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 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.

The Pathway to Services and Supports for Autism Spectrum Disorder (ASD) document provides an overview of what is available for child as they grow. The Overview of Medical Identification and Educational Determination of Autism Spectrum Disorder resource helps to clarify the difference between a medical diagnosis and an educational determination and why it is important to access both. For additional information, visit mn.gov/autism or contact ASD.DHS@state.mn.us.
### During the first month

**1. Contact Help Me Grow MN**
- **Evaluation date:** ______ /_______ /_______   **Time:** ______________
- **Phone number / e-mail:** ________________________________________
- **Contact person:** _______________________________________________

### 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:** _______________________________________________

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

**a. Identify healthcare coverage options**

**b. Schedule MNChoices assessment**
- **Evaluation date:** ______ /_______ /_______   **Time:** ______________
- **Contact person:** _______________________________________________

**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.

**Follow up with your local county or tribal office regarding services identified in MNChoices assessment and support plan.**

### 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:** _______________________________________________

**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 child’s primary care provider to review their progress at the well-child appointment.**
- **Appointment date:** ______ /_______ /_______   **Time:** ______________
- **Contact person:** _______________________________________________

**Follow up with your local county or tribal office regarding disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Call the Disability Hub MN™ at 1-866-333-2466 or visit DisabilityHubMN.org to get connected to resources and services. For more information, visit mn.gov/autism or e-mail ASD.DHS@state.mn.us**

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651-431-4300 or 866-267-7655

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

**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.).