "A Parent's Guide to Special Education" in English, Spanish, and Portuguese.  
<https://fcsn.org/parents-guide>
- Has five language information specialists to help families:
  - Spanish: Olga Lopez, 617-236-7210, [olopez@fcsn.org](mailto:olopez@fcsn.org)
  - Chinese: Susan Ou, 617-236-7210, [susanou@fcsn.org](mailto:susanou@fcsn.org)
  - Haitian-Creole: Shey Jaboin, 617-236-7210, [sjaboin@fcsn.org](mailto:sjaboin@fcsn.org)
  - Portuguese: Aceriane Leal, 617-236-7210, [aaleal@fcsn.org](mailto:aaleal@fcsn.org)
  - Vietnamese: Oanh Bui, 617-236-7210, [obui@fcsn.org](mailto:obui@fcsn.org)

## **MASSACHUSETTS DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION:**

- Department of Special Education — Overview of parent resources.  
[www.doe.mass.edu/sped/parents.html](http://www.doe.mass.edu/sped/parents.html)
- Problem Resolution System (PRS) — Call if you are having problems with your school district and ask to speak to the contact person for your town or city. 781-338-3700.  
[www.doe.mass.edu/prs/specialist.html](http://www.doe.mass.edu/prs/specialist.html)
- Bureau of Special Ed Appeals — [www.mass.gov/orgs/bureau-of-special-education-appeals](http://www.mass.gov/orgs/bureau-of-special-education-appeals)  
Provides list of free and low-cost advocacy services and attorneys. [www.mass.gov/service-details/directory-of-legaladvocacy-services](http://www.mass.gov/service-details/directory-of-legaladvocacy-services)

## **SEPAC (SPECIAL EDUCATION PARENT ADVISORY COUNCIL):**

- Most Massachusetts school districts have a SEPAC, a parent-run group that holds monthly meetings and advises the school committee on special education matters. Also provides guidance for other parents.
- Find your district's SEPAC contact person by calling your school's special education office, visiting [www.concordspedpac.org/Pacs-in-Mass.html](http://www.concordspedpac.org/Pacs-in-Mass.html), or calling Leslie M. Leslie, 617-399-8307  
<https://fcsn.org/masspac/>

## **AUTISM CENTER AT MASSACHUSETTS ADVOCATES FOR CHILDREN:**

- Nonprofit organization specializing in autism special education law and advocacy in Massachusetts. Offers a Help Line at 617-357-8431 ext. 224 or  
<https://massadvocates.org/contact/>

## **CENTER FOR LAW AND EDUCATION:**

- Provides free legal assistance to low-income families. 617-451-0855. [www.cleweb.org](http://www.cleweb.org)

## **WRIGHTSLAW:**

- Special education laws and advocacy information. [www.wrightslaw.com](http://www.wrightslaw.com)

## **SPECIAL NEEDS ADVOCACY NETWORK (SPAN):**

- Has list of educational advocates, consultants, and attorneys divided by location and area of specialty. [www.spanmass.org/professional-directory.html](http://www.spanmass.org/professional-directory.html)

## **ED LAW PROJECT:**

- Provides legal services to low-income Massachusetts children in danger of not receiving appropriate school services. Call the EdLaw Help Line, 617-910-5829,  
[www.youthadvocacyfoundation.org/the-edlaw-project](http://www.youthadvocacyfoundation.org/the-edlaw-project)

## **GARRETT PRESSLEY AUTISM RESOURCE CENTER:**

- Social, educational, and family supports in Boston. 617-216-1676,  
[www.gpautismresourcecenter.org](http://www.gpautismresourcecenter.org)

# IMPORTANT MASSACHUSETTS EDUCATION LAWS/ADVISORIES

## Parents' Notice of Procedural Safeguards from Mass Department of Elementary and Secondary Education:

The Parent's Rights Brochure is designed to assist the parent in understanding the special education process, and the rights of the parents when their child has been referred for or is receiving special education services. [www.doe.mass.edu/sped/prb/](http://www.doe.mass.edu/sped/prb/)

