

"This beautifully illustrated book provides an appealing, quick reference for the busy primary care physician/ nurse-practitioner with regard to diagnosing autism in young children."

**"This book should be a MUST for any professional working with children."**

*Margaret Bauman M.D.*

*Director of LADDERS: Learning and Developmental Disabilities Evaluation and Rehabilitation Services  
Massachusetts General Hospital  
for Children, Boston  
Associate Professor of Neurology,  
Harvard Medical School*

"The HANS Autism Physician Handbook is an excellent and creatively designed reference that incorporates simply and succinctly important information on early recognition of Autism. Its visual appeal with easy reading is not only an important resource to be used by any physician, but other medical professionals, educators, and parents will find it very useful."

*Sarajini Budden MD, FRCPC, FAAP  
President, Oregon Pediatric Society*

"The CHAT; CHecklist for Autism in Toddlers screening tool was developed for use in ALL 18-month well child visits. It is simple to administer and score. I would encourage everyone working with 0-3 year olds to place the posters in view and become familiar with the content."

**"Early intervention can't happen without early recognition."**

*Nancy J. Minshew, MD*

*Professor of Psychiatry and Neurology  
University of Pittsburgh  
Director, NIH Autism Center of Excellence*



# AUTISM PHYSICIAN HANDBOOK



[www.helpautismnow.com](http://www.helpautismnow.com)

HANS is dedicated to helping families by supporting physicians and other professionals in the early recognition, diagnosis and treatment of autism.

Contact us: [info@helpautismnow.com](mailto:info@helpautismnow.com)  
Address: 4742 Liberty Road South, # 198,  
Salem OR 97302

For helpful information; Check out our website [www.helpautismnow.com](http://www.helpautismnow.com)



# Table of Contents

Page 1	Table of Contents
Page 2	Acknowledgements
Page 3	CHAT Poster
Page 4–5	CHAT Screening Tool
Page 6–23	<b>VISUAL GUIDE TO BEHAVIORAL SYMPTOMS</b>  Page 7–8 Social Issues Page 9 Communications Issues Page 10–13 Bizarre/Repetitive Behavior Page 14–15 Motor Issues Page 16 Sensory Overload Page 17–19 Sensory Issues Page 20 Self-Injurious Page 21–23 Safety Issues
Page 24	Co-Morbidity: Gastro-Intestinal Disturbances
Page 25	Co-Morbidity: Sleep Disturbances / Altered Pain Responses / Seizures
Page 26	Impact on Family
Page 27	The Role of Early Intervention (Educational)
Page 28	List of Potential Referrals
Page 29–33	<b>OPTIMIZING OFFICE VISITS FOR CHILDREN WITH AUTISM</b>
Page 34–36	Parent Online Resources
Inside Back Cover	Early Intervention Referral Numbers and Online Physician Resources

This "Autism Physician Handbook" was designed to support Primary Care providers in their care of children with autism.

In the absence of a biological marker, autism can only be diagnosed by observation of the child's behavior, and careful history-taking from the parent.

This handbook has been put together by Linda Lee R.N. Executive Director of HANS, based on input from many professional experts in both the educational and medical fields .

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*H.A.N.S. is dedicated to helping families with autism, by supporting physicians and other professionals in the early recognition, diagnosis and treatment of autism.*

## Acknowledgements

HANS wishes to thank the following individuals for their generous contributions and involvement in the creation of this physician handbook.

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# At 18 months of age Does your child ...



1. **Look at you and point** when he/she wants to show you something?



2. **Look when you point** to something?



3. Use **imagination** to pretend play?

If the answer is **NO**,  
your child may be at risk  
for **AUTISM**. Please  
alert your physician today.

# CHAT (Checklist for Autism in Toddlers)

Page 1 of 2 (To be completed at 18-month visit)

## Section A: To be completed by parent

- |   |     |    |
|---|-----|----|
| 1. Does your child enjoy being swung, bounced on your knee, etc?  | Yes | No |
| 2. Does your child take an interest in other children?  | Yes | No |
| 3. Does your child like climbing on things, such as up stairs?  | Yes | No |
| 4. Does your child enjoy playing peek-a-boo/hide-and-seek?  | Yes | No |
| 5. Does your child ever PRETEND, for example, to make a cup of tea using a toy cup and teapot, or pretend other things? | Yes | No |
| 6. Does your child ever use his/her index finger to point, to ASK for something?  | Yes | No |
| 7. Does your child ever use his/her index finger to point, to indicate INTEREST in something?                           | Yes | No |
| 8. Can your child play properly with small toys (e.g. cars or bricks) without just mouthing, fiddling or dropping them? | Yes | No |
| 9. Does your child ever bring objects over to you (parent) to SHOW you something?                                       | Yes | No |

## Section B: Physician or healthcare provider

- |   |     |    |
|---|-----|----|
| 1. During the appointment, has the child made eye contact with you?   | Yes | No |
| 2. Get child's attention, then point across the room at an interesting object and say 'Oh look! There's a (name of toy)!' Watch child's face. Does the child look across to see what you are pointing at? | Yes | No |
| 3. Get the child's attention, then give child a miniature toy cup and teapot and say 'Can you make me a cup of tea?' Does the child pretend to pour out tea, drink it, etc.?                              | Yes | No |
| 4. Say to the child 'Where's the light?', or 'Show me the light'. Does the child POINT with his/her index finger at the light?  | Yes | No |
| 5. Can the child build a tower of bricks?<br>(If so, how many_____)   | Yes | No |

B2: To record Yes on this item, ensure the child has not simply looked at your hand, but has actually looked at the object you are pointing at.

B3: If you can elicit an example of pretending in some other game, score a Yes on this item.

B4: Repeat this with 'Where's the teddy?' or some other unreachable object, if child does not understand the word light. To record Yes on this item, the child must have looked up at your face around the time of pointing.

(See next page for scoring recommendations)

# CHAT (Checklist for Autism in Toddlers)

Page 2 of 2

## CHAT key items

### Section A

A5: Pretend play

A7: Protodeclarative pointing

### Section B

B2: Following a point

B3: Pretending

B4: Producing a point

## CHAT non-key items

### Section A

A1: Rough and tumble play

A2: Social interest

A3: Motor development

A4: Social play

A6: Protoimperative pointing

A8: Functional play

A9: Showing

### Section B

B1: Eye contact

B5: Tower of bricks

## Risk Assignment

High risk for autism group

Fail (NO answer) A5, A7, B2, B3, B4

Medium risk for autism group

Fail A7, B4 (but not in high risk group)

Low risk for autism group

Not in other two risk groups

## Management recommendations:

High risk group:

Refer to developmental clinic as well as ESD (Educational Services Department).

Medium risk group:

High suspicion – refer as above

Low suspicion – Re-test in one month

Low risk group:

If there are any NO answers, re-test in one month.

