

WHAT HAPPENS AFTER AN AUTISM DIAGNOSIS?

Organize

Set up a system to keep track of all communications and steps to get support for yourself, your child, and your family.

- Request printed and digital copies of the report
- Binder/accordion file for paper documents
- Online folder for digital documents
- Email folder for correspondence

Ask for Help

Go to your local Community Miyupimaatisiun Centre (CMC).

- Request a community worker to help you get the support that you need
- Make an appointment with the community doctor to discuss the diagnosis
- Professionals who may provide support:
 - Social worker
 - Human Relations officer
 - Community worker
 - Special Needs educator
 - Occupational Therapist
 - Physiotherapist
 - Speech Language Pathologist
 - General Practitioner and/or Pediatrician
 - Nutritionist
 - Psychologist/psychotherapist
 - Psychiatrist

Finances

With an official autism diagnosis, you are entitled to additional child benefits and tax credits (for more information, ask your local CMC).

Canada Revenue Agency

- [Child Disability Benefit](#)
- [Child Disability Tax Credit](#)

Retraite Québec

- [Supplement for Handicapped Children](#)
- [Supplement for Handicapped Children Requiring Exceptional Care](#)

Seek Information

Learn more about autism to become a better advocate for yourself and your child.

- [Cree Health](#)
- [DPSS blog and videos](#)
- [DPSS Autism Fact Sheet](#)
- Inquire with your local CMC about available workshops and trainings

Prepare Yourself

- [Ask a Parent: Videos for parents after receiving a diagnosis](#)
- [First Steps After Receiving and Autism Diagnosis](#)

Collaborate with the Community

Inform your child's daycare or school of the diagnosis.

DAYCARE:

Organize a meeting as soon as possible following the diagnosis to discuss it and to plan for your child going forward.

- Inquire about direct support to build skills and assist in integration
 - [Allocation for Integration into daycare](#)
- Possible staff who may provide support
 - Daycare Director/Technician
 - Daycare Educator
 - Special education technician

SCHOOL:

Organize a meeting as soon as possible following the diagnosis to discuss it and to plan for your child going forward.

- Inquire about available services
 - Extra support (special needs head)
 - [CSB Special Education Funding Program](#)
 - [Quebec allowance for special needs program - youth \(Elementary\)](#)
 - [Quebec Allowance for special needs program - adult \(vocational, adult ed, college, university\)](#)
- Possible staff who may provide support
 - School Principal
 - School Vice-Principal
 - Special Education Department Head
 - Community Education Administrator
 - Readaptation Officer
 - Student Affairs Technician
 - Social Service Officer
 - Counsellor in Academic Training
 - School Teacher
 - Shadow/Aide
 - Psychologist

Empower

Explore the links below for things you can do on your own while waiting for service(s).

- [Ways to interact with your child to help with speech and language development](#)
- [Activities and games to play with your child to help with language development](#)
- [Ways to engage and interact with your child through games](#)
- [DPSS Training Videos](#)
- Try some ideas from the [Cree School Board Online Learning Platform](#):
 - Helping Children with Special Needs section
 - Activities to do in the bush section

Self-Care

Set up personal supports to care for yourself, as this is the most essential place to start when you are caring for your autistic child.

- Find ways to ensure your own self-care by prioritizing the following:
 - Family member help – identify individual roles
 - Time alone
 - Time as a family
 - Time as a couple
 - Ways to seek pleasure and joy
 - Respite
- Try some ideas from the [Cree School Board Online Learning Platform](#):
 - Self-care for Parents section

• This fact sheet is based on the medical model. It is for general information only and does not replace professional medical advice. If provided to clients and their family, it must be reviewed with them to ensure understanding and address any questions or concerns.

• Please keep in mind that a disability is only one part of a person. Identifying and fostering their strengths will be critical for supporting the person to reach their goals.

• For more information and/or support, please visit your local clinic/Community Miyupimaatisiun Centre (CMC) and ask to be connected with a case manager.