- **English:** [www.doe.mass.edu/sped/prb/pnps.pdf](http://www.doe.mass.edu/sped/prb/pnps.pdf)
- **Spanish:** [www.doe.mass.edu/sped/prb/spa\\_prights.pdf](http://www.doe.mass.edu/sped/prb/spa_prights.pdf)
- **Portuguese:** [www.doe.mass.edu/sped/prb/p\\_prights.pdf](http://www.doe.mass.edu/sped/prb/p_prights.pdf)
- **Chinese:** [www.doe.mass.edu/sped/prb/chi\\_prights.pdf](http://www.doe.mass.edu/sped/prb/chi_prights.pdf)
- **Vietnamese:** [www.doe.mass.edu/sped/prb/viet\\_prights.pdf](http://www.doe.mass.edu/sped/prb/viet_prights.pdf)
- **Arabic:** [www.doe.mass.edu/sped/prb/PNPS-AR.pdf](http://www.doe.mass.edu/sped/prb/PNPS-AR.pdf)
- **Khmer:** [www.doe.mass.edu/sped/prb/khm\\_prights.pdf](http://www.doe.mass.edu/sped/prb/khm_prights.pdf)
- **Haitian Creole:** [www.doe.mass.edu/sped/prb/hk\\_prights.pdf](http://www.doe.mass.edu/sped/prb/hk_prights.pdf)



## An Act to Address the Special Education Needs of Children with Autism Spectrum Disorder: (Mass. State Law)

[www.doe.mass.edu/sped/advisories/07\\_1ta.html](http://www.doe.mass.edu/sped/advisories/07_1ta.html)

This law requires that IEP teams consider and address in the IEP discussion the following seven specific needs of students with ASD:

- Verbal and nonverbal communication needs
- The need to develop social interaction skills and proficiencies
- The needs resulting from the student's atypical responses to sensory experiences
- The needs resulting from resistance to environmental change or alterations in daily routines
- The needs resulting from engagement in repetitive activities and stereotyped movements
- The need for positive behavioral interventions, strategies and supports to address any behavioral difficulties resulting from ASD
- Other needs resulting from the student's disability that impact progress in the general curriculum, including social and emotional development

## An Act Relative to Bullying in Schools: (Mass. State Law)

[www.doe.mass.edu/sped/advisories/11\\_2ta.html](http://www.doe.mass.edu/sped/advisories/11_2ta.html)

- According to the Advisory, Section 8 of the law states: "For students identified with a disability on the autism spectrum, the IEP Team must consider and specifically address the skills and proficiencies needed to avoid and respond to bullying, harassment, or teasing."
- In addition, the Advisory states: "The skills and proficiencies that a school district may incorporate into its general curriculum, or that an IEP Team may identify in the student's IEP, may include but are not limited to the following core categories:"
  - Self-Awareness
  - Self-Management
  - Social Awareness
  - Relationship Skills
  - Responsible Decision-making



## Technical Advisories from the Massachusetts Department of Elementary and Secondary Education:

- **Identifying the Need for Paraprofessional Support:** [www.doe.mass.edu/sped/advisories/2014-3ta.html](http://www.doe.mass.edu/sped/advisories/2014-3ta.html)
- **Observation of Education Programs by Parents and Their Designees for Evaluation Purposes:** [www.doe.mass.edu/sped/advisories/2014-3ta.html](http://www.doe.mass.edu/sped/advisories/2014-3ta.html)
- **Postsecondary and Annual Goals in the Transition Planning Process:** [www.doe.mass.edu/sped/advisories/13\\_1ta.html](http://www.doe.mass.edu/sped/advisories/13_1ta.html)
- **Transition Assessment in the Transition Planning Process:** [www.doe.mass.edu/sped/advisories/2014-4ta.html](http://www.doe.mass.edu/sped/advisories/2014-4ta.html)
- **Time-Out and Seclusion:** [www.doe.mass.edu/sped/advisories/QuestionAnswerGuide-603CMR.pdf](http://www.doe.mass.edu/sped/advisories/QuestionAnswerGuide-603CMR.pdf)
- **Promoting Student Self-Determination:** [www.doe.mass.edu/sped/advisories/2016-2ta.pdf](http://www.doe.mass.edu/sped/advisories/2016-2ta.pdf)

