

Autism Resource Guide

**For Families of children diagnosed with
Autism Spectrum Disorders in DC**



**Provided by
DC Autism Parents
(DCAP)
202.271.9262
www.dcautismparents.org**

ABOUT US

DC Autism Parents (DCAP) is an organization created by parents of children with autism for parents of children with autism.

OUR MISSION

The Mission of DC Autism Parents is to improve the lives of all affected by autism in the Washington, DC Metropolitan area through advocacy, education, support, services, and research in order to promote community inclusion and awareness.

ABOUT AUTISM

According to the U.S. Center for Disease Control (CDC), 1% or 1 in every 110 children has been diagnosed with autism. Autism is a complex developmental disability that typically appears during the first three years of life and is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in the areas of social interaction and communication skills. Children and adults with autism typically show difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.

HOW TO BEGIN

Learning that your child has autism, Pervasive development disorder, or another diagnosis under the autism spectrum, is a life-changing event for every parent. You are faced with a multitude of decisions, and there is no one to tell you what the “right” decisions are for your child and your family.

But remember - You are not alone! The members of DC Autism Parents (DCAP) understand the choices that families of children newly diagnosed with an autism spectrum disorder. DCAP is dedicated to helping families in the District of Columbia Metropolitan Area whose lives have been touched by autism.

This guide is intended to help parents identify programs and individual services available for their child with autism spectrum disorder. This brochure is not intended to be all-inclusive. *DCAP is not endorsing any of these resources. We encourage parents to carefully research options, read books, talk to professionals and other parents, and most importantly, trust their own instincts.* No two children on the autism spectrum are exactly alike; and treatment outcomes will vary from child to child. It is important to recognize that you can make a difference in your child’s life and that your child can be successful.

THERAPY

Many children with autism spectrum disorder benefit from some combination of speech therapy, physical therapy, occupational therapy or group play programs. When determining how much therapy is appropriate for your child, you may want to consider the severity of the disorder, family obligations, financial costs, and potential outcomes. Keep in mind that while your child should spend most of his/her day in a structured setting, there is a great deal your child can learn by doing activities with parents, siblings and peers. You can discuss the need for additional therapies with your child’s teacher or physician. To find a therapist to work with your child, it is often helpful to network with other families to see which service providers they use. To network with other parents of children with autism, you can attend a DC Autism Parents (DCAP) meeting.

IDEA/Child Find

About the Individuals with Disabilities Education Act (IDEA)

In 1986 Congress passed a law to improve early intervention and services for children with disabilities. This law is now known as the Individuals with Disabilities Education Act (IDEA). Under IDEA, the District of Columbia is required to identify all children with disabilities from birth to 21 years of age. The law contains guidelines for states to follow in providing services to families with children with disabilities. By identifying children with disabilities, the District of Columbia can provide them with the support and services they need to succeed in school.

This happens in two ways:

- The Office of the State Superintendent of Education (OSSE) identifies infants from birth to 3 years of age.
- The District of Columbia Public Schools (DCPS) and DC Public Charter Schools identify children between the ages of 3 and 21. This includes DC children who do not attend public school and out-of-state children who attend private schools in the District.

Once the District identifies these children and evaluates their needs, it can then provide the appropriate services for each child.¹

DC Early Intervention Program (DC EIP) Child Find Hotline
810 First Street NW, 5th Floor
Washington, DC 20002
202-727-3665
www.osse.dc.gov

DC Public Schools Early Stages Program
1125 New Jersey Avenue NW
Washington, DC 20001
phone: 202-698-8037
fax: 202-535-1008
www.earlystagesdc.org

DC Public Schools
Department of Special Education
825 N. Capitol Street, N.E.
6th Floor
Washington, DC 20002
202-442-5468
www.dcps.dc.gov

¹ Taken from DCPS Early Stages Website, www.earlystagesdc.org

Where to Get an Autism Diagnosis

**Children's National Medical Center
Center for Autism Spectrum Disorders**
15245 Shady Grove Road, Suite 350 South Bldg
Rockville, MD 20850
Phone: 301-765-5430
Fax: 301-765-5497
www.childrensnational.org

**Georgetown University Center
for Child and Human Development
The Autism & Communications Disorders
Clinic**
Georgetown University Hospital
3800 Reservoir Road, NW
Washington, DC 20007
202-444-0433
<http://gucchd.georgetown.edu>

Kennedy Krieger Institute
3901 Greenspring Avenue
Baltimore, MD 21211
Phone: 443-923-7632
Fax: 443-923-7638
www.kennedykrieger.org

Applied Behavior Analysis

**Consultative Liaisons for Autism Spectrum
Supports (CLASS)**
703-855-9882
www.autismsupports.org

**Expanding Potentials: Applied Behavior
Analytic Services and Consulting**
301-802-1055
BrandyK.Cox@gmail.com



Developmental Individual Difference Relationship (DIR)

