**ASD Caregiver Post-Diagnosis Resource Phrase**

***Give at first visit after diagnosis - select “first steps for caregivers” from patient instructions in ASD smart set or use smartphrase .8resASDCAREGIVERFIRSTSTEPS to embed in AVS. Also, feel free to print out diagnostic report and review information with parents.***

**Parent and Caregiver Resources for Children with Autism**

**Start Here for Help**

Autism Speaks offers resources to help parents/caregivers of children with autism - [http://www.autismspeaks.org](http://www.autismspeaks.org/)

The “100 Day Kit for Parents” toolkit is recommended to learn more about autism and to learn about how to get organized and move forward with a plan for the first several months following a new diagnosis.

100 Day tool kits are available for both young children ( <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>) and school-aged children ( <https://www.autismspeaks.org/tool-kit/100-day-kit-school-age-children>).

Other tool kits address topics like sleep, toileting, feeding, behavior, therapies/school supports/visual supports, & medications - visit  <https://www.autismspeaks.org/tool-kit> or do an internet search for “autism speaks tool kit.”

Resources are available in other languages -  <https://www.autismspeaks.org/non-english-resources>

**Parent Training Resources**

The Vanderbilt Kennedy Center and the Treatment & Research Institute for Autism Spectrum Disorders (VKC/TRIAD) ( <https://vkc.vumc.org/vkc/triad/forfamilies/>) has developed online trainings including videos for parents of children with autism.

First, create a learning account (select TRIAD “doorway”) at  <https://triad.vkclearning.org/>

Then, visit that site to log in and view trainings in any of the categories (caregivers, early intervention, etc)

**Other VKC/TRIAD Resources:**

* Printable tool kits -  <https://vkc.vumc.org/vkc/resources/autism/>
* Autism Resource Line - 1-877-ASD-VUMC (877-273-8862) or autismresources@vumc.org
* Families First Workshops - one Saturday a month, livestream available – learn about effective interventions for children with autism
	+ Visit  <https://vkc.vumc.org/vkc/triad/fam/> to register or call 615-322-7565
* Families First monthly newsletter - Subscribe at  <https://mailchi.mp/vumc/ffp>
* Tennessee Disability Pathfinder – Referral resources available at  <https://vkc.vumc.org/vkc/pathfinder>
* Tennessee Cares Network – visit  <https://vkc.vumc.org/vkc/triad/tncares-eng/>
* Autism Tennessee - [www.autismtn.org](http://www.autismtn.org/)
* Autism Parenting – [www.autismparenting.net](http://www.autismparenting.net/)

Vanderbilt Children’s Hospital Family Resources Center assists families in accessing visual supports (in multiple languages) -  <https://www.childrenshospitalvanderbilt.org/information/family-resource-center>

**Education Resources**

* STEP - <https://tnstep.info/>
	+ Helps families learn about school-based services and how to best work with the school system

**Advocacy Resources**

* The Arc of Tennessee - [www.thearctn.org](http://www.thearctn.org/)
* Family Voices of TN (a program of the TN Disability Coalition) -  <https://www.tndisability.org/family-voices-tennessee>

**Additional Resources**

* *An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate and Learn* (Sally Rogers, Geraldine Dawson, & Laurie Vismara)
* *Teaching Social Communication to Children with Autism: A Manual for Parents* (Brooke Ingersoll & Anna Dvortcsak)
* *Overcoming Autism: Finding the Answers, Strategies, and Hope That Can Transform a Child’s Life* (Lynn Kern Koegel & Claire LaZebnick)
* *A Practical Guide to Autism: What Every Parent, Family Member and Teacher Needs to Know* (Fred Volkmar & Lisa Wiesner)
* *The Autism Mom’s Survival Guide (for Dads too): Creating a Balanced and Happy Life While Raising a Child with Autism*(Susan Senator)
* *Growing Up with Autism: Working with School-Age Children and Adolescents* (R Gabriels and D Hill)