



Newly Diagnosed or Seeking Diagnosis

Last updated: April 2024 | Created by: [Mary Teresi](#), CCASC Board Member

Table of Contents:

- [What is autism? Why get a diagnosis?](#)
- [What is neurodiversity affirming?](#)
- [Autism Diagnostic Process](#)
- [Therapy Possibilities](#)
- [Parent Support](#)
- [Social Recreation Opportunities on the Central Coast](#)
- [Regional Center Services \(early intervention and 3+\)](#)

What is autism? Why get a diagnosis?

- [CDC Autism Diagnostic Criteria](#) (official medical diagnostic criteria)
- [Autism Spectrum Disorder - National Institute of Mental Health \(NIMH\)](#)
- [What is Autism? Patterns of Differences](#)
- [Autism is a Combination of Characteristics](#)
- [Autism Can Look Like](#)
- [5 Common Early Traits of Autism](#)
- [Autism Traits You Didn't Realize Were Autism Traits](#)
- [Autism in Girls](#)
- ["But the Pediatrician Said its not Autism"](#)
- [What you need to know about the M-CHAT-R](#)
- [Why Does My Child Need an Autism Diagnosis](#)
- ["I don't want to label my child"](#)
- [Getting an Autism Diagnosis Does Not "Put Your Child in a Box"](#)
- [Autistic Strengths](#)
- [Stop pathologising, start normalizing](#)
- [Self screening questionnaires](#)
- [ADHD or Autism?:](#) More than half of individuals diagnosed with ADHD are also Autistic
 - [CCASC ADD/ADHD Resources](#)

Videos



- [What is Autism?](#)
- [The Things That Autism Is Not](#)
- [Reasons Why Many Kids Don't Have an Autism Diagnosis.. Yet](#)
- [Major Flaws in the Autism Diagnostic Criteria](#)
- ["But They Don't Look Autistic"](#)
- [The Truth About My Son](#)
- [Growing Up Undiagnosed...](#)
- [Autism in Girls](#)
- [Learn From US - nonspeaking autism](#)

[CCASC Provider Database](#)

What is neurodiversity affirming?

[Neurodiversity Affirming Resources](#)

Autism Diagnostic Process

“Testing options: There are many types of diagnostic assessments (also called testing), and it is important to pick the type of testing that fits your needs, budget, and timeline. The following options may be covered by your insurance and may help determine eligibility for services as noted. Psychiatrists assess for ADD/ADHD, anxiety, depression, bipolar mood, and they may be able to screen for Autism. If you are looking for medication for ADD/ADHD, only psychiatrists or other medical providers can prescribe (Psychologists and Counselors cannot prescribe). Physicians can sometimes assess for ADD/ADHD, and pediatricians can screen for Autism at certain ages.”

“Some colleges have free or reduced-cost testing services if you are struggling with learning, memory, or completing assignments. If K-12 school is impacted, the school district may be able to assess learning, speech/language, information processing that can be associated with ADD/ADHD, and behaviors similar to children diagnosed with Autism. Schools and colleges do not diagnose, but testing can help determine eligibility for supports.”

“If you or your child struggle significantly with day-to-day independent living skills, and you are concerned with Autism or intellectual disability, the Regional Center may be able to provide diagnostic testing services and determine eligibility for Regional Center services. If you are applying for Social Security, they may be able to provide some assessment.”

“Private assessments, such as with Psychologists or Neuropsychologists, are sometimes covered by insurance. Every provider has their own policies and costs, and you can check with your insurance to see if a particular provider is an in-network provider, and if not, what the cost would be for you.” - Dr. Laurie Ferguson, [Spark Psychological](#)



- [A Medical Diagnosis Does Not Equal an Educational Diagnosis](#)
- [Medical Diagnosis vs. Educational Eligibility](#)
- [What are the levels of autism?](#)
- [How to explain assessments to kids](#)
- [What they don't tell you during autism evaluation](#)
- [CCASC Provider Database](#) - neurologists can provide a medical diagnosis, psychologists can do a full psychological evaluation

Therapy Possibilities

[Why Early Intervention?](#)

[What makes a good therapist for your autistic child?](#)

ABA (Applied Behavioral Analysis)

- [What is Applied Behavioral Analysis?](#)
- [American Psychological Association Statement on ABA \(2017\)](#)
- [ABA Therapy for Autism is Nationally Accepted and Approved](#)
- [Applied Behavior Analysis Treatment of Autism Spectrum Disorder: Practice Guidelines](#)
- [What is ABA? What are some of the controversies around ABA? How do I find quality therapy?](#)
- [Let's Talk About ABA](#)
- [3 Neuroaffirmative ways to work with ABA](#)
- [Access to ABA Therapy](#)

