

NEXT STEPS: Pathway to Services and Supports for a child recently identified with autism spectrum disorder (ASD)

Your child has been identified as having autism spectrum disorder (ASD).

You may feel overwhelmed, however, with the right services and supports, your child will continue to learn, develop and grow. Early intervention is key, so it's important to **get started right away**.

Minnesota has a variety of services and supports available to you and your child. To get started, contact your [local county or tribal office](#) and ask about:

- 1. Healthcare coverage options.** You may apply through your local county or tribal agency or go to [MNSure.org](#). MNSure is a website where you can apply for Minnesota health insurance plans and find out if you meet the requirements for Minnesota Health Care Programs (MHCP), like Medical Assistance (MA).
- 2. TEFRA:** If your income is too high to qualify for MA, you may apply for [TEFRA](#). You may have to contribute to the costs of the child's care by paying a [parental fee](#). The amount of the fee is calculated on a sliding scale based on your income.
- 3. MNChoices assessment and support plan.** Request a [MNChoices Assessment and support plan](#) to help identify potential services your child may be eligible for. When you call, also ask about **case management services**.

There are multiple of ways of accessing services and supports.

THE NEXT STEP IS TO CONNECT WITH SERVICES AND SUPPORTS TO HELP YOUR CHILD.

Primary care provider

Your child's doctor may be able to connect you with specialists depending on your child's specific needs. Specialists may include but are not limited to: speech and language pathologists, occupational therapists, dietary specialists and sleep clinics.

Early Childhood Special Education

Most children with ASD are eligible to receive school-based early intervention and educational support services. Children age 0-5 are referred through [Help Me Grow](#); children who are older can be connected through the special education department in your district. Services are provided through your local public school district at no cost to you, regardless of income or immigration status. 1-866-693-GROW (4769) or [www.helpmegrowmn.org](#)

Early intervention services

A comprehensive evaluation determines eligibility for [Early Intensive Developmental Behavioral Intervention \(EIDBI\) services](#). [Early intervention can help manage challenging behaviors and teach functional communication and social skills](#). Complete the [MN EIDBI 101](#) online training for families to find a provider, learn about other potential services and see funding options. You can also find providers in the [MHCP provider directory](#), under Autism-EIDBI and Agency.

Connect with other families and resources in the community

Attend support groups in-person or online to meet people who have navigated these complex systems and may be able to support you along the way.

- [Family Voices of MN](#)
- [Autism Society of MN \(AuSM\)](#)
- Reach out to friends, family and local [support groups](#)

Watch [On the Autism Spectrum: Families Find Help and Hope](#) to hear from families in the African American, Hmong, Latino, Native American and Somali communities talk about their journey receiving an ASD diagnosis and accessing services.

Connect with advocacy organizations learn effective ways to advocate for your child and find support from trained advocates.

- [The ARC of MN](#)
- [PACER](#)

Get educated about autism

Learn more about ASD and effective intervention strategies by taking the [ASD Strategies in Action](#) online training. Contact [ASD.DHS@state.mn.us](#) for a FREE subscription.

What do YOU need to do after your child is identified with autism spectrum disorder (ASD)?

During the first month

1. Contact Help Me Grow MN

Evaluation date: ____ / ____ / ____ Time: _____

Phone number / e-mail: _____

Contact person: _____

Notes: _____

2. Set up appointment for a comprehensive evaluation to access early intervention services

Evaluation date: ____ / ____ / ____ Time: _____

Provider name: _____

Phone number / e-mail: _____

Contact person: _____

Notes: _____

3. Call your local county or tribal office

a. Identify healthcare coverage options

b. Schedule MNChoices assessment

Evaluation date: ____ / ____ / ____ Time: _____

Contact person: _____

Tip: Create a binder, notebook or file cabinet with copies of all the forms, reports and assessments that you have been asked to complete (e.g., consent documents, evaluations, testing results, etc.). Organize them by the service or provider (e.g., school, speech, doctor, etc.).

During the next few months

CONNECT WITH...

Local school district: With your local school district's early childhood special education staff, develop and review the Individualized Family Service Plan (IFSP) or Individualized Education Program (IEP).

Evaluation date: ____ / ____ / ____ Time: _____

Contact person: _____

Notes: _____

Early intervention provider: With your provider, develop a treatment plan and participate in family training programs.

Follow up with providers or services if you were put on a waiting list.

Connect with support groups and advocacy organizations. Parents and advocates in these groups can connect you with information and resources. Start a list of important people in your child and family's life and how they can support you. It's important to identify other caregivers besides yourself who are equipped to care for your child if needed. This may be a family member, Personal Care Assistant or respite provider.

By the end of year one

Continue programs and services as described in your child's IFSP or IEP. Review your child's progress and take notes on potential skills or behaviors you would like to work on to prepare for your yearly team meeting.

IEP meeting date: ____ / ____ / ____ Time: _____

Contact person: _____

Notes: _____

Continue early intervention services according to your treatment plan. Review your child's progress and take notes on potential skills or behaviors you would like to work on to prepare for your next team meeting.

Follow-up with your [local county or tribal office](#) regarding services identified in MNChoices assessment and support plan.

Follow up with your child's primary care provider to review their progress at the well-child appointment.

Appointment date: ____ / ____ / ____ Time: _____

Contact person: _____

Notes: _____

651-431-4300 or 866-267-7655

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါနံပါတ်ကိုခေါ်ဆိုပါ။ နံပါတ်ပေးရန် ၂ မိနစ်အတွင်း အခမဲ့ အကူအညီ ပေးဆောင်ပေးခြင်းကို ခြံငယ်အား ခေါ်ဆိုရန် လိုအပ်ပါသည်။ သို့မဟုတ် အခမဲ့ အကူအညီ ပေးဆောင်ပေးခြင်းကို ခြံငယ်အား ခေါ်ဆိုရန် လိုအပ်ပါသည်။

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

တိကျသော အကူအညီအတွက်၊ ဝန်ခံလိုအပ်သည့် အကူအညီအတွက် ခေါ်ဆိုရန် လိုအပ်ပါသည်။ ဝန်ခံလိုအပ်သည့် အကူအညီအတွက် ခေါ်ဆိုရန် လိုအပ်ပါသည်။

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣຕຣາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການ ແປເອກະສານນີ້ພໍສົ, ຈົ່ງໂທສະໂປຍີພາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tala akka siif hikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniini. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalka, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

For accessible formats of this publication or additional equal access to human services, write to DHS.info@state.mn.us, call 651-431-4300 or 866-267-7655 (toll free) or use your preferred relay service.