# ADDITIONAL RESOURCES

- **Autism Speaks** has an in-depth website and is a good place to start.  
www.autismspeaks.org
  - They have a comprehensive state-by-state resource guide.  
www.autismspeaks.org/family-services/resource-guide
  - Offers helpful “tool kits” for families on topics such as successful haircuts, dental care, toilet training, sleep, eating, blood draws, constipation, puberty, vision exams, IEPs, EEGs, medication, advocacy, financial planning, help with challenging behaviors, and more. www.autismspeaks.org/tool-kit. You can also call their Autism Response Team to get local information, tools, and resources. 888-288-4762. En Espanol. 888-772-9050.
- **Massachusetts Family Ties** (www.massfamilyties.org) provides information and referral services, emotional support, and trainings to parents of youth with special needs and also offers Regional Coordinators to help families and an extensive resource database. <http://massfamilyties.org/info/directory.php>
- **Exceptional Lives** has an interactive database of resources for people with disabilities.
  - <https://exceptionallives.org/ma/>
- **Asperger/Autism Network (AANE)** Resource center for people with high-functioning ASD & their families (www.aane.org)
- **National Autism Association** mainly focusing on safety for those with ASD.
  - www.nationalautismassociation.org
- **Massachusetts Family Voices:** Offers a list of services for resource and information sharing for families who have children with special needs,
  - <https://fcsn.org/mfv/listserv/>, email: massfv@fcsn.org, call: 800-331-0688, ext. 301
- **Easter Seals Long-Term Device Loan Program:** Low-income families can borrow assistive technology devices worth up to \$500 for as long as they need it.
  - [www.easterseals.com/ma/our-programs/assistive-technology/loan-programs.html](http://www.easterseals.com/ma/our-programs/assistive-technology/loan-programs.html)
- **Childcare Resource and Referral Agency:** Provides parents with referrals to licensed childcare providers. Customized childcare services are available for families who have children with disabilities.
  - [www.mass.gov/guides/find-a-licensed-family-group-or-school-age-child-care-program#-find-a-licensed-child-care-program-](http://www.mass.gov/guides/find-a-licensed-family-group-or-school-age-child-care-program#-find-a-licensed-child-care-program-)
- **Request a comprehensive list of autism books (divided by topic) from the CCSN Autism Resource Specialist.**



