



# Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a group of developmental disabilities that can cause significant social, communication and behavioral challenges. ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger Syndrome. Health Advocate can help parents and caregivers with many ASD-related services.

## Tips for parents affected by ASD

**If you have a son or daughter living with ASD there is a lot you can do to support your child.**

- Look for ASD friendly doctors, dentists, and hair dressers
- Find fun community support groups and day camps for your child
- Learn if your insurance plan has coverage for ASD and related services
- Stay up-to-date on ASD news and government regulations

## Health Advocate can help

If you have a child with ASD or suspect that your child may have ASD, a Personal Health Advocate can help:

- Find the right doctors and specialists and schedule appointments
- Research in-home care, school- and community-based services and medical assistance programs
- Locate resources for physical, occupational and speech therapy
- Research Applied Behavioral Analysis (ABA) providers
- Identify leading treatment centers
- Answer questions about your insurance plan, test results, treatments and medications
- Find caregiver support groups



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