# Behavioral Symptoms of Autism

Social

Communication

Bizarre / Repetitive Behaviors

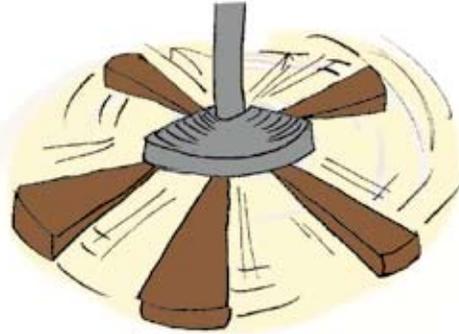
Motor

Sensory Overload

Sensory

Self Injurious

Safety



# Behavioral Symptoms of Autism

## SOCIAL ISSUES

May show no interest in other children playing



May be vicious with siblings



May sit alone in crib screaming instead of calling out for mother



May not notice when parent leaves or returns from work



# Behavioral Symptoms of Autism

## SOCIAL ISSUES

May show no interest in Peek-a-Boo or other interactive games



May strongly resist being held, hugged or kissed by parents



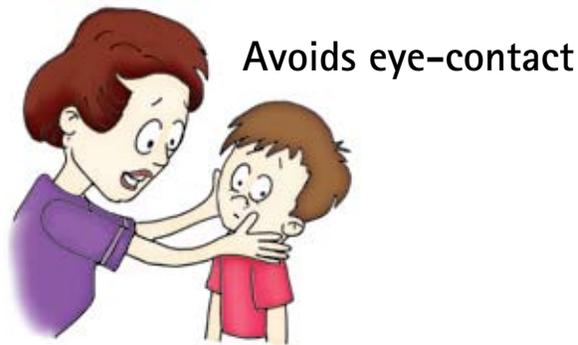
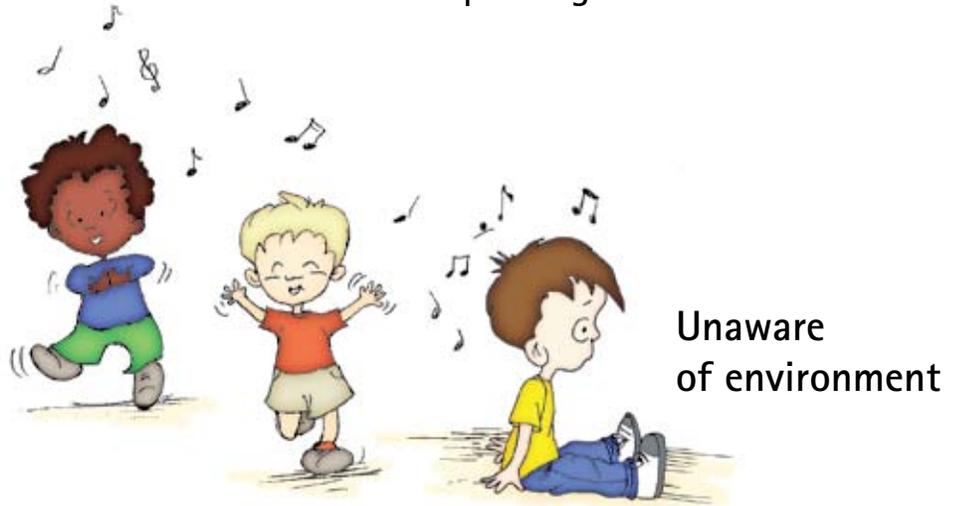
May not raise arms to be picked up from crib when someone reaches out to pick him up

# Behavioral Symptoms of Autism

## COMMUNICATION ISSUES

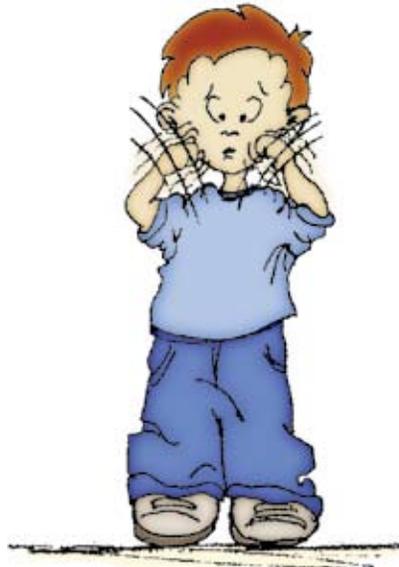
Children with autism are often unaware of their environment and may have difficulty with eye-contact. As a result they may seem uninterested in communication of any kind.

When they do need something they often resort to "Hand-Leading". The child places the parent's hand on the object he desires, so using the parent or adult as a TOOL to get what they want. Typical children communicate their needs by verbalizing, or non-verbal methods such as pointing.

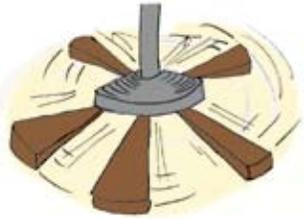


# Behavioral Symptoms of Autism

## BIZARRE / REPETITIVE BEHAVIORS



Flapping

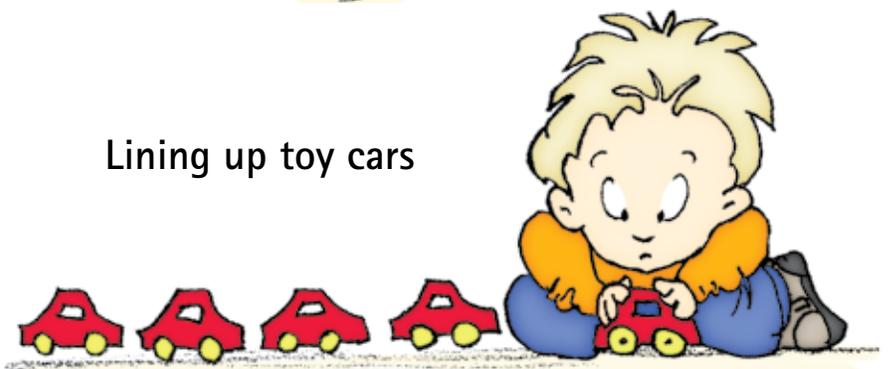


Staring at ceiling fan



Spinning

Lining up toy cars



# Behavioral Symptoms of Autism

## BIZARRE / REPETITIVE BEHAVIORS



May show no interest in toys but get attached to objects like a space-heater



Picking lint in the sunlight



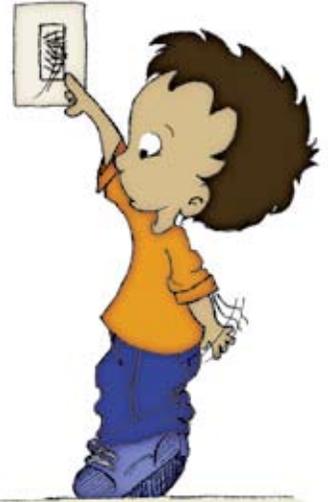
May not play appropriately with toys and instead focuses only on one aspect, like spinning the wheels of a toy car

# Behavioral Symptoms of Autism

## BIZARRE / REPETITIVE BEHAVIORS



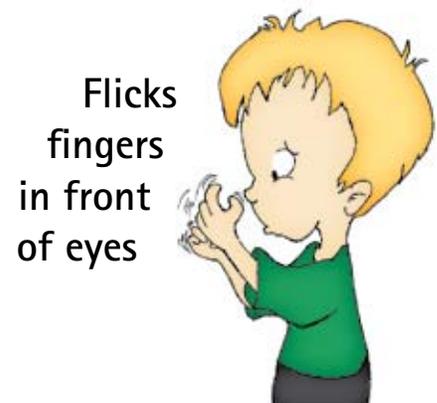
Rocking



Obsessively switching light on and off



Eats unusual objects like clothes, mattress or drapes



Flicks fingers in front of eyes

# Behavioral Symptoms of Autism

## BIZARRE / REPETITIVE BEHAVIORS

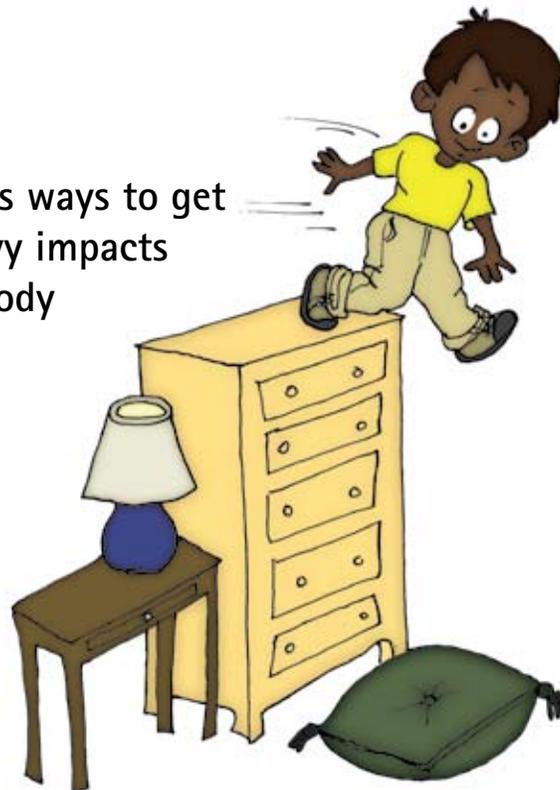
Finds ways to get deep-pressure applied to body