OT/Sensory

- [What is Occupational Therapy for Kids?](#)
- [What is OT?](#)
- [How to get a referral for an OT evaluation from your pediatrician](#)
- [Tips for Creating a Sensory Friendly Environment](#)
- [Sensory Processing Disorder](#)
- [Sensory Under Responders, Sensory Cravers, Sensory Over Responders](#)
- [What Does Sensory Overload Look Like?](#)
- [Sensory Overload Video](#)
- [Interoception](#)
- [Proprioception](#)
- [Top 5 Reasons to See an OT](#)
- [Regulation Ideas](#)
- [How Sensory Processing Effects Behaviors](#)
- [The Occupaylational Therapist](#)
- [The OT Butterfly](#)
- [Sensory W.I.S.E. Solutions Podcast for Parents](#)



CCASC Resource Guide

Speech Therapy/AAC

- [Speech Therapy: What is it and How does it work?](#)
- [AAC Tips for Parents](#)
- [How AAC Supports Speech](#)
- [Who Can Benefit from AAC?](#)

Parent Support

[Parents Helping Parents Family Resource Centers](#) -

San Luis Obispo and Atascadero locations, they host support groups, workshops and a lending library for parents and professionals with books, reference materials, tapes, & DVDs on parenting and special needs. [Parents Helping Parents Online Library](#)

Support Groups

In person:

- [Parents Helping Parents SLO](#) - many different groups available live and via zoom, please see/contact them for latest offerings.

Online:

- [Special Needs Support](#)
- [Special Needs Parent Support and Discussion](#)

Blogs

[Finding Cooper's Voice](#)

[The Forever Nest by Kathy Radigan](#)

[Spectrumy](#)

[Autism with a side of fries](#)

Podcasts

[Uniquely Human, The Podcast](#)

[Sensory W.I.S.E. Solutions Podcast for Parents](#)

[In It: Supporting Kids Who Learn and Think Differently](#)

Social Media Accounts

[Autism Discussion Page](#)

[Autie-biographical comics](#)

[Single Parents of Children With Autism](#)

[On The Hard Days - parent perspective](#)

[Autism Spectrum News](#)

Videos



[Mama, If You're Worrying About Autism, This Video is For You...](#)

[Parent Worries Following Diagnosis](#)

[Welcome to the Journey](#)

Book Suggestions

The Organization for Autism Research offers a curated library of autism-related ebooks AND audiobooks through the Libby app. The library includes popular fiction and non-fiction books, clinical texts, guidebooks, kids' books, and more for community members to borrow for free from their personal devices for leisure or educational reading.

How to get access:

[Create a free account with OAR here.](#)

Download the Libby app and search for 'Organization for Autism Research' as the library name or [visit on your desktop](#) and select Sign In With My Card. Once you finish logging in with the same email address associated with your OAR account, you'll have access to the online collection.

- [Welcome to the Autistic Community](#) - free online book from the Autistic Self Advocacy Network
- [Start Here: a guide for parents of autistic kids](#) - Autistic Self Advocacy Network (autisticadvocacy.org)
- [Wonderfully Wired Brains: An Introduction to the World of Neurodiversity](#): Gooding, Louise, Burrows, Ruth
- [Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges](#): Delahooke, Mona
- [Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids](#): Delahooke, Mona
- [The Explosive Child \[Sixth Edition\]: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#): Greene PhD, Ross W
- [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#): Siegel M.D., Daniel J. J., Bryson, Tina Payne
- [Uniquely Human: Updated and Expanded: A Different Way of Seeing Autism](#) Barry M. Prizant PhD
- [Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age](#) by Sarah Henrickx
- [100ish Inclusive Children's Books on Autism and Neurodiversity](#)
- [100ish books on Autism and Neurodiversity](#)

Social Recreation Opportunities on the Central Coast

- [CCASC Monthly Activities](#)



- [CCASC Camp Expedition](#) - day camp, family style, sessions for school age kids, teens, and adults. In 2024, we are offering cabins for overnight family rental as well.
- [2024 CCASC Autism Walk and Resource Fair](#)
- [Project Surf Camp](#)
- [A Special Twist Gym](#)
- [5 Cities Swim School](#)
- [Jacks Helping Hand - Little Riders](#)
- [First Christian Church Santa Maria Special Needs Ministry](#)

Regional Center Services (early intervention and 3+)

- [Regional Center Eligibility](#)
- [How to get started with Regional Center](#)
- [Regional Center Appeal Process 0-35 months](#)
- [Regional Center Appeal Process 3+](#)
- [Early Start \(0-3\) Tricounties Regional Center Welcome Packet](#)
- [TCRC Early Start Services Brochure](#)
- [TCRC School Age Services Brochure](#)