

Autism Parenting Magazine

**AUTISM RESOURCES FOR PARENTS, TEACHERS
AND CAREGIVERS.**

THE ULTIMATE GUIDE

By Amy Tobik

www.AutismParentingMagazine.com

Top Autism Spectrum Resources You Need to Know

With its vast amount of data and accessibility, the Internet has become a powerful tool in the search for up-to-date information. Chances are, however, you don't have the extra time needed to filter the infinite amount of information on autism and special services as you balance daily life.

As part of our ongoing endeavor to provide families affected by autism with the latest information and advice, we have compiled a list of autism-related resources and directories. Whether you are a parent, family member, caregiver or teacher of someone with autism, or you are on the spectrum yourself, we hope the following websites and articles can help guide you in the right direction.

Access to Autism Services

[Disability Gov](#)

The U.S. federal government website for information on disability programs and services nationwide connects people with disabilities, their families and caregivers with helpful resources on topics such as how to apply for disability benefits, find a job, get health care or pay for accessible housing. Includes supportive community organizations.

[Disability.gov's Guide for Family Caregivers](#)

This excellent resource includes vast information on programs, services, government agencies and organizations that can help you as you care for a spouse, child, parent or other family member. It includes multiple links to help get you started.

[Disability Scoop](#)

Excellent source for up-to-the-minute developmental disability news.

[Home Accessibility Costs](#)

HomeAdvisor has provided a Disability Accommodation Cost Guide which gives people an idea how much certain special needs accommodations cost, such as a wheelchair ramp or an elevator/stair lift.

[Medicaid](#)

Federal policy and program information about Medicaid, the Children's Health Insurance Program and the Basic Health Program.

[Operation Autism - A Resource Guide for Military Families](#)

Operation Autism directly supports U.S. military families touched by autism spectrum disorders. It serves as an introduction to autism, a guide for the life journey with autism, and a ready reference for available resources, services, and support.



Activities and Play Therapy for kids with special needs

Beneficial Activities for Kids with Special Needs

Great suggestions from experts in various special needs areas such as AD/HD, Asperger syndrome, communication disorders and Intellectual and Developmental Disabilities for appropriate and enjoyable activities.

How to Take the Worry Out of Appointments with Your ASD Child

- *Autism Parenting Magazine*

Does the thought of taking your child with ASD to the dentist fill you with anxiety? Do you dread making the trip to get a haircut? Learn how to take the sting out of necessary outings.

LEGO® Therapy: How to Build Connections with Autism - One Brick at a Time

- *Autism Parenting Magazine*

APM reached out to Amy Wagenfeld, PhD, OTR/L, SCEM, Research Coordinator at the Els Center of Excellence, to provide an article on what makes LEGO® bricks an applicable intervention for therapists as well as an activity for groups. In her piece, Wagenfeld explains the fundamentals, the process and the valuable social connections that can be made.

Let's Party: Celebrating without the Stress

- *Autism Parenting Magazine*

Birthday parties play an important role in childhood, but for kids on the spectrum, they can also be overwhelming. Learn some excellent party-planning advice from a mother of seven children, two of whom have vastly different sensory needs.

Mewsic Moves

Meet a Music Therapist who provides parents, educators and therapists with educational and helpful tools on supporting children with special needs.

New Ways to Be Happy and Healthy While Parenting an ASD Child

- *Autism Parenting Magazine*

Parenting a child on the autism spectrum can be very rewarding, however, it also comes with a multitude of challenges. That's why parents of children with autism need to remember to take good care of themselves as well. Learn from Siobhán Wilcox, a stress management expert, how to take a new approach to self-care.

[Using Lego And Other Visual Supports To Help Autistic Children Understand Emotions](#)

- *Autism Parenting Magazine*

For many children on the autism spectrum, reading facial expressions is a constant struggle. It can be a challenge to determine what other people are thinking and feeling, and because of this, a great number struggle to participate in typical social interactions. Read about the benefits of visual supports, such as a feelings and emotions chart, PECs, and social stories when working with your child with autism.

[The Ultimate Guide to Flying with Autistic Children](#)

Fantastic information from Jaco Aerospace for parents and caregivers who are planning a flight with an autistic child. Comprehensive article includes a checklist for before, during, and after takeoff to provide a good travel experience.

[Top 10 Benefits of Organized Recreation Programs for Children with Autism](#)

- *Autism Parenting Magazine*

Learn about how children with autism can gain the kind of skills beneficial to everyday life by participating in a specialized recreation program.



