

# 10

## ESSENTIAL STEPS

to take after your child  
receives a formal diagnosis of  
Autism Spectrum Disorder



This information is the result of a collaboration between CASE, the Youth and Parents Agape Association (AGAPE) and the *Comité des usagers des Services de réadaptation en déficience intellectuelle et en troubles du spectre de l'autisme de Mauricie-et-du-Centre-du-Québec*. It is made possible by financial contributions from the Public Health Agency of Canada through the Community Health and Social Services Network (CHSSN).



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### So, your child has been diagnosed with Autism. Now what?

**A formal diagnosis of Autism Spectrum Disorder (ASD) for your child is vital. It is required to apply for services, support and resources from the health and social services and education sectors.**

**What to do after receiving the diagnosis can be confusing. This brochure, designed as a checklist, clarifies the 10 essential steps you need to take to ensure your child and your family obtain the services for which you are entitled.**

#### ☐ 1. Call 811, Option 2

In order to receive services, you must declare your child's formal diagnosis to Quebec's health and social services sector. Ask to be put on the waiting list for services.

#### ☐ 2. Apply for disability benefits and tax credits

You may qualify for additional child benefits and tax credits. Contact:

##### **Canada Revenue Agency**

- Child Disability Benefit
- Child Disability Tax Credit

##### **Retraite Québec**

- Supplement for Handicapped Children
- Supplement for Handicapped Children Requiring Exceptional Care

#### ☐ 3. Inform the daycare or school

In order to receive services, you must declare your child's diagnosis to the daycare (CPE, private or home-based) or school (public or private) and provide them with documentation confirming the diagnosis. This ensures that the daycare or school obtains the funding and resources your child is entitled to receive.

#### ☐ 4. Set a meeting with your daycare or school team

Your child's daycare or school team is a significant contributor to your child's development. Organize a meeting as soon as possible following the diagnosis to discuss it and to plan for your child going forward. Include the following people:

- Daycare – Director and Educator
- School – Principal, Head of special needs services department of the school board and anyone who works directly with your child (Teacher, Attendant)
- Include your OPHQ agent (see 6)

#### ☐ 5. Identify and contact key professionals who are responsible for services

Make a list of anyone who is responsible for providing services (public health and education sectors) and track all communications. Be active and ask for updates.

#### ☐ 6. Contact the OPHQ

The *Office des personnes handicapées du Québec* offers free services to help people with disabilities and their families throughout the service-access process. Request an agent be assigned to your child and family. [aide@ophq.gouv.qc.ca](mailto:aide@ophq.gouv.qc.ca), 1-800-567-1465

### What to do if there is lack of action

Unfortunately, it is sometimes necessary to take extra steps to obtain services, such as when a significant time period has lapsed or you feel that your child's rights are not being respected. This includes filing a complaint.

#### ☐ 7. Health & Social Services:

- a. Users' Committee (Comité des usagers DI-TSA)
- b. Ombudsman, CIUSSS
- c. *Centre d'assistance et d'accompagnement aux plaintes* (CAAP)
- d. Quebec Ombudsman

#### ☐ 8. Education:

- Regional Student Ombudsman

### Learn about Autism and invest in yourself

#### ☐ 9. Learn about Autism through reputable sources

- Autism Canada
- Fédération québécoise de l'autisme
- Centre of Excellence for Autism Spectrum Disorder

#### ☐ 10. Invest in self-care

It's important to prioritize your own self-care in order to best support your child and your family. You can apply for respite services and funding through your assigned Autism interventionist. Self-care is about more than respite, however. Develop a self-care plan for you and your family.