

Are you concerned your child may have an autism spectrum disorder?

# Road Map to Services



## Resources after diagnosis

### Maine Autism Institute for Education and Research (MAIER)

MAIER partners with families to promote greater awareness, education and research to benefit individuals and families affected by ASD.

207.581.2352

[umaine.edu/autisminstitute](http://umaine.edu/autisminstitute)

[maineautisminstitute@maine.edu](mailto:maineautisminstitute@maine.edu)

### Autism Society of Maine (ASM)

ASM provides education and resources to support individuals on the autism spectrum and their families, including information sheets, online referral database, support groups and special events.

800.273.5200

[asmonline.org](http://asmonline.org)

[info@asmonline.org](mailto:info@asmonline.org)

### Maine Parent Federation (MPF)

MPF is a community for families of children with disabilities, including autism. MPF provides information, help with referrals, one-on-one phone support, parent-to-parent connections and training.

800.870.7746

[mpf.org](http://mpf.org)

[parentconnect@mpf.org](mailto:parentconnect@mpf.org)

### Maine Child Development Services (CDS), Maine Department of Education

CDS provides screenings and evaluations, case management and educational support to families.

877.770.8883

[maine.gov/doe/cds](http://maine.gov/doe/cds)

### Maine Developmental Disabilities Council (MDDC)

MDDC is a partnership of people with disabilities, their families and agencies advocating for positive change.

800.244.3990

[maineddc.org](http://maineddc.org)

[info@maineddc.org](mailto:info@maineddc.org)

## Assistance programs

### MaineCare

Maine DHHS offers MaineCare, a financial assistance program for health care. These programs are available to those who meet income guidelines and are eligible based on age, family situation and health care needs.

207.287.3707

[maine.gov/dhhs/mainecare.shtml](http://maine.gov/dhhs/mainecare.shtml)

### Katie Beckett option

Katie Beckett is a MaineCare option for children with serious health conditions. It is one of the ways your child can receive MaineCare.

207.624.7900

[maine.gov/dhhs/ocfs/cbhs/eligibility/katiebeckett.html](http://maine.gov/dhhs/ocfs/cbhs/eligibility/katiebeckett.html)



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Maine Autism Institute  
for Education and Research



This publication was produced with funding  
from the Maine Department of Education,  
Office of Special Services

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## Does your child show early signs of Autism Spectrum Disorder (ASD)?

### Development at 12 months

- A child with typical development will turn his head when he hears his name.
- A child with ASD might not turn to look, even after his name is repeated several times, but he will respond to other sounds.

### Development at 18 months

- A child with delayed speech skills will point, gesture or use facial expressions to make up for her lack of talking.
- A child with ASD might make no attempt to compensate for delayed speech or might limit speech to parroting what is heard on TV or what she just heard.

### Development at 24 months

- A child with typical development brings a picture to show his mother and shares his joy.
- A child with ASD might bring a bottle of bubbles to open, but does not look at his mom's face when they play together.

### ASD signs at any age:

- Repeats motions (rocking or spinning)
- Avoids eye contact or physical touch
- Has delays in learning to talk
- Repeats words or phrases (echolalia)
- Becomes upset by minor changes

### Ask yourself:

- If you point at something across the room, does your child look at it?
- Does your child point with one finger to ask for something or to get help? (*i.e., pointing to a snack or toy that is out of reach.*)
- Does your child respond when you call her name?
- Does your child look you in the eye when you are talking, playing or dressing him?
- Does your child understand when you tell her to do something? (*i.e., if you do not point, can your child understand "bring me the blanket?"*)

**If you answered no to more than two of these questions, contact your pediatrician and request an autism screening.**

## Here's what you can do right now

### Make an appointment with your pediatrician

Ask for your child to be screened for an autism spectrum disorder (ASD). Bring a list of concerning behaviors, and do not be afraid to request a referral for a comprehensive evaluation at a diagnostic clinic in your area.

### Contact Maine Child Development Services

A diagnosis is not needed to contact CDS with concerns. Find a CDS office in your area, 877.770.8883; [maine.gov/doe/cds/contacts.html](http://maine.gov/doe/cds/contacts.html).

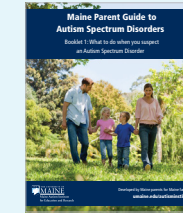
### Talk with your child's teacher

If your child is in school, talk with your child's teacher and school special educators. Your child will be evaluated by school professionals to determine eligibility for special services.

### Educate yourself

Learn about ASD, related services and local service providers. The Maine Autism Institute for Education and Research (MAIER) is a good place to start. Contact MAIER for more information, 207.581.2352; [maineautisminstitute@maine.edu](mailto:maineautisminstitute@maine.edu).

MAIER offers a "Maine Parent Guide to Autism Spectrum Disorders" free to parents and caregivers. The three-volume guide can be downloaded as a PDF ([umaine.edu/autisminstitute/resources](http://umaine.edu/autisminstitute/resources)). Contact MAIER to receive a free print copy, 207.581.2352; [umaine.edu/autisminstitute](http://umaine.edu/autisminstitute).



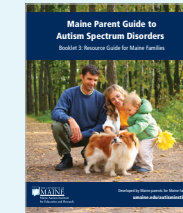
#### BOOKLET 1

**What to do When you Suspect an Autism Spectrum Disorder**



#### BOOKLET 2

**Accessing Educational Services, Social Services and Interventions**



#### BOOKLET 3

**Resource Guide for Maine Families**

### Find a support group

Contact the Autism Society of Maine for a list of local support groups, 800.273.5200; [asmonline.org](http://asmonline.org).

Autism impacts

1 in 68

U.S. children

"Don't wait to act on your concerns. If you suspect something is wrong, seek help right away. Early intervention is the most effective way to assist your child's development." Maine parent