Adults with Autism and Independent Living

[Advancing Futures for Adults with Autism](#)

AFAA is a national consortium of organizations working together to promote a collaborative spirit and develop both public and private sector support that improve the lives of adults living with autism.

Can My Child Ever Learn to Live on His Own?

- *Autism Parenting Magazine*

Advice on helping your child on the spectrum take the steps toward independent living through very structured learning, repetition, and functional task learning.

Disability and Employment

Interesting information on conferences for families, educators, employers and service providers focused on the practical information necessary to find or create employment opportunities for people with disabilities.

Exclusive Interview with Temple Grandin

- *Autism Parenting Magazine*

In an exclusive interview with *Autism Parenting Magazine*, Temple Grandin, Ph.D., shares her concerns and advice regarding young people on the spectrum who aren't getting adequate training and structure to gain a sense of independence.

Fill-A-Need Foundation

Fill-A-Need Foundation is a non-profit that supports adults with autism and other special needs by identifying, nurturing, and developing each adult's individual potential.

How Do I Know if My Child Needs a Guardian?

- *Autism Parenting Magazine*

Professional financial planning tips on determining whether your child needs a guardian when he/she turns 18 years old.

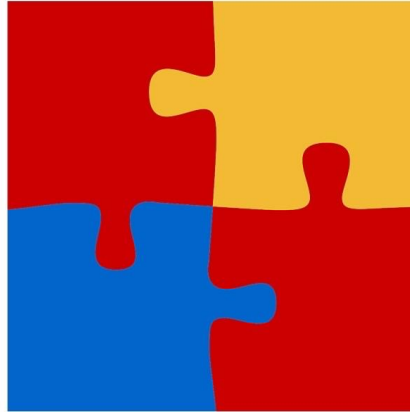
National Council on Independent Living

The longest-running national cross-disability, grassroots organization which represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the U.S.

Workplace Opportunities For All People On The Spectrum

- *Autism Parenting Magazine*

The father of a 13-year-old with "low-functioning" autism and the managing principal of a conference company which develops programs to serve the disability communities shares the employment possibilities for all people on the spectrum.



Autism Advocacy

Autism National Committee

AUTCOM is an autism advocacy organization dedicated to "Social Justice for All Citizens with Autism" through a shared vision and a commitment to positive approaches.

Autism New Jersey

Autism New Jersey is the largest statewide network of parents and professionals dedicated to improving lives of individuals with autism spectrum disorders.

Autism Society

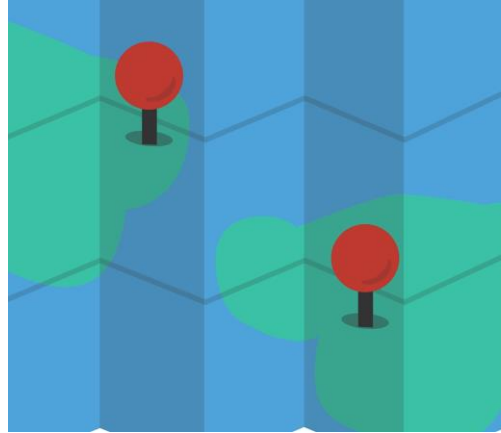
This leading grassroots autism organization exists to improve the lives of all affected by autism by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

Autism Society Illinois

Partnering with families and communities living with autism in Illinois by generating awareness and providing education, training, support, and guidance as a compassionate and caring authority. Excellent resources for all.

Autistic Self Advocacy Network

The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism.



Autism Help and Community Support Groups

Autism Web

A community of parents interested in autism, Pervasive Developmental Disorder (PDD) and Asperger syndrome.

Autism Women's Network

AWN's goal is to dispel stereotypes and misinformation which perpetuate unnecessary fears surrounding an autism diagnosis. They seek to share information which works to build acceptance and understanding of disability.

Deborah French

Website which acts as a portal for families trying to figure out the best course of action regarding working with children with special needs.

Ollibeau

Ollibeau connects families, self-advocates and professionals in the cross-disability community to help create online and offline communities in order to help us all make informed decisions, share stories and work together to create a more socially just, inclusive world.

Autism Daily Tips

Aspergers is Awesome!

- *Autism Parenting Magazine*

Dr. Gaskill shares his passion to debunk the stereotypes attributed with people with Asperger syndrome while spreading the knowledge regarding their unique and commonly misunderstood minds. Watch his inspirational YouTube video called: Human 2.0 We Have Evolved: Aspergers Is Awesome!