Smearing feces



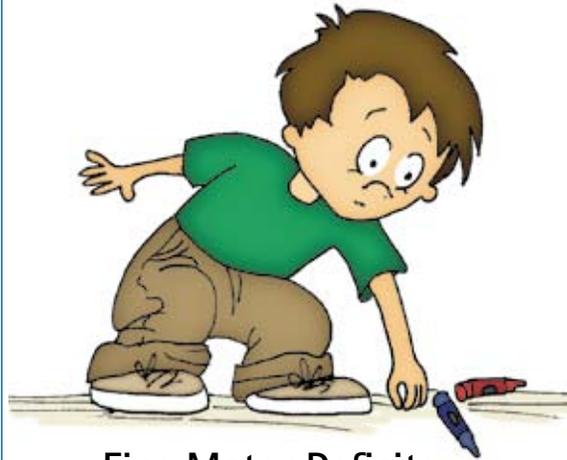
Finds ways to get heavy impacts to body



# Behavioral Symptoms of Autism

## MOTOR ISSUES

Children with autism can exhibit motor abnormalities. Some may have exceptional motor skills in one area yet could be impaired in others.



Fine Motor Deficits



Poor coordination



Toe-walking



Depth Perception Deficit

# Behavioral Symptoms of Autism

## MOTOR ISSUES

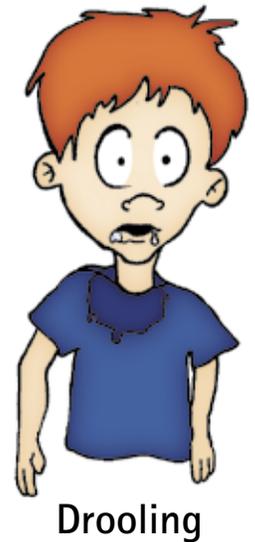
Even children who exhibit typical motor skills, may have difficulty with activities like tricycles, ride-on trucks, etc.



OR



Unable to ride tricycles, or trucks



# Behavioral Symptoms of Autism

## SENSORY OVERLOAD



A child with autism may have extreme difficulty tolerating music, noise, textures and new experiences or environments. The greater number of sensory exposures, the more likely a behavioral melt-down will occur.

# Behavioral Symptoms of Autism

## SENSORY ISSUES

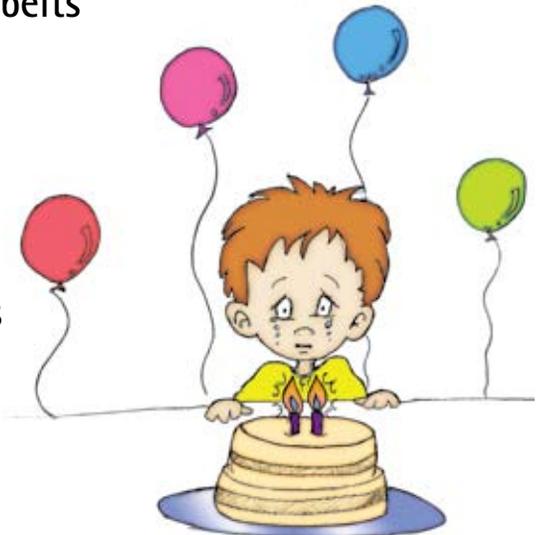
Extreme difficulty with haircuts



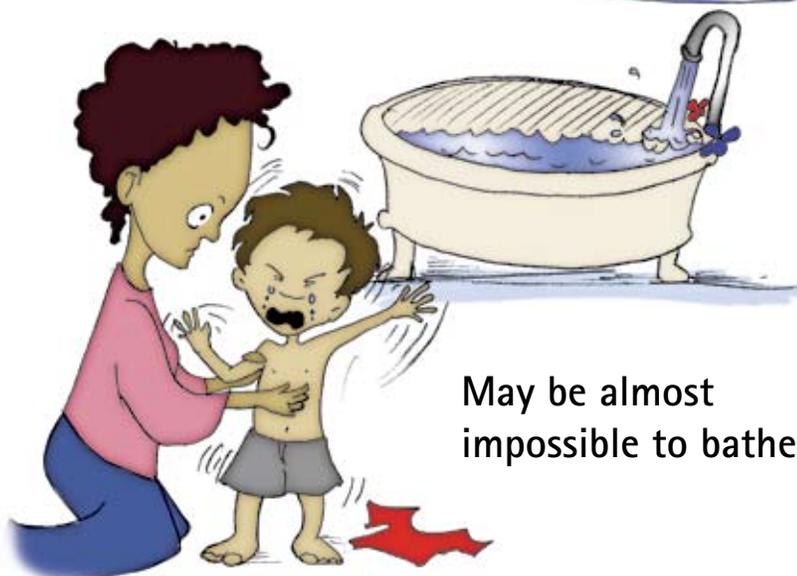
Unable to tolerate seat belts



May not like new experiences such as birthday candles or balloons



May be almost impossible to bathe



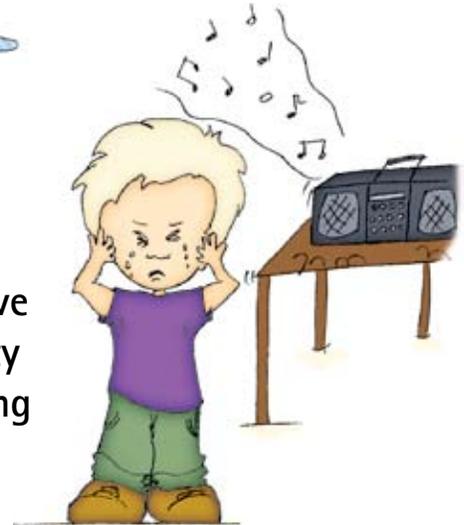
# Behavioral Symptoms of Autism

## SENSORY ISSUES

Gags at common household smells



May have difficulty tolerating music



Spinning objects close to face



May appear deaf, not startle at loud noises but at other times hearing seems normal