DIR Support Services
4827 Rugby Avenue
Bethesda, MD 20814
Phone: 301-657-1130
Fax: 301-657-1131
www.dirss.com

Occupational Therapy

Building Bridges OT
5506 Connecticut Avenue NW
Washington, DC 20015-2600
202-686-7012
www.buildingbridgesot.com

Leaps and Bounds
4906 Wisconsin Ave., NW
Washington, DC 20016
Phone: 202-237-8737
Fax: 202-237-8480
www.leapsandboundsot.com

Lynne C. Israel and Associates, LLC
4400 Jenifer Street NW
Washington, DC 20015-2113
202-244-8089
www.otpt4kids.com

Skills on the Hill
201 8th St. NE, Suite 200
Washington, DC 20002
Phone: 202-544-5439
Fax: 202-644-6227
www.skillsonthehill.com

Physical Therapy

Lynne C. Israel and Associates, LLC
4400 Jenifer Street NW
Washington, DC 20015-2113
202-244-8089
www.otpt4kids.com

Speech and Language Therapy

Private Practices

Building Blocks Speech Therapy
 5125 MacArthur Boulevard, Suite 10
 Washington, DC 20016
 202-363-8255
www.buildingblockstherapy.com

Capitol Kids Speech Therapy
 201 8th St. NE, Suite 201
 Washington, DC 20002
 202-544-5439
www.capitolkidstherapy.com

Metropolitan Speech Pathology Group
 4601 Connecticut Ave., N.W., Suite 1
 Washington, DC 20008
 Phone: 202-237-2927
 Fax: 202-244-8250
www.metspeech.com/kids

OnTarget Speech and Language Consulting, PLLC
 2035 2nd Street NW, Washington, DC 20001
 Suite #GL-03
 888-291-7840
www.ontargetspeech.com

SpeechKids
 616 Aspen St NW
 Washington, DC 20012
 202-306-0505
www.speechkids.com

University Clinics

The Howard University Speech and Hearing Clinic (HUSHC)
 School of Communications C.B. Powell Bldg.
 525 Bryant Street NW, First Floor
 Washington, DC 20059
 Phone: 202-806-6991
<http://communications.howard.edu/partners/speech-hearing-clinic.htm>

**University of District of Columbia
 Department of Language Communication
 Disorders Speech and Language Clinic**
 Building 41, Suite 306
 Connecticut Avenue, NW
 Washington, DC 20008
 Phone: 202-274-6161
 Fax: 202.274.6259
www.udc.edu

The University of Maryland Hearing and Speech Clinic at College Park
 Department of Hearing & Speech Sciences
 0100 Lefrak Hall, College Park, MD 20742
 Phone: 301-405-4214
 Fax: 301-314-2023
<http://www.bsos.umd.edu/hesp/clinicServices/theclinic.htm>

Sensory Integration Therapy

Leaps and Bounds
 4906 Wisconsin Ave., NW
 Washington, DC 20016
 Phone: 202-237-8737
 Fax: 202 237 8480
www.leapsandboundsot.com

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 4400 Jenifer Street NW
 Washington, DC 20015-2113
 202-244-8089
www.otpt4kids.com

Skills on the Hill
 201 8th St. NE, Suite 200
 Washington, DC 20002
 Phone: 202-544-5439
 Fax: 202-644-6227
www.skillsonthehill.com

Autism Research Studies

**NIH Autism Studies
 Bethesda, MD**
 301-435-7962
 Email: NIMH-ASD@mail.nih.gov

Learning to Advocate for Your Child

Advocates for Justice and Education, Inc.
202-678-8060
<http://www.aje-dc.org>

Kimberly Glassman, Esq.
301-651-2578
www.kglassmanlaw.com

Quality Trust for Individuals with Disabilities
202-448-1450
www.dcqualitytrust.org

Sports and Recreation

DC Autism Buddies
202-271-9262
www.dcautismparents.org

DC Center for Therapeutic Recreation
202-698-1794
<http://dpr.dc.gov>

KEEN of Greater DC
301-770-3200
<http://www.keengreaterdc.org>

National Autism Organizations

Autism Society of America
<http://www.autism-society.org>

Autism Speaks
<http://www.autismspeaks.org>

National Autism Association
<http://www.nationalautismassociation.org>

Organization for Autism Research (OAR)
www.researchautism.org

Other Resources

Autism Podcast
www.autismpodcast.org

Schafer Autism Report/Autism Calendar
www.sarnet.org

The Journey...

Helping your child with autism reach his/her potential will be a lifelong journey for most parents.

Your knowledge will grow every day, and you will see as time progresses that you are better able to:

-learn the best way to teach your child

-advocate for your child

-work with various government agencies and service providers

-balance the demands of raising your child and the mental & physical health of you, your partner and other family members

DC Autism Parents is here to assist families on their lifelong journey. Please contact us if we can be of help to you.