Help: My Aspie Lacks Motivation

- *Autism Parenting Magazine*

Board Certified Behavior Analyst Angelina M. responds with some excellent advice regarding a 13-year-old autistic boy who has become withdrawn and does not want to work with his tutor.

Living Autism Day By Day – A Focus on Family Strength

- *Autism Parenting Magazine*

Deanna Picon, author of the book *Living Autism Day by Day*, shares her inspiration and advice on keeping a household happy and strong.

Outstanding Tips You'll Love for Therapy On The Run

- *Autism Parenting Magazine*

This article will help you find those “perfect times” to work on important skills along with your child on the spectrum without having to set up a structured clinical hour.

Pets Can Make all the Difference in the World of Autism

- *Autism Parenting Magazine*

A certified, professional dog trainer and mother of identical twin boys with autism shares excellent advice on the essential role pets can play in a family's life. The writer includes tips on ways animals can help autistic children learn valuable life skills.

Sensory Processing Difficulties – Dressing For Success

- *Autism Parenting Magazine*

Learn about Sensory Processing Disorder, its symptoms and advice for finding the right clothing that addresses your child's sensory needs.

The Autism Onion

A BCBA who works primarily with children who have autism, down syndrome, and other developmental delays shares her stories and connects with others who have a heart for special-needs individuals.



Diet & Health resources for kids with Autism

Advice on How the Thyroid/Autism Connection Can Make a Difference

- *Autism Parenting Magazine*

Dr. Kellman, a pioneer in functional medicine who has a holistic and visionary approach to healing, discusses a significant connection between the thyroid and the brain, urging parents to consider testing levels.

Asperger's Syndrome and the Power of a Good Diet

- *Autism Parenting Magazine*

Sarah Patten, the author of the book *What to Feed an Asperger - How to Go from Three Foods to Three Hundred with Love, Patience and a Little Sleight of Hand* shares with *Autism Parenting Magazine* her successful food journey with her son with Asperger syndrome.

Autism Fitness

Either on-site or from a distance (via Skype or phone), Autism Fitness Founder Eric Chessen offers several packages for professionals and parents who want to begin developing a fitness/PE program for those with ASD or want to enhance an existing curriculum or practice.

Autism Food Club

An innovative website that helps turn global scientific research into affordable, simple and healthy family meals. Includes free family recipes, science, live feeds, news and autism announcements.

Brain Balance Takes a Look at the Challenge of Sensory Processing Disorder

- *Autism Parenting Magazine*

The owner of several Brain Balance Achievement Centers explains what Sensory Processing Disorder is in easy-to-understand terms while providing possible intervention goals to help a child with sensory processing.

Biological Markers of Autism at a Young Age

- *Autism Parenting Magazine*

Regent University's Richard Clarke shares science coordinator for BASIS Kim Davies' video regarding biological markers of autism at a young age using various behavioral observations and neuropsychological studies conducted at London's Birkbeck Babylab.

Changes Made to Policy to Affect Thousands of Children with ASD

- *Autism Parenting Magazine*

An interview with Susan E. Tirella, M.Ed., BCBA concerning the recent changes to Medicaid to cover autism services and the Autism CARES Act of 2014 which was recently signed into law.

Creating Inner Peace -The Benefits of Yoga for Children with Autism Spectrum Disorder

- *Autism Parenting Magazine*

Learn about how yoga can have a positive effect on an ASD child's communication skills and anxiety levels while possibly reducing challenging behaviors and providing a better sense of self. Tips for teaching yoga to children with ASD are also provided.

Facts About ASD

The Centers for Disease Control (CDC) has composed an informational article explaining Autism Spectrum Disorder, the signs and symptoms, diagnosis, causes and risk factors, and suggestions on what to do if you are concerned.

How does the Affordable Care Act benefit people on the Autism Spectrum?

- *Autism Parenting Magazine*

A look at the impact of coordinated care on the I/DD community and how the Recovery Movement (client-centered services) could benefit people on the autism spectrum.

Key Findings: Prevalence and Impact of Unhealthy Weight in a National Sample of US Adolescents with Autism and Other Learning and Behavioral Disorders

Researchers from CDC and the Health Resources and Services Administration report their recent findings regarding adolescent obesity and its connection to individuals with learning and behavioral developmental disabilities as well as those with Autism Spectrum Disorder.