# Behavioral Symptoms of Autism

## SENSORY ISSUES



May have difficulty wearing outdoor clothing in winter



Resists having clothing changed



May rip at own clothes, labels and seams



During summer may insist on wearing winter clothing

# Behavioral Symptoms of Autism

## SELF INJURIOUS BEHAVIORS



Head-banging

Self-biting  
with no  
apparent  
pain



Ripping and  
scratching  
at skin

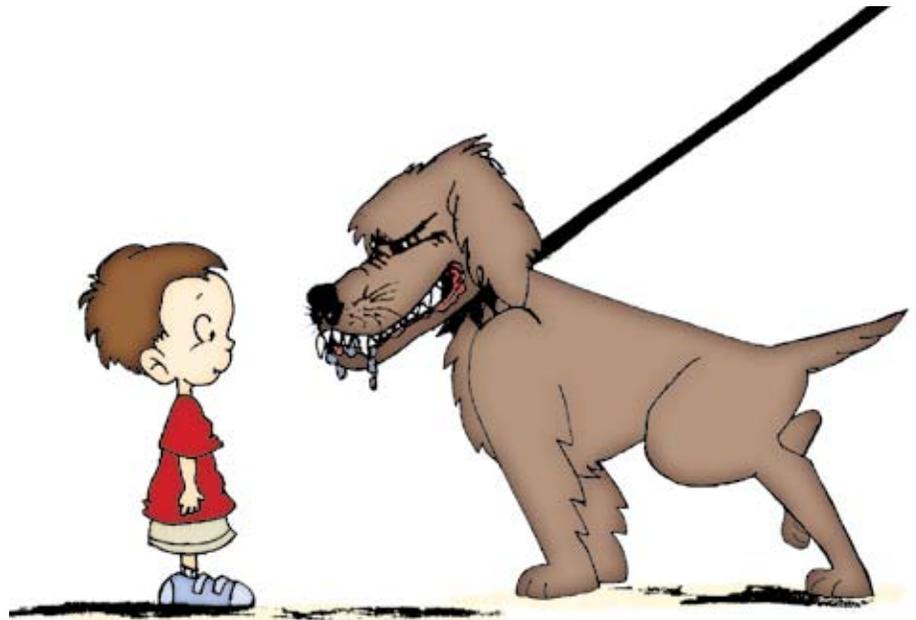


Pulling out  
handfuls of hair

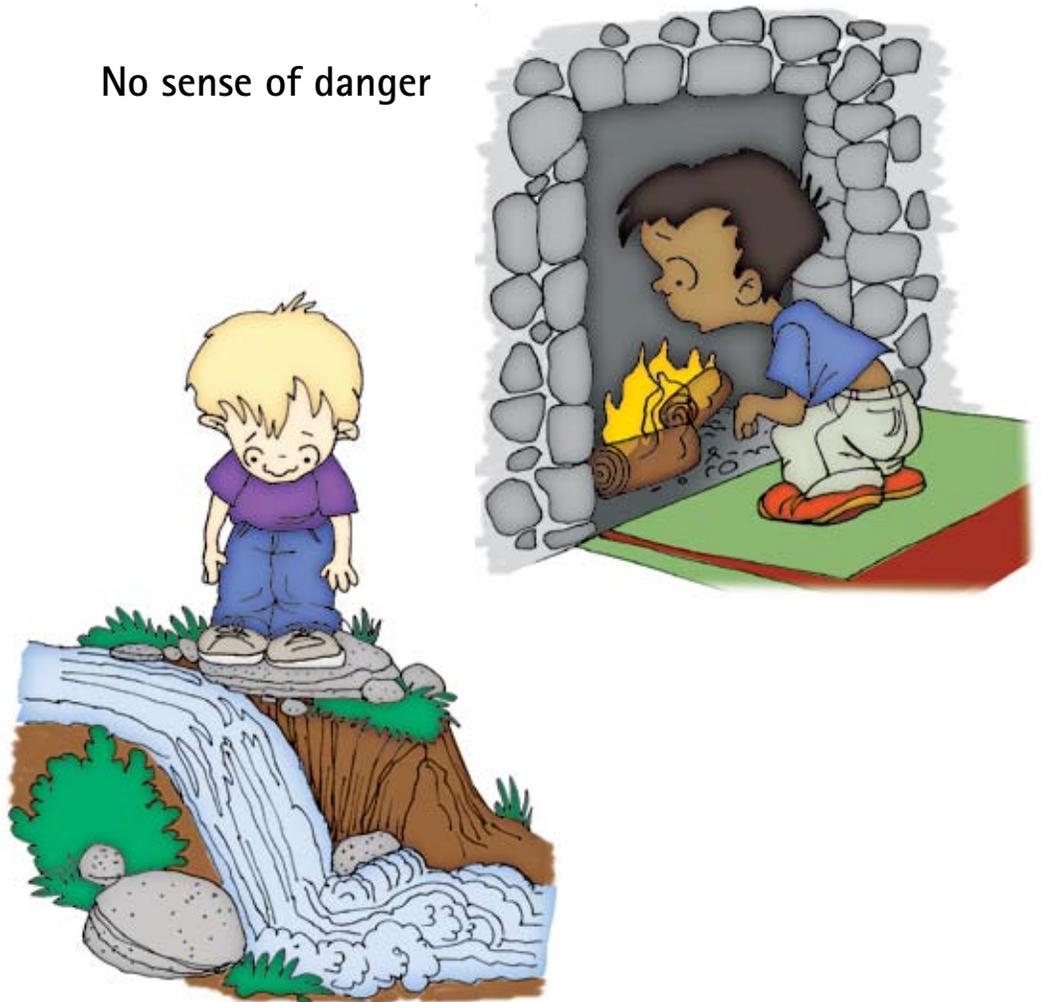


# Behavioral Symptoms of Autism

## SAFETY ISSUES



No sense of danger



# Behavioral Symptoms of Autism

## SAFETY ISSUES



Doesn't recognize situations where he may get hurt

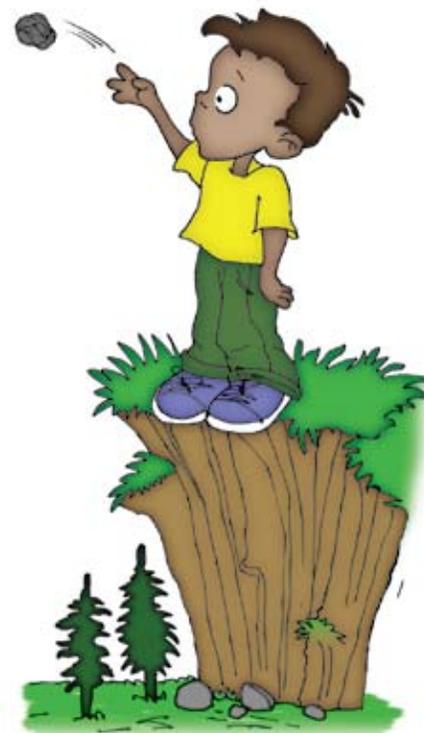


# Behavioral Symptoms of Autism

## SAFETY ISSUES



No fear of heights



# Co-Morbidity: Gastro-Intestinal Disturbances

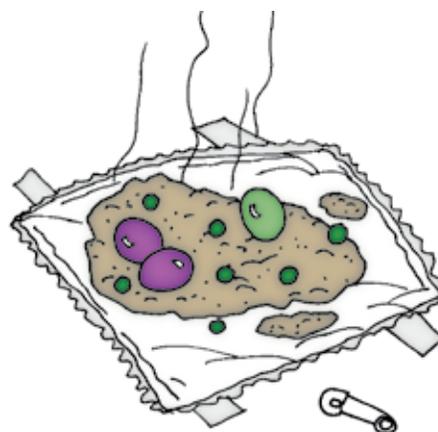
Dr. Tim Buie \*, a Gastroenterologist at Harvard University and LADDERS\*\* program, Mass. General Hospital, Boston, has performed endoscopies in over 1000 children with autism. In the initial 400 children, he discovered that GI problems were much more prevalent in children with autism than in normal controls.

- 20% Esophagitis
- 12% Gastritis
- 10% Duodenitis
- 12% Colitis
- 55% Lactase Deficiency

Consider referral to GI where appropriate.



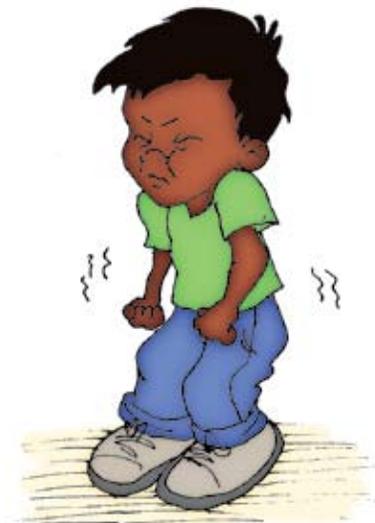
Diarrhea



Undigested food in stool



Severe self-limiting diet and/or food sensitivity



Constipation

\*Buie T, Pediatric Gastroenterologist, Harvard, Massachusetts General Hospital, Boston MA. LADDERS\*\*  
*Gastrointestinal function of children with autism.* Initial Autism Research Findings.

