

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
1200 First Street, NE,
9th Floor
Washington, DC 20002
202-442-4800
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

A Piece of Mind
713 17th Street SE
Washington, DC 20003
Phone: 202-549-0797
www.apieceofmindonline.org

**Achieve Beyond: Pediatric Therapy &
Autism Services**
7143 Shreve Rd.
Falls Church, VA, 22043
Phone: 703-237-2219
Fax: 703-237-2729
www.achievebeyondusa.com

AVAIL Outreach
1205 D Street NE
Washington, DC 20002
Phone: 202-480-7719
Fax: 202-544-0517
www.availoutreach.com

B.A.S.I.C.S. ABA Therapy, LLC
Washington, DC 20017
Phone: 408-499-1191
www.basicsabatherapy.com

**Center for Autism and Related Disorders,
INC. (CARD)**
5400 Shawnee Road, Suite 208
Alexandria, VA 22312
Phone: 703-750-0633
Fax: 703-750-0655
www.centerforautism.com

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

Expanding Potentials, LLC
601 N. Eutaw St. Ste. 101
Baltimore, MD 21201
Phone: 301-802-1055
Fax: 443-817-0715
www.expanding-potentials.com

Optimal Beginnings
7000 Oak Forest Drive
Bethesda, MD 20817
Phone: 347-424-5833
Fax: 301-530-0419
www.optimalbeginning.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

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
Phone: 202-244-8089
www.otpt4kids.com

Speech and Language Therapy

Private Practices

Building Blocks Speech Therapy

5125 MacArthur Boulevard, Suite 10
Washington, DC 20016
Phone: 202-363-8255
www.buildingblockstherapy.com

Capitol Kids Speech Therapy

201 8th St. NE, Suite 201
Washington, DC 20002
Phone: 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, Suite #GL-03
Washington, DC 20001
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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202-244-8089
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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

Organizations

Advocates for Justice and Education, Inc.

202-678-8060
<http://www.aje-dc.org>

Quality Trust for Individuals with Disabilities

202-448-1450
www.dcqualitytrust.org

Attorneys

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5454 Wisconsin Avenue, Suite 760
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www.bkgpc.com

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University Law Centers

Georgetown University Law Center

Family Opportunity Division

Phone: 202-662-9535
www.law.georgetown.edu

Catholic University Columbus School of Law

Community Legal Services

Phone: 202-319-6788
www.law.edu

Sports and Recreation

Create Arts Center

816 Thayer Avenue
Silver Spring, MD 20910
Telephone: 301-588-2787
Fax: 301-588-9100
www.createartscenter.org

DC Autism Buddies

202-271-9262
www.dcautismparents.org

DC Center for Therapeutic Recreation

202-698-1794
<http://dpr.dc.gov>

Dreams for Kids

926 N Street NW, Studio 3
Washington, DC 20001
Phone: 202-957-4344
Fax: 1-888-503-7913
www.dreamsforkid.com/dc

KEEN of Greater DC

301-770-3200
www.keengreaterdc.org

Special Olympics District of Columbia

900 Second Street NE, Suite 200
Washington, DC 20002
www.specialolympicsdc.org

Sports Plus Group, Inc.

P. O. Box 83274
Gaithersburg, MD 20883
Phone: 301-452-3781
Fax: (301) 869-7498
www.playsportsplus.org

National Autism Organizations

Autism Society of America

www.autism-society.org

Autism Speaks

www.autismspeaks.org

National Autism Association

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:

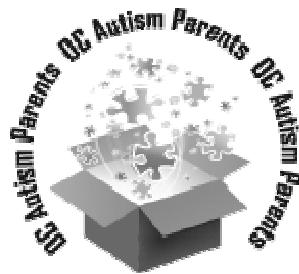
-learn the best way to teach your child

-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.



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