Obesity and Children with Special Needs

This 52-page report and guide from AbilityPath.org gives families comprehensive information regarding obesity — from the obstacles to maintaining a healthy weight and the impact of obesity on people with special needs to tips for healthy snacking and ways to introduce exercise.

The Calming Effects of Essential Oils

- *Autism Parenting Magazine*

The mother of a young boy with autism and Bipolar disorder shares her personal success using essential oils to calm and relax her son.

3 Promising Ways to Eliminate Your Autistic Child's Allergies

- *Autism Parenting Magazine*

The author of *Naturally Healing Autism* shares three ways to rid your child from allergies through natural allergy desensitization.

Tips on How to Improve the Health and Happiness of Our Children on the Spectrum

- *Autism Parenting Magazine*

Jennifer Giustra-Kozek, LPC, HpN, a board-certified psychotherapist and author of a book on treating ADHD, Apraxia and ASD, offers her personal advice on how to naturally improve the wellness of children on the spectrum.

Treating Genetic Mutations in Autism

- *Autism Parenting Magazine*

Learn from Dr. Jared M. Skowron, Biomedical Autism Expert, about one of the top five inherited genetic mutations called MTHFR and treatments available for the most important gene for the production and formation of chemicals in the brain, such as serotonin, melatonin, and dopamine.

Trehalose: The Promising Supplement You've Never Heard About

- *Autism Parenting Magazine*

Learn from an expert on the autism spectrum about the promising research surrounding a supplement called Trehalose and how it may help the brain.

Putting the Squeeze On Sensory Processing Disorders

- *Autism Parenting Magazine*

Meet award-winning and celebrated entrepreneur Lisa Fraser, inventor of the innovative and sporty Snug Vest designed to relieve anxiety by regulating the sensory system when it is over-stimulated from environmental input and overload.

Sensory Mood Lighting Can Help Calm and Soothe

- *Autism Parenting Magazine*

A lighting company in Manchester, England explains the calming, soothing effects certain types of lighting can provide people on the spectrum.



Education and Autism

College Assistance Guide for People with ADHD

Important information provided by *US News and World Report* on scholarships, grants and other options available for those with a ADHD.

Dear Teacher: Sure Fire Ways You Can Help ASD Kids

- *Autism Parenting Magazine*

Helpful tips for teachers on ways to help ASD students reach their personal goals and feel more comfortable in the classroom provided by a high schooler with Asperger syndrome.

Helping Your ASD Teen Survive the Middle School Transition

- *Autism Parenting Magazine*

Excellent advice for parents from the Creator/Director of The Timms Social Skills Program on transitioning a child with autism to middle school and guiding him/her through the ups and downs of friendships.

Help: My Kindergartener Struggles in the School Cafeteria

- *Autism Parenting Magazine*

Board Certified Behavior Analyst Angelina M. provides excellent tips to help children on the spectrum tolerate lunch time at school.

Homeschooling and Special Needs Children

The Home School Legal Defense Association, founded by two attorneys and homeschooling dads (Mike Farris and Mike Smith), provides substantial information on homeschooling special needs children, including rights.

Music May Hold the Key to Enhancing Language for Autistic Children – 7 Tips for Integration

- *Autism Parenting Magazine*

Excellent research on the important connection between music and language written by a pianist and composer who recently completed a dissertation on the impact music has on speech and communication for individuals with special needs.

Professional Tips for Combating Stress and Anxiety in the New School Year

- *Autism Parenting Magazine*

Sally Thibault, Dip. Prof. Counseling, professional speaker, author and EFT Practitioner, shares her advice and a video on helping families combat stress and anxiety as they enter a new school year.

Routines and Children with Disabilities

Excellent article on the importance of routines for children with special needs. The Raisingchildren.net.au website provides information on all aspects of autism including development, therapies and services.

Teaching Tips for Children and Adults with Autism

Top educational advice from Temple Grandin, Ph.D., posted by the Indiana Resource Center for Autism.

The ABCs of Back to School for ASD Children: Anxiety, Bullying, Confusion...

- *Autism Parenting Magazine*

Certified Autism Specialist and Licensed Christian Counselor Stephanie C. Holmes provides excellent school guidance on how to thoughtfully prepare your autistic child for the first day.

The Value of Getting to Know Your Child's School Support Team

- *Autism Parenting Magazine*

Beneficial advice from the University of Washington Autism Center regarding the importance of getting to know a child's school support team to make the beginning of the school year less intimidating and stressful.

