

# **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](http://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.<sup>1</sup>

DC Early Intervention Program (DC EIP) Child Find Hotline  
810 First Street NW, 5<sup>th</sup> Floor  
Washington, DC 20002  
202-727-3665  
[www.osse.dc.gov](http://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](http://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](http://www.dcps.dc.gov)

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<sup>1</sup> Taken from DCPS Early Stages Website, [www.earlystagesdc.org](http://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](http://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](http://www.kennedykrieger.org)

## Applied Behavior Analysis

**Consultative Liaisons for Autism Spectrum  
Supports (CLASS)**  
703-855-9882  
[www.autismsupports.org](http://www.autismsupports.org)

**Expanding Potentials: Applied Behavior  
Analytic Services and Consulting**  
301-802-1055  
[BrandyK.Cox@gmail.com](mailto: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](http://www.dirss.com)

## Occupational Therapy

**Building Bridges OT**  
5506 Connecticut Avenue NW  
Washington, DC 20015-2600  
202-686-7012  
[www.buildingbridgesot.com](http://www.buildingbridgesot.com)

**Leaps and Bounds**  
4906 Wisconsin Ave., NW  
Washington, DC 20016  
Phone: 202-237-8737  
Fax: 202-237-8480  
[www.leapsandboundsot.com](http://www.leapsandboundsot.com)

**Lynne C. Israel and Associates, LLC**  
4400 Jenifer Street NW  
Washington, DC 20015-2113  
202-244-8089  
[www.otpt4kids.com](http://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](http://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](http://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](http://www.buildingblockstherapy.com)

**Capitol Kids Speech Therapy**  
201 8th St. NE, Suite 201  
Washington, DC 20002  
202-544-5439  
[www.capitolkidstherapy.com](http://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](http://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](http://www.ontargetspeech.com)

**SpeechKids**  
616 Aspen St NW  
Washington, DC 20012  
202-306-0505  
[www.speechkids.com](http://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](http://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](http://www.leapsandboundsot.com)

**Lynne C. Israel and Associates, LLC**  
4400 Jenifer Street NW  
Washington, DC 20015-2113  
202-244-8089  
[www.otpt4kids.com](http://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](http://www.skillsonthehill.com)

### Autism Research Studies

**NIH Autism Studies  
Bethesda, MD**  
301-435-7962  
Email: [NIMH-ASD@mail.nih.gov](mailto: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](http://www.kglassmanlaw.com)

**Quality Trust for Individuals with Disabilities**  
202-448-1450  
[www.dcqualitytrust.org](http://www.dcqualitytrust.org)

## Sports and Recreation

**DC Autism Buddies**  
202-271-9262  
[www.dcautismparents.org](http://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](http://www.researchautism.org)

## Other Resources

**Autism Podcast**  
[www.autismpodcast.org](http://www.autismpodcast.org)

**Schafer Autism Report/Autism Calendar**  
[www.sarnet.org](http://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.

