

Fraser[®] Autism Resource Directory

For Ages 12 and Older

Twin Cities Metropolitan Area



www.Fraser.org

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Introduction

Transitions happen many times during our lives. Planning is a key aspect to making these transitions smoother. The journey from middle school to high school; high school to college or employment are just a few examples of significant milestones that bring change.

We hope this directory can be a valuable tool for the journey. We also hope this information will provide you with more time for the important things in life – you and your family.

The resources included are for your information and do not constitute any recommendation or guarantee by Fraser.

If you have comments, updates or ideas for future revisions of this resource directory, please mail them to:

Fraser[®]
2400 West 64th Street
Richfield, MN 55423
Email: directory@fraser.org

This directory can also be found online at
<http://www.fraser.org/Resources/Autism-Resource-Directory>

This resource guide is recommended for use in tandem with the Autism Speaks Transition Tool Kit at:
<http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit>

Fraser[®] Autism Services for Individuals 12 and older

Fraser provides diagnosis, treatment and support for individuals with autism and their families. We partner with each family to determine which strategies and services are most effective. Our approaches feature customized behavioral, psychological, medical, educational, employment readiness, and social-based strategies. **For more information, contact our intake department at 612-767-7222 or visit www.fraser.org.**

Fraser evaluations can provide a medical diagnosis, determine appropriate interventions or determine a child's progress.

Adolescent Asperger's Clinic provides intensive intervention including individual therapy, group therapy and skills training focusing on building self-esteem and coping skills to enable children to remain in their mainstream school settings.

Skills Training Groups help children develop and use appropriate social skills within small peer groups.

Skills Training (individual or family) focuses on improving specific skills important to the child's daily-living activities and participation in the community.

Executive Function Consultations: Executive Function Consultations provide an overview of executive function skills set, some of the challenges related to dysfunction, and tools and strategies to level the playing field for individuals who struggle to navigate what has become a very multi-tasking world.

Consultations are offered to individuals and their families/support team who are in middle school through young adulthood. They are most productive for individuals living on the autism spectrum, or those with ADD/ADHD, sensory processing disorders, generalized anxiety, traumatic brain injury, or obsessive compulsive disorder.

Transition Consultations work with individuals and their families to better understand and address the key areas of the Transition to adulthood: education, employment, community living and community integration.

Transition Services – helping teens and adults to understand and address higher education or education beyond high school, employment, community living, and community integration issues as they transition into adulthood.

Employment Readiness – Specialized services for work or college bound adults with executive functioning challenges, including those on the autism spectrum. Services can include Employment/ Intake Assessment, 1:1 consultations and Courses.

Therapy (individual child, group and family therapies) address the social-emotional needs of children and their families. Therapy promotes adaptive coping skills, decreases at-risk behaviors, and improves overall functioning in the family.

CogMed Intervention: Cogmed Working Memory Training is a computer-based solution for attention problems caused by poor working memory. CogMed combines cognitive neuroscience with innovative computer game design and close professional support to deliver substantial and lasting benefits to the users. This includes easy-to-use software and personal support.

Personal Care Assistance provides individuals with support services deemed necessary by a physician. (For information on this service, call 612-767-5150.)

Service Locations:

Fraser Minneapolis[®]
3333 University Ave. S.E.
Minneapolis, MN 55414

Fraser Anoka
2829 Verndale Avenue, Suite 5
Anoka, MN 55303

Fraser Bloomington
1801 American Boulevard Ste. 1
Bloomington, MN 55425

Tables of Resources by Age

Post-Secondary Resources	
<p style="text-align: center;">Ages 14-16</p> <ul style="list-style-type: none"> ✓ Develop an interdisciplinary team to establish a transition plan. ✓ Establish a Transition Based IEP and/or 504 Plan through School. Incorporate community partners. ✓ <u>Fraser Transition Consultations (Intake: 612-767-7222)</u> ✓ Academic Achievement /Executive Functioning Coaching with supports from tutors, guidance counselors, etc... ✓ <u>Fraser Skills Training (Intake: 612-767-7222)</u> ✓ <u>Fraser Workshops:</u> <i>Transitioning to Adulthood & Executive Function workshops</i> ✓ Nurture healthy relationships ✓ <u>Fraser Mental Health services-Skills Training and Therapy (Intake: 612-767-7222 or Fraser.org)</u> ✓ <u>Autism Speaks Transition Toolkit</u> http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit ✓ <u>Planning Guide for students entering post-secondary programs</u> http://education.state.mn.us/MDE/StuSuc/SpecEdProg/SecTrans/index.html ✓ Youthhood http://www.ncset.org/websites/youthhood.asp ✓ Explore County Case Management services eligibility http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYN_AMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_000297 ✓ Build networks & grow employment skills ✓ Employment at Home (babysitting, lawn care, animal care, etc...) ✓ Computer Skills (IEP; Family; Online) ✓ <u>Pacer Center</u> http://www.pacer.org/stc/ ✓ <u>Courage Center</u> http://www.couragecenter.org/PreviewPages/assistive technology.aspx ✓ http://www.ablenetinc.com/ 	<p style="text-align: center;">Ages 16-17</p> <ul style="list-style-type: none"> ✓ Continue to grow Transition Based IEP and/or 504 Plan through School. Incorporate community partners. ✓ <u>Fraser Transition Consultations (Intake: 612-767-7222)</u> ✓ Nurture healthy Relationships ✓ <u>Fraser Mental Health Services (Intake: 612-767-7222Fraser.org)</u> ✓ Academic Achievement /Executive Functioning Coaching with supports from tutors, guidance counselors, etc... ✓ <u>Fraser Transition Services</u> www.transitionservices@fraser.org (612-798-8338) ✓ Fraser Transition Consult ✓ Fraser Skills Training/Therapy ✓ Fraser Workshops: <i>Transitioning to Adulthood, Executive Function & Post-Secondary Considerations</i> ✓ Utilize County Case Management services if eligible http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYN_AMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_000297 ✓ Investigate career fields through exploration of community resources, volunteering, and employment. http://www.volunteermatch.org ✓ Seek out colleges that offer specific career paths ✓ <u>Project C3</u> http://www.c3online.org ✓ <u>iSeek</u> http://www.iseek.org ✓ <u>MN Career Fields, Clusters and Pathways</u> http://education.state.mn.us/MDE/StuSuc/CareerEd/index.html ✓ Apply for Vocational Rehabilitation Services. Invite worker to IEP meetings to establish a relationship http://www.positivelyminnesota.com/JobSeekers/People with Disabilities/index.aspx ✓ Begin ACT Prep

Post-Secondary Resources

Ages 17-18

- ✓ Continue to grow Transition Based IEP and/or 504 Plan through School. Incorporate community partners. Consider the following career assessment/inventories:
 - John Holland
 - Enderle-Severson Transition Rating Scale
 - Myers Briggs
 - Caps
 - Strengths Finder
- ✓ Investigate career tracks and interest areas
 - www.c3online.org/
 - <http://www.iseek.org>
- ✓ Fraser Transition Services: www.transitionservices@fraser.org 612-798-8338
- ✓ If not done previously, apply for Vocational Rehabilitation Services. Invite worker to IEP meetings to establish a relationship
[http://www.positivelyminnesota.com/JobSeekers/People with Disabilities/index.aspx](http://www.positivelyminnesota.com/JobSeekers/People%20with%20Disabilities/index.aspx)
- ✓ Consider obtaining a State of MN ID or driver's license
<https://dps.mn.gov/Pages/default.aspx>
- ✓ Obtain a Social Security Card if not already secured
<http://www.socialsecurity.gov/online/ss-5.pdf>
- ✓ Register to Vote in local community
<http://www.sos.state.mn.us/index.aspx?page=204>
- ✓ Register for the draft (Male) <http://www.thedraft.us/>
- ✓ Investigate eligibility for SSI <http://www.ssa.gov/disability/>
- ✓ Continue to grow skills that promote healthy relationships and ability to navigate group work and communal living [Fraser Mental Health Services \(Fraser.org\)](http://www.fraser.org)
- ✓ Explore and secure Guardianship/Conservatorship or Rep Payee by age of 18
- ✓ <http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit>
- ✓ Utilize County Case Management services if eligible
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVE
[RSION&RevisionSelectionMethod=LatestReleased&dDocName=id_000297](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVE&RevisionSelectionMethod=LatestReleased&dDocName=id_000297)
- ✓ ACT prep and requests for accommodations and modifications

Ages 18-22

- ✓ Identify 2-3 Career Tracks
- ✓ Build a Resume
- ✓ Explore employment and post-secondary supports
- ✓ Workforce Center
- ✓ Vocational Rehabilitation Services -
www.positivelyminnesota.com
- ✓ MN TRiO Programs <http://www.mntrio.org/>
- ✓ Fraser Transition Services – Employment Readiness
www.transitionservices@fraser.org 612-798-8338
- ✓ Learn to manage government supports
- ✓ MN Work Incentives Connection 651-632-5113
- ✓ Focus on Self-determination and requesting appropriate accommodations
- ✓ Job Accommodation Network www.askjan.org
- ✓ Fraser Skills Groups Intake: 612-767-7222
- ✓ Explore Housing & Adult Services Options
- ✓ [Fraser.org/ Housing](http://www.fraser.org/Housing)
 - Independent Living Apartments
 - Supported Living
 - Community Supports

Post-Secondary Resources

Ages 22 and older

- ✓ Identify and explore employment search resources and supports
- ✓ Workforce Center
- ✓ Vocational Rehabilitation Services
www.positivelyminnesota.com
- ✓ Fraser Transition Services *