# LANGUAGE SPECIFIC RESOURCES

- **Arabic** اللغة العربية :
  - Video in Arabic about Parenting a Child with Autism: [www.youtube.com/watch?v=tsrU1fofuu0](http://www.youtube.com/watch?v=tsrU1fofuu0)
  - Arabic-speaking support group in Boston. Contact Amel Alawami, 617-636-8331, [ousraty.boston@gmail.com](mailto:ousraty.boston@gmail.com)
- **Chinese** 中文 :
  - Video about Autism with Chinese Subtitles: [www.youtube.com/watch?v=Y1ZfYgNSIkQ](http://www.youtube.com/watch?v=Y1ZfYgNSIkQ)
  - Chinese-speaking support group in Boston. Contact Zhong Ruan, 617-635-5129, [zhong.ruan@bcnc.net](mailto:zhong.ruan@bcnc.net)
  - Mandarin-speaking support group in Acton. Contact Wen Li, 978-777-9135, [asc@nearc.org](mailto:asc@nearc.org)
- **Haitian Creole** Kreyòl Ayisyen :
  - <http://massadvocates.org/publications/school-success-for-haitian-children-with-autism/>
  - Haitian Family Support Center: HAPHI, Mattapan, 617-298-8076, Renald Raphael, [www.haphi.org](http://www.haphi.org)
- **Portuguese** idioma portugues :
  - Guia dos Pais Sobre Educacao Especial en Massachusetts: [http://fcsn.org/parents\\_guide/pgportuguese.pdf](http://fcsn.org/parents_guide/pgportuguese.pdf)
  - Portuguese-speaking support group in Framingham. Contact Jessica DaSilva, 508-782-0016, [JDaSilva@advocates.org](mailto:JDaSilva@advocates.org)
- **Vietnamese** ngôn ngữ tiếng Việt :
  - Video about Autism with Vietnamese Subtitles: [www.youtube.com/watch?v=lpkdMThaju4](http://www.youtube.com/watch?v=lpkdMThaju4)
  - Vietnamese-speaking group in Dorchester. Contact Oanh Bui, 617-399-8328, [obui@fcsn.org](mailto:obui@fcsn.org)
- **Spanish** Español :
  - Información General sobre el Autismo: [www.cdc.gov/ncbddd/Spanish/autism/index.html](http://www.cdc.gov/ncbddd/Spanish/autism/index.html)
  - Guía para los Padres de Familia sobre los Servicios de Educación Especial in Massachusetts: [www.fcsn.org/parents\\_guide/pgspanish.pdf](http://www.fcsn.org/parents_guide/pgspanish.pdf)
  - Estudio de las conductas alimentarias en el autismo: Guía para los Padres [www.autismspeaks.org/sites/default/files/documents/atn/feeding\\_guide-atn.airp\\_final.pdf](http://www.autismspeaks.org/sites/default/files/documents/atn/feeding_guide-atn.airp_final.pdf)
  - Estrategias para Mejorar el Sueño de los Niños con Trastornos del Espectro Autista: Guía para los Padres [www.autismspeaks.org/sites/default/files/docs/sleep\\_booklet\\_spanish.pdf](http://www.autismspeaks.org/sites/default/files/docs/sleep_booklet_spanish.pdf)
  - Análisis aplicado de la conducta: Guía para los padres [www.autismspeaks.org/sites/default/files/docs/aba\\_spanish.pdf](http://www.autismspeaks.org/sites/default/files/docs/aba_spanish.pdf)
  - Autismo una guía para abuelos [www.autismspeaks.org/sites/default/files/grandparents\\_spanish\\_0.pdf](http://www.autismspeaks.org/sites/default/files/grandparents_spanish_0.pdf)
  - Apoyos Visuales y Los Trastornos del Espectro Autista [www.autismspeaks.org/sites/default/files/docs/visual\\_aids\\_tool\\_kit\\_-\\_spanish\\_final.pdf](http://www.autismspeaks.org/sites/default/files/docs/visual_aids_tool_kit_-_spanish_final.pdf)
  - Cómo enseñar a su hijo a ir al baño solo: Guía para los padres [www.autismspeaks.org/sites/default/files/docs/toileting\\_spanish.pdf](http://www.autismspeaks.org/sites/default/files/docs/toileting_spanish.pdf)
  - Spanish-speaking support groups in Hyde Park (617-364-4360), Lawrence (978-624-2301), Lynn (978-624-2381), Chelsea (617-887-3817), and Worcester (508-835-4278).

# FAMILY ACTION PLAN

**What to do next:**

**1. Sign up for support and services:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**2. Obtain ABA Therapy:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**3. Request a team meeting with the school to discuss the results of evaluation and to share the report:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**FOR ANY FURTHER QUESTIONS, PLEASE CONTACT CCSN'S AUTISM RESOURCE  
SPECIALIST JEANNE BYRON  
617-636-130 OR [JBYRON@TUFTSMEDICALCENTER.ORG](mailto:JBYRON@TUFTSMEDICALCENTER.ORG)**