\*\*LADDERS  
[www.ladders.org](http://www.ladders.org)  
Learning and Developmental Disabilities Evaluation and Rehabilitation Services. Mass. General Hospital for Children, Boston MA, Dr Margaret Bauman, Director. Interdisciplinary program designed to provide services in the evaluation and treatment of children and adults with autism, pervasive developmental disorder and related disorders.

Horvath K, Patadimitriou JC, John C, et al. *Gastrointestinal abnormalities in children with autistic disorder.* Journal of Pediatrics, 1999 Nov; 135(5): 559-563

Knivsberg AM, Reichelt KL, Høien T, Nodland M. A *Randomized, Controlled Study of Dietary Intervention in Autistic Syndromes.* Nutritional Neuroscience, 2002 Vol. 5 (4), pp 251-261

# Sleep-Disturbances / Pain Responses / Seizures



## Sleep Disturbances

Children may go days without any apparent need to sleep. May not seem to notice difference between day and night. May have difficulty going to sleep and staying asleep. May only sleep brief periods of an hour or two maximum.

Consider the parent's sleep-deprived state as a consequence.



## Seizures

Co-morbidity with seizures increasing with age.  
Unknown etiology

## Altered Pain Responses

Diminished / Absent Pain Responses  
or  
Heightened Pain Responses

# Impact of Autism on the Family



**With a child with autism, routine everyday activities may be impossible.**

Stress on marriage and siblings can be tremendous. Referral to family/siblings counseling and local support groups may be appropriate.

# The Role of Early Educational Interventions



Studies have shown that early intensive educational interventions result in improved outcomes for the child and family. Initial strategies may include teaching the child to notice what is going on in their environment, to be able to pay attention, to imitate behavior, and later progressing to communication skills, etc.



Refer the family to Early Intervention (EI) for evaluation if any developmental delay is suspected. Depending on the child's needs, EI may include Speech, Occupational and/or Physical Therapy.

# Summary of Potential Referrals

1. Developmental Specialist
2. Evaluation by Early Intervention \*
3. Hearing Evaluation
4. Speech Therapy
5. Physical Therapy
6. Occupational Therapy
7. Pediatric GI Specialist (if child has severe diarrhea / constipation / bloody stools / undigested food / frequent vomiting)
8. Neurologist (if seizures present)
9. Child Psychiatrist / Psychologist
10. Social Worker / Family Counseling
11. Local Parent Support Groups



# Optimizing Office Visits for Children with Autism

As Physicians we are primarily trained to look for sickness.

Children with autism rarely look sick; they may look perfectly normal and have attained all their pediatric milestones.



Instead they may behave as though they are just lacking firm parental controls.

They are often very resistant to change: new situations, new experiences and new people.



# Optimizing Office Visits for Children with Autism

## CONSIDER ADVANCE TELEPHONE-CONFERENCE WITH THE PARENT

Advantages include the ability to:

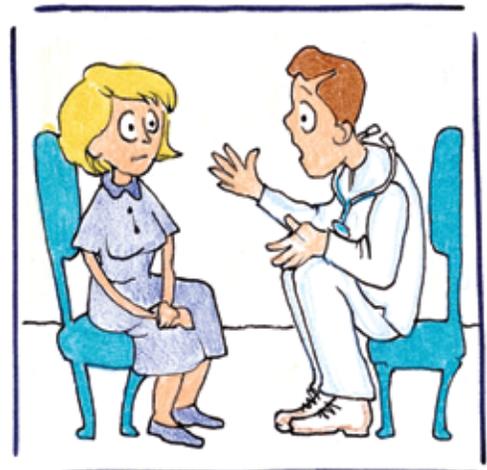
1. Obtain a clear history from the parent without the distraction of the child present.
2. Ask the parent for their suggestions as to how the visit could be made easier.
3. Ask the parent to bring a motivator (bribe) for the child to assist with exam.
4. If you anticipate the need for blood draw, consider prescribing anesthetic cream so that the parent can apply it in advance of the visit.
5. Suggest the parent prepare the child by reading the medical social stories, "Going to see the Dr" and/or "Going to have blood drawn" by HANS [helpautismnow.com](http://helpautismnow.com)



## LISTEN TO THE PARENT

Parents are experts at "reading" their child.

Where possible treat any physical symptoms as you would a normal child, (without letting autism cloud your judgment).



# Optimizing Office Visits for Children with Autism

## PREPARE THE EXAM ROOM

Nurse/ Medical Assistant can check in advance with the parent regarding room accommodations. These may include :

Quiet room

Room without a window

No bright lights

No music

If necessary remove all objects that could potentially be used as missiles or weapons.



## MINIMIZE WAITING TIME IF POSSIBLE

Consider:

Scheduling the child as the first appointment of the day, (ten minutes earlier will prevent the child from seeing other people when he arrives).

Potential Advantages:

Minimizes risk of:

1. Child "melt-down"
2. Disruption for other families in the Waiting Room
3. Embarrassment for the parent
4. Damage to the actual Waiting Room

If possible register the child in advance by telephone.



# Optimizing Office Visits for Children with Autism

## THINGS MAY NOT BE AS THEY SEEM

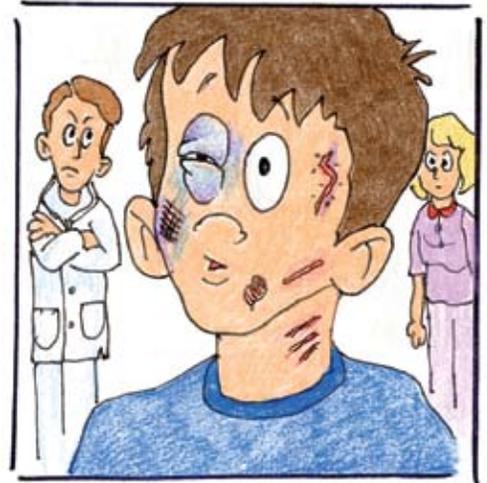
Despite the fact that these children may look neglected and/ or abused, consider the following;

Severe self-injurious behaviors: biting, head-banging, scratching, etc

Limited or no pain-sensation

No sense of danger or what will hurt them

Severe sensory issues making it virtually impossible to change their clothing or bathe them



## EXPECT THE UNEXPECTED!

### Be alert for your own safety

Some children with autism may not understand that you are there to help them, instead they may see you as a threat. They can be calm at one moment and erupt the next and may:

Head-butt

Bite

Kick

Spit

Punch

Pull hair

BOLT

Etc, Etc, Etc



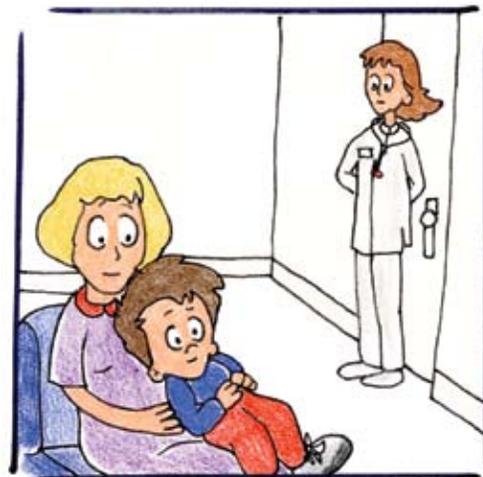
Respect the child's personal space, (it may be much larger than usual)

# Optimizing Office Visits for Children with Autism

## LIMITED UNDERSTANDING AND SPEECH

Some children may be able to recite entire Disney videos, yet may be unable to tell you their name or if they hurt.