Financial Planning for special needs children

A Special Needs Plan

Experts who can provide advice regarding the coordination of all the necessary legal, financial, government benefits, communication and tax strategies surrounding a family member with special needs.

Help: How Can the Newly Passed ABLE Act Help My Family?

- *Autism Parenting Magazine*

Learn from a financial advisor who specializes in serving families with special needs about the ABLE Act which was passed at the end of 2014 as it changed the way people with disabilities can save money in specific accounts and not jeopardize necessary government benefits.

Is a Will a Sufficient Plan?

- *Autism Parenting Magazine*

Excellent advice from a financial advisor who specializes in serving families with special needs regarding the importance of creating a comprehensive life plan for a child on the spectrum - beyond the basic will.

What Is the Best Way To Fund A Special Needs Trust?

- *Autism Parenting Magazine*

Professional financial advice regarding the top way to prepare for the future with a Special Needs Trust.



General Networking Information for parents of Autistic kids

American Academy of Pediatrics

An organization of 64,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Website includes resources for those who care for children with autism and their families.

Asperger/Autism Network AANE

AANE works with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles build meaningful, connected lives by providing information, education, community, support, and advocacy, all in an atmosphere of validation and respect.

Asperger Syndrome and High Functioning Autism Association

AHA serves individuals on the autism spectrum, their families, and the professionals who work with them, providing crucial resources and support as they face challenges, build on their strengths and fulfill their potential.

Autism Highway

An ASD community whose mission is to promote friendship through common understanding and to spread awareness to make the knowledge common.

Autism Matters UK

Autism Matters provides autism awareness courses and talks as well as onsite training for therapists and employers. Also includes a blog about autism-related resources.



Autism Parental Advice

Help: I'm a Mom with an Autistic Child and am Afraid to Go Out

- *Autism Parenting Magazine*

Board Certified Behavior Analyst Angelina M. supplies excellent tips to help parents who experience anxiety and struggle to leave the house because of anticipated ASD behaviors.

Shed the Stress: Seven Ways To 'Spring Clean' Your Life

- *Autism Parenting Magazine*

Founder of Your Autism Coach, Deanna Picon, provides her advice for overworked parents on how to reenergize their lives with a few simple tweaks.

3 Ways to Revitalize Your Marriage After Having A Special Needs Child

- *Autism Parenting Magazine*

Deanna Picon, author of *The Autism Parents' Guide to Reclaiming Your Life*, provides tips for couples to help them work together to keep the love alive.

Your Autism Coach

A comprehensive support program which includes individual, confidential coaching sessions which address issues and concerns important to families affected by autism. Coaching sessions available over the telephone to give parents convenience, flexibility and privacy. Seminars are designed to give parents coping strategies and proven techniques to maintain a healthy emotional outlook.

Potty training, Diapers and Hygiene

Finding Big Kid Diapers, Pull-Ups and Youth Pants For Your Child with ASD

- *Autism Parenting Magazine*

It's not always easy finding the larger-sized diaper products needed for children on the spectrum. Read about the financial assistance available to some families, from Medicare to private insurance, as well as a buying guide to finding the right product at a good price.



Good Autism Websites

[Autism Insurance Laws- What's Changed, What Hasn't? Understanding the Affordable Care Act's Impact on Autism Treatment Coverage](#)

Excellent listing of information on autism insurance laws and treatment coverage.

[Autism Parenting Magazine](#)

Autism Parenting Magazine is the leading magazine for parents of autistic children as well as professionals seeking to work with children on the spectrum. The magazine features articles from hundreds of contributors including respected professionals, autism experts, parents of children on the spectrum and adults with autism.

[Autism Wandering Awareness Alerts Response and Education \(AWAARE\) Collaboration](#)

The Autism Wandering Awareness Alerts Response and Education (AWAARE) Collaboration is a working group of six national non-profit autism organizations whose mission is to prevent autism-related wandering incidents and deaths.

[Centers for Disease Control](#)

Excellent resource to include facts, research, screening and diagnosis information and articles regarding autism.

[Center for the Developing Mind](#)

The Center for the Developing Mind™ is a non-public agency within the state of California is a multidisciplinary treatment facility for children/adolescents with developmental delays and/or regulatory disorders.

[Creating a Better World for Autism through Awareness Fact Sheet](#)

Printable facts and figures on autism including information on employment, wandering and community inclusion.

[Els for Autism](#)

Els for Autism Foundation was established by Ernie and Liezl Els to focus on the issue of autism. Learn about The Els Center of Excellence, a 26-acre facility that will also have an on-site education for 300 students ages 3-21, medical and professional services, research, transition to adulthood, adult living and on-site job training.

[National Autistic Society](#)

The leading UK charity for people on the autism spectrum (including Asperger syndrome) and their families which provides information, support and pioneering services, and campaign for a better world for people with autism.

OAR

Led by these parents and grandparents of children and adults on the autism spectrum, OAR has set out to use applied science to answer questions that parents, families, individuals with autism, teachers and caregivers confront daily.

Southeast Psych

One of the largest and most innovative private psychology practices in the nation that has taken psychology beyond traditional therapy and assessment and offer presentations, webinars, podcasts, videos, and books relating to autism.

Special Appucations

Advice from two BCBA's who work with children with autism address the unique and specific learning needs of kids with autism and other developmental delays. Their mission is to empower kids with autism, their families and the educators who work with them, with practical skills that will improve quality of life.

Temple Grandin

Excellent information on a variety of subjects provided by an autism activist, best-selling author, professor of animal science at Colorado State University and consultant to the livestock industry on animal behavior. Includes special conference dates.

Timms Social Skills Program

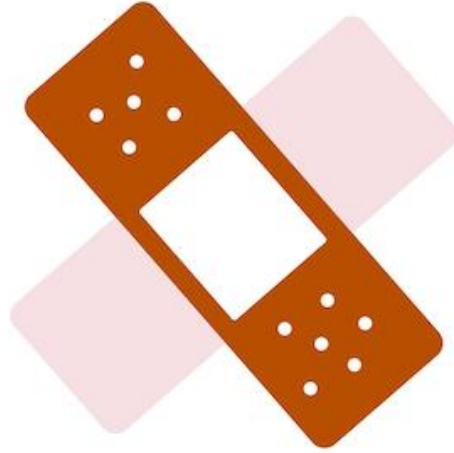
A live, fun, interactive, peer-to-peer online social skills program designed to help students 6-18+ whose lives are affected by social skills issues.

University of Washington Autism Center

A nonprofit organization devoted to supporting individuals and families affected by autism spectrum disorders. Offers exceptional clinical services, innovative scientific research and high-quality training.

Wynne Solutions

Provides an array of services using the techniques of applied behavior analysis (ABA) in home-based, clinical, and educational settings to meet diverse behavioral needs via face-to-face and tele-health methods.



Autism Safety

Autism & Wandering

According to research, nearly half of all children with autism attempt to elope from a safe environment which has led to numerous tragedies. Learn the facts about wandering and how to keep loved ones safe from the Autism Wandering Awareness Alerts Response and Education (AWAARE) Collaboration.

Spirit of Autism

Their primary mission is to provide Autism Training for Emergency Responders and Emergency Preparedness information for autism families.



Autism and Sleep

Excellent Ways to Create a Peaceful and Calming Bedroom Space

- *Autism Parenting Magazine*

A licensed interior designer provides excellent advice for creating a calming bedroom space for children on the spectrum through the use of color, texture and furniture placement.

Help: My Child Doesn't Sleep

- *Autism Parenting Magazine*

Does your child with autism have a difficult time falling to sleep? Learn from Board Certified Behavior Analyst Angelina M. about ways to create a comfortable environment. Behavior-related sleep issues are also discussed as well as the possibility medications are to blame for sleepless nights.

Helping Your Child with Autism Sleep: An Overview of Sleep Hygiene and Behavioral Strategies

- *Autism Parenting Magazine*

Great advice prepared for *Autism Parenting Magazine* by Sujay Kansagra, M.D., Director of the Pediatric Neurology Sleep Medicine Program at Duke University as he provides parents with essential behavioral strategies to help children on the spectrum sleep.

Sleep Study Reveals Need for Change in Bedtime Routine

- *Autism Parenting Magazine*

Board Certified Behavior Analyst Sarah Kupferschmidt believes the ability to fall to sleep, just like most behaviors, is a skill that can be learned. Her article focuses on tips and strategies to help children on the spectrum find the right bedtime routine and fall asleep.

We hope you enjoyed this PDF

For more helpful Autism Parenting tips and to get a FREE issue of Autism Parenting Magazine go to

<http://www.autismparentingmagazine.com/freegift>



<http://www.autismparentingmagazine.com/>