

NAVIGATING THE PATH AHEAD

Next Steps After Your Child's Autism Diagnosis from
MELIORA HEALTH

SHARE DIAGNOSIS WITH CURRENT PROFESSIONALS TO CREATE A TAILORED TREATMENT PLAN

Share the evaluation report with your child's teachers, therapists, and other relevant providers to initiate the customization of classroom environments and individualized services that align with your child's needs. You can collaborate with your child's school, Intermediate Unit (IU), or Early Intervention program, as they often conduct their own evaluations and can benefit from the information in the report.

IF INTERESTED, CONTACT MELIORA HEALTH TO COMPLETE A WRITTEN ORDER FOR ABA SERVICES

To initiate Applied Behavior Analysis (ABA) therapy, please contact Meliora Health and provide us with the names of the ABA agencies you are interested in working with. This will allow Meliora Health to complete a written order, which will be sent out to the chosen agencies. Your child can then begin receiving ABA therapy. Additionally, the ABA written order will be uploaded to your portal for easy access and reference.

FOLLOW UP 3 MONTH VISIT WITH MELIORA HEALTH

Schedule a 3-month follow-up visit with Meliora Health to ensure that you are receiving the necessary supports and services and to address any concerns related to toileting, sleep, or other relevant matters. This visit aims to monitor your progress, make any necessary adjustments to your service plan, and provide guidance and assistance in areas that require attention.

DISCUSS RESULTS WITH YOUR PEDIATRICIAN

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Our team will send the evaluation report to your child's pediatrician. Setting up a conversation with your healthcare provider will allow for a comprehensive understanding of the diagnosis. Discuss the diagnosis, address concerns, and ensure the healthcare team is well-informed. Also, **identify and address any hearing or vision issues and request evaluation** promptly to enhance their development and communication skills. Impaired hearing or vision can hinder their ability to communicate effectively, understand verbal instructions, engage in social interactions, and navigate their environment.

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ESTABLISHING NEW SERVICES

As your child's advocate, it's crucial that you ensure that they receive the necessary therapies across disciplines and appropriate time allocation for each service. Review the plan provided by the school or program, and confirm the inclusion of these services, if necessary and relevant:

- Speech therapy - Occupational therapy
- Physical therapy - Social Skills
- Applied Behavior Analysis (ABA)

It is important to explore and consider all relevant disciplines that can support your child's unique needs and facilitate their overall development.

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OTHER RECOMMENDATIONS

Access resources and services: Utilize community resources, programs, and services supporting individuals with autism, including respite care, parent training, specialized camps.

Self-care matters: Prioritize your self-care to better support your child. Seek support from friends, family, parenting support groups, and/or mental health professionals to maintain your well-being.

Be an advocate: Advocate for your child in education, healthcare, and social settings. Familiarize yourself with disability laws and protect your child's rights.

Learn and adapt: Stay informed about autism, research, and interventions. Continually reassess your child's needs and adjust strategies accordingly.

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www.meliora-health.com