They may have difficulty processing auditory information.



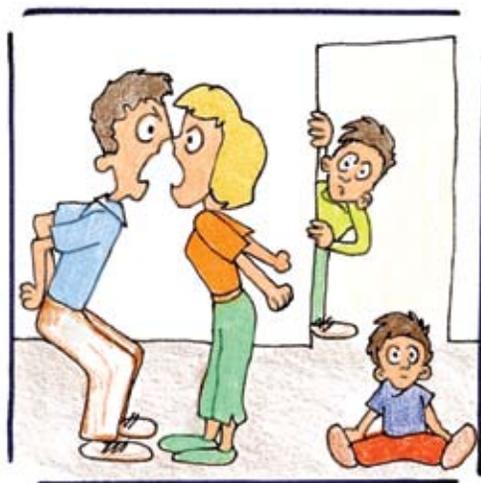
## CONSIDER THE IMPACT OF AUTISM ON THE ENTIRE FAMILY

Refer when appropriate, e.g.

Sibling Workshops

Family Support groups, etc

Respite services



*See pages 34, 35, and 36 for parent resources. See inside back cover for State Early Intervention Referral and Online Physician Resources.*

## WEBSITES PARENTS MAY FIND HELPFUL:

(Copy this page as needed. Available electronically as a PDF at [www.helpautismnow.com](http://www.helpautismnow.com) )

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.



### American Academy of Pediatrics

[www.aap.org/healthtopics/autism.cfm](http://www.aap.org/healthtopics/autism.cfm)

Autism-specific news, resources.

### Arc of the United States

[www.thearc.org](http://www.thearc.org)

Network to improve systems of supports and services; connect families; inspire communities, influence public policy. Advocates for rights, full participation of all persons with intellectual and developmental disabilities.

### Autism and PDD Support Network

[www.autism-pdd.net/resources-by-state.html](http://www.autism-pdd.net/resources-by-state.html)

Comprehensive state-by-state guide to local Early Intervention (birth-5 yrs), state agencies, and resources.

### AutismInfo.com

[www.autisminfo.com/](http://www.autisminfo.com/)

Extensive list of "A to Z" autism resources; daily updates, studies, and news articles.

### Autism Key

[www.autismkey.com/](http://www.autismkey.com/)

News, videos, information, resources. Autism Message Boards; find other local parents and support.

[www.autismkey.com/autism\\_directory.htm](http://www.autismkey.com/autism_directory.htm)

Resource list of organizations, foundations, and treatment centers.

### AutismLink ListServ

<http://lists.autismlink.com/lists/>

Online news service covering autism-related news including biomedical, research, education, advocacy, etc. Sign up for areas of interest nationally or regionally.

### AutisticLiving.com

[www.autisticliving.com/](http://www.autisticliving.com/)

Comprehensive web site developed by parents for parents. "The goal of *AutisticLiving.com* is to allow parents to spend more time living instead of researching, which in turn will give their autistic child a better life". Topics include: news articles, behavioral therapy information, dietary information, doctor directory, events, forum discussion, links, etc.

### Autism Research Center, Cambridge University, England

[www.autismresearchcenter.com](http://www.autismresearchcenter.com)

Mission of ARC is to understand the biomedical causes of autism spectrum conditions, and develop new and validated methods for assessment and intervention. The ARC fosters collaboration between scientists in Cambridge University and outside. Dr. Simon Baron-Cohen, Co-Director, is developer of CHAT screening tool and author of numerous books and research papers.

### Autism Research Institute

[www.autism.com](http://www.autism.com)

Non-profit founded in 1967 by Dr. Bernard Rimland, Ph.D. to conduct and foster scientific research designed to improve the methods of diagnosing, treating, and preventing autism and disseminates findings to parents and others seeking help. The ARI data bank, the world's largest, contains over 40,000 detailed case histories of children with autism from more than 60 countries. Dr. Stephen M. Edelson, Ph.D. is the current director of ARI.

Online resource includes a database covering more than two decades of responses from over 25,000 parents on the behavioral effects of biological interventions. Articles available in Spanish, French, Italian, Russian, and Portuguese.

### Autism Research Unit, University of Sunderland, UK

<http://osiris.sunderland.ac.uk/autism/aru.htm>

Provides a basis for research into the cause of autism and an accessible store of traditional and current research on autism. Produces a booklet guide for parents/clinicians with current research and treatment suggestions.

### Autism Resources

[www.autism-resources.com](http://www.autism-resources.com)

Extensive book list and international resource links. Translates into 16 languages: Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

### Autism Society of America

[www.autism-society.org](http://www.autism-society.org)

"Improving the lives of all affected by autism. ASA is the leading voice and resource of the entire autism community in education, advocacy, services, research and support. ASA, a chapter-and member-based organization, is committed to meaningful participation and self-determination in all aspects of life... with a successful network of chapters, members, supporters and organizations."

### Autism Society Canada

[www.autismsocietycanada.ca](http://www.autismsocietycanada.ca)

Information, resources, research, treatment, education, events, conferences, links. Available in French.

### Autism Speaks

[www.autismspeaks.org](http://www.autismspeaks.org)

Autism Speaks is committed to raising public awareness about autism and its effects on individuals, families, and society, and to giving hope to all who deal with the hardships of this disorder. Autism Speaks raises funds to facilitate effective treatment and research, and is dedicated to uncovering the biology of autism and developing effective biomedical treatments through research funding.



### Autism Today

[www.autismtoday.com](http://www.autismtoday.com)

Creative, interactive, one-stop shop to navigate the maze of autism-related information. Over 2,500 pages, is the largest autism resource online and resource distributors in the world. Bookstore, conferences, online access to experts, etc. Translates into Chinese, French, German, Italian, Japanese, Korean, and Spanish.

### Autismweb.com

[www.autismweb.com/](http://www.autismweb.com/)

General information including: Early Warning signs, What's Autism?, Interventions, books, conferences, teaching methods, message board, etc.

### CDC Autism Information Center

[www.cdc.gov/ncbddd/autism/index.htm](http://www.cdc.gov/ncbddd/autism/index.htm)

Screening/diagnosis, treatment/therapy, resources, news, research, state and congressional activities, educational materials.



## WEBSITES PARENTS MAY FIND HELPFUL:

(Copy this page as needed. Available electronically as a PDF at [www.helpautismnow.com](http://www.helpautismnow.com) )

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

### Children's Disabilities Information

[www.childrensdisabilities.info/](http://www.childrensdisabilities.info/)

General disability information with autism-specific resources including: books, articles, links, etc.

### Dan Marino Childnett:

[www.childnett.tv](http://www.childnett.tv)

A first-of-its-kind internet web channel dedicated to autism and other neurological disorders.

### Dan Marino Foundation

[www.danmarinofoundation.com](http://www.danmarinofoundation.com)

Non-profit organization founded in 1992 by Claire and Dan Marino, to support programs which provide integrated intervention services for children with special needs: medical, emotional and/or behavioral.

### Doug Flutie, Jr. Foundation

[www.dougflutiejr.com](http://www.dougflutiejr.com)

Grants for families, events, resources; education, and advocacy.

### First Signs

[www.firstsigns.org](http://www.firstsigns.org)

Resource for parents and professionals regarding normal/typical developmental milestones. Useful baseline information for parent to discuss with physician if they have developmental concerns about their child.

### Help Autism Now Society

[www.helpautismnow.com](http://www.helpautismnow.com)

Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism, handbook with over 100 illustrations depicting the "behavioral symptoms" of autism, 4-minute tutorial video of CHAT screening tool. Online social stories: "Going to See the Doctor" and "Going to Have Blood drawn" can help prepare children with autism for these events. Online readable book for siblings written through an 8-year-old sibling's eyes, *Autism: Living with My Brother Tiger*.



### LADDERS

[www.ladders.org/](http://www.ladders.org/)

*Learning and Developmental Disabilities Evaluation and Rehabilitation Services. Mass. General Hospital for Children, Boston MA. Interdisciplinary program designed to provide services in the evaluation and treatment of children and adults with autism, pervasive developmental disorder and related disorders.*



### MedLinePlus

[www.nlm.nih.gov/medlineplus/autism.html](http://www.nlm.nih.gov/medlineplus/autism.html)

Links to news, NIH; diagnosis/symptoms, treatment, research, organizations. Available in Spanish.

### National Autistic Society, UK

[www.nas.org.uk/](http://www.nas.org.uk/)

Based in UK but provides useful info for US residents. Telephone hotline, free parent-to-parent telephone service, support, schools, news, and events.

### NICHY, National Dissemination Center for Children with Disabilities

[www.nichcy.org/pubs/factshe/fs1txt.htm](http://www.nichcy.org/pubs/factshe/fs1txt.htm)

Autism facts, resources, organizations. Spanish translation.

[www.nichcy.org/states.htm](http://www.nichcy.org/states.htm)

State agencies and organizations, parent groups in each state.

### NIH Autism Website

[www.nichd.nih.gov/autism/](http://www.nichd.nih.gov/autism/)

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

### NIMH, National Institute of Mental Health

[www.nimh.nih.gov/healthinformation/autismmenu.cfm](http://www.nimh.nih.gov/healthinformation/autismmenu.cfm)

Signs/symptoms, treatment, fact sheets, news, links to research.

### Northwest Autism Foundation

[www.autismnwaf.org](http://www.autismnwaf.org)

Non-profit organization provides education and information for parents and professionals in the northwestern US. Publishes a useful NW Resource Directory available at no charge.

### Pubmed

[www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)

Free, immediate, internet access to the most up-to-date and previously published medical studies from numerous US and international medical journals. Can access by subject, author, or title of study. Abstracts often available electronically at no charge.

### Schafer Autism Report

[www.sarnet.org/](http://www.sarnet.org/)

Online newsletter of all major news sources, websites, and latest research for important and practical new developments regarding autism. Studies often available for viewing in advance of publication. Subscription fee.

### Syracuse University Autism Web-links:

<http://web.syr.edu/~rjkopp/data/autlinkinfo.html>

Site provides over 100 links to diverse website resources.



### Websites in other languages/International Resources

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

### Action for Autism

[www.autism-india.org/worldorgs.html](http://www.autism-india.org/worldorgs.html)

Worldwide links to autism organizations, resources in almost 100 different countries.

### Autism Canada

[www.autismcanada.org](http://www.autismcanada.org)

"Autism Canada Foundation is a registered Canadian charity focused on engaging, educating, empowering and uniting people to find the cause and the cure for Autism. Autism Canada supports a 'multi-disciplinary' approach to treating individuals on the autism spectrum combining biomedical and educational treatments". Online resources include: signs/symptoms, treatment options, research, news, library, conferences, events, links to organizations and service providers.

## WEBSITES PARENTS MAY FIND HELPFUL: WESITES IN OTHER LANGUAGES/INTERNATIONAL CONTD.

(Copy this page as needed. Available electronically as a PDF at [www.helpautismnow.com](http://www.helpautismnow.com) )

Inclusion of websites is for informational purposes only and does not indicate an endorsement of their contents.

### Autism Resources

[www.autism-resources.com/links/nonenglish.html](http://www.autism-resources.com/links/nonenglish.html)

Extensive book list and international resource links. Available in Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

### Autism Research Institute

[www.autism.com](http://www.autism.com)

*Comprehensive online resource includes a database covering more than two decades of responses from over 25,000 parents on the behavioral effects of biological interventions. Articles available in Spanish, French, Italian, Russian, and Portuguese.*

### Autism Society Canada

[www.autismsocietycanada.ca](http://www.autismsocietycanada.ca)

Information, resources, research, treatment, education, events, conferences, links. Available in French.

### Autism Today

[www.autismtoday.com](http://www.autismtoday.com)

Creative, interactive, one-stop shop to navigate the maze of autism-related information. Over 2,500 pages, is the largest autism resource online and resource distributors in the world. Bookstore, conferences, online access to experts, etc. Translates into Chinese, French, German, Italian, Japanese, Korean, and Spanish.

### Future Horizons

[www.autismoespanol.com](http://www.autismoespanol.com)

Extensive resource for publishing and books relating to the autism spectrum; books and tapes available online. Website in Spanish.

### National Autistic Society, UK

[www.nas.org.uk/](http://www.nas.org.uk/)

Based in UK, but provides useful information for US residents. Telephone hotline, and free parent-to-parent telephone service, support, schools, news, and events.



### NICHCY, National Dissemination Center for Children with Disabilities

[www.nichcy.org/pubs/factshe/fs1txt.htm](http://www.nichcy.org/pubs/factshe/fs1txt.htm)

Autism facts, resources, organizations. Available in Spanish.

### NIH Autism Website

[www.nichd.nih.gov/autism](http://www.nichd.nih.gov/autism)

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Available in Spanish.



### Magazines

#### The Autism Asperger's Digest

[www.futurehorizons-autism.com](http://www.futurehorizons-autism.com)

*Features articles and material from around the world; covers the latest people, products, research, news and viewpoints emerging in the autism field. Full-length excerpts from ground-breaking new books on autism, original articles from top specialists, etc.*

#### The Autism Perspective, TAP

[www.theautismperspective.org](http://www.theautismperspective.org)

*Provides balanced information on the myriad of therapies and treatments for the vast and complicated realm of autism.*

#### The Autism Spectrum Quarterly

[www.ASQuarterly.com](http://www.ASQuarterly.com)

*ASQ is a "magajournal", combining the readability and interest of a high-level magazine with the substance and depth of a professional journal. Features research and commentary aimed at helping parents, teachers, and clinicians to translate research into practice.*

#### Spectrum

[www.spectrumpublications.com](http://www.spectrumpublications.com)

*For parents of children with autism and developmental disabilities. Wide variety of topics, including educational, biomedical and research. Contains autism-specific news articles and interviews with autism experts and mainstream celebrities affiliated with autism.*

### Autism Online Stores

#### Autismshop.com

[www.autismshop.com/](http://www.autismshop.com/)

*Store with wide selection of products that focus specifically on autism products including books, videos, games, visuals, timers, picture exchange schedules, etc*

#### Baby Bumble Bee

[www.babybumblebee.com/l\\_landings/Austim\\_PDD.cfm](http://www.babybumblebee.com/l_landings/Austim_PDD.cfm)

*Originally developed for typical children however parents of children with autism have found the real-life video format helpful for language development, etc. Video Series includes: Verbs and Nouns, Numbers, Alphabet, Phonics, Colors and Opposites.*

#### Bright Start Therapeutics/The Adaptive Child

[www.bright-start.com/](http://www.bright-start.com/)

*Wide selection adaptive therapy products focus on movement, positioning, sensorimotor, exercise, aquatics and play, including special needs strollers, toys, clothing, learning tools and other adaptive equipment.*

#### Do To Learn

[www.dotolearn.com/](http://www.dotolearn.com/)

*Early educational materials, many specifically geared toward "visual learners", including flash cards and schedules. Many free educational products available. Suitable for parents and educators*

#### Future Horizons

[www.futurehorizons-autism.com/](http://www.futurehorizons-autism.com/)

*Extensive selection of books, conferences, and other valuable information on Autism (ASD), Asperger's Syndrome, Pervasive Developmental Disorders (PDD).*

#### Model Me Kids:

[www.modelmekids.com/](http://www.modelmekids.com/)

*Educational video series demonstrates social skills by modeling peer behavior in different scenarios, e.g. school, playdates, birthday parties, playgrounds, library.*

*Parents can check local newspapers/ health food stores for listings of support groups.*

*Parents can "search" to find online autism support groups, which are "listservs", electronic mailing lists. Follow directions to join groups of interest, then interact online with other parents dealing with similar issues.*

# EARLY INTERVENTION: DEPARTMENT OF EDUCATION STATE PROGRAMS 0-5 YEARS

## Note for Physicians

If you suspect any developmental delay in any area, refer the child to Early Intervention for Evaluation/ Intervention. It is NOT necessary for the child to have a specific diagnosis prior to referral.

Alabama	(334) 281-8780; (800) 543-3098	Mississippi	(601) 359-3491
Alaska	(907) 465-2824	Missouri	(573) 751-0187
Arizona	(602) 542-2727	Montana	(406) 444-4425; (888) 231-9393
Arkansa	(501) 682-4225	Nebraska	(402) 471-4319
California	(916) 327-3547	Nevada	(775) 687-9170
Colorado	(303) 866-6709 / 6712; (888) 777-4041	New Hampshire	(603) 271-2178
Connecticut	(860) 807-2054	New Jersey	(609) 984-4950
Delaware	(302) 739-4210	New Mexico	(505) 827-6462
District of Columbia	(202) 727-5371		0-3 yrs: (505) 476-2416
Florida	(850) 245-0478	New York	(518) 473-2878
Georgia	(404) 657-9965	North Carolina	(919) 855-3500
Hawaii	(808) 733-4838	North Dakota	(701) 328-2277
Idaho	(208) 332-6917	Ohio	(614) 466-0224; (877) 644-6338
Illinois	(217) 524-4835	Oklahoma	(405) 522-4513
Indiana	(317) 232-0567	Oregon	(503) 947-5600
Iowa	(515) 281-5433	Pennsylvania	(717) 787-9266
Kansas	(785) 296-1944	Rhode Island	(401) 222-8941
Kentucky	(502) 564-8341; (866) 294-0135	South Carolina	(803) 734-4824
Louisiana	(225) 342-3366	South Dakota	(605) 773-3678
Maine	(207) 624-6660; (800) 355-8611	Tennessee	(865) 594-5691
Maryland	(410) 767-0249	Texas	(512) 463-9414; (800) 252-9668
Massachusetts	(617) 988-6600	Utah	(801) 538-7948
Michigan	(517) 373-0923	Vermont	(802) 828-5114
Minnesota	(651) 582-8343	Virginia	(804) 225-2675; (800) 292-3820
		Washington	(360) 725-6078
		West Virginia	(304) 558-2696
		Wisconsin	(608) 267-9172; (800) 441-4563
		Wyoming	(307) 777-8762

## PHYSICIAN ONLINE RESOURCES

**U.S.: State-by-State Department of Education, Early Intervention Programs, Birth-5 years.**

[www.nichcy.org/states.htm](http://www.nichcy.org/states.htm)

### American Academy of Pediatrics

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/5/1221>

Pediatrician's Role in the Diagnosis and Management of Autistic Spectrum Disorder in Children.

### American Academy of Pediatrics

[www.aap.org/healthtopics/autism.cfm](http://www.aap.org/healthtopics/autism.cfm)

Autism-specific news, resources.

### Autism and PDD Support Network

[www.autism-pdd.net/resources-by-state.html](http://www.autism-pdd.net/resources-by-state.html)

Comprehensive state-by-state guide to local Early Intervention (birth-5 yrs), state agencies, and resources.

### Autism Society of America

[www.autism-society.org/site/PageServer?pagename=about\\_resources](http://www.autism-society.org/site/PageServer?pagename=about_resources)

State-by-state resources, including parent and sibling support groups; education, treatment options, conferences, books.

### Autism Treatment Network

[www.autismtreatmentnetwork.org/](http://www.autismtreatmentnetwork.org/)

Dr. Margaret Bauman, Director. Regional treatment centers developing National Medical Database to record results of treatments and studies:

- Massachusetts General Hospital - Boston, MA
- Oregon Health and Sciences University-Portland, OR
- Baylor College of Medicine - Houston, TX
- University of Washington Medical Center-Seattle, WA
- Columbia University Medical Center-New York, NY
- Cleveland Clinic, Cleveland, OH

### CDC Autism Information Center

[www.cdc.gov/ncbddd/autism/index.htm](http://www.cdc.gov/ncbddd/autism/index.htm)

Screening, diagnosis, treatment/therapy, news, research, state and congressional activities, educational materials.

### MedlinePlus

[www.nlm.nih.gov/medlineplus/autism.html](http://www.nlm.nih.gov/medlineplus/autism.html)

NIH links to news, diagnosis/symptoms, treatment, research, organizations. Available in Spanish.

### Help Autism Now Society

[www.helpautismnow.com](http://www.helpautismnow.com)

Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism, handbook with over 100 illustrations depicting the "behavioral symptoms" of autism. 4-minute tutorial video of CHAT screening tool. Online social stories: "Going to See the Doctor" and "Going to Have Blood Drawn" can help prepare children with autism for these events. Online readable book for siblings written through an 8-year-old sibling's eyes, *Autism: Living with My Brother Tiger*.

### NICHCY, National Dissemination Center for Children with Disabilities

[www.nichcy.org/states.htm](http://www.nichcy.org/states.htm) (Spanish and English)

NICHCY: central source of information on disabilities in infants, toddlers, children, and youth, IDEA, (law authorizing special education), No Child Left Behind (how it relates to children with disabilities), and research-based information on effective educational practices. NICHCY creates disability-related State Resource Sheets including agencies serving children and youth with disabilities, state chapters of disability organizations and parent groups, Parent Training and Information projects.

### NIH Autism Website

[www.nichd.nih.gov/autism/](http://www.nichd.nih.gov/autism/)

Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

### NIMH, National Institute of Mental Health

[www.nimh.nih.gov/healthinformation/autismmenu.cfm](http://www.nimh.nih.gov/healthinformation/autismmenu.cfm)

Signs/symptoms, treatment, fact sheets, news, links to research.

**Other languages & International sites listed at end of Parent Resource page**



# An illustrated handbook to enable Physicians to more quickly and easily recognize and screen for autism.

"This booklet provides an easy-to-understand pictorial display of the early signs and symptoms of autism. The pictures are especially helpful for aiding recognition of the important delayed development in autism of:

- Finger pointing
- Eye pointing for communicating
- Showing for sharing just to be social
- Imaginative play"

*Nancy J. Minshew, MD  
Professor of Psychiatry and Neurology  
University of Pittsburgh  
Director, NIH Autism Center of Excellence*

"Although designed for the medical profession, this book could be equally useful for:

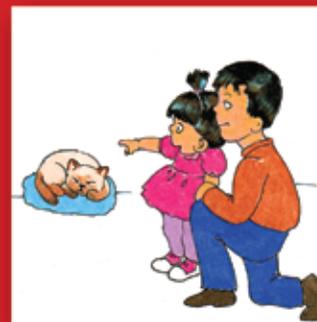
- Day care and preschool providers
- Speech pathologists
- Occupational therapists
- Physical therapists
- Psychologists
- Social workers working with young children and their families".

*Margaret Bauman M.D.  
Director of LADDERS: Learning and Developmental Disabilities Evaluation and Rehabilitation Services  
Massachusetts General Hospital for Children  
Associate Professor of Neurology,  
Harvard Medical School  
Director of Autism Treatment Network*



DSM IV Criteria

Social



Communication



Bizarre/Repetitive

"A 'must see' for all primary care physicians!"

*David W. Willis, M.D.  
Vice-President, Oregon Pediatric Society  
Director, Northwest Early Childhood Institute  
Portland, OR*



[www.helpautismnow.com](http://www.helpautismnow.com)