

**CONCERNED PARENTS**  
I'm worried about my child

Call QuickStart Early Intervention for Autism\*  
at 613.791.3757 or [visit our website](#)  
\*Registered charity

What are the signs of autism?  
[Baby Navigator: Milestones & Videos](#)  
for 2 to 24 months

Self-refer your child to the  
[CHEO Access Team](#)  
(Central Intake)

CHEO does diagnostic  
assessments (wait-times are  
18 to 24 months), speech  
therapy and occupational  
therapy.

Baby Navigator's  
[Free Screening Tool](#)  
for  
Communication Disorders  
and Autism

Ages 9 to 18 months

**TIP:**  
Girls show autism signs  
differently than boys and  
often miss out on early  
intervention.

Do you have Private Insurance through your workplace?  
You don't need to wait to access your private insurance and  
begin helping your child.

Check to see if your policy covers a:  
Psychologist, Speech Therapy, Occupational Therapist

- Psychologist coverage - helps fund a diagnostic assessment
  - Speech Therapy coverage - helps fund a private Speech Language Pathologist
  - Occupational Therapist coverage - helps fund a private occupational therapist
- [QuickStart Autism](#) has a Resource list to get you started.

**TIP:**  
Make sure the private service  
provider you hire has  
experience with children your  
child's age and autism.

**NAVIGATING THE SYSTEM**  
My child has an autism diagnosis

**TIP**

Keeping things straight: It's helpful to get a binder with dividers to start logging all your calls and information.

**Register online for the Ontario Autism Program (OAP) you'll need:**

- Proof of diagnosis
- Birth certificate
- Proof of residence

Register with the CHEO Access Team to access their free Foundational workshops

Daycare Support for your child through Andrew Fleck Children's Inclusion Support Service

**Ontario School Roadmap for Children with Special Needs**

How to advocate for your child in the school system

**Things to apply for**

- Disability Tax Credit: diagnosing doctor fills in the form
- Assistance for Children with Severe Disabilities (ACSD) (low to moderate income)
- Special Services at Home (SSAH)

**Social Media Support**

**QuickStart Autism**

- YouTube workshop videos
- FaceBook

FaceBook - Ottawa Parent Support Group

FaceBook - Girls on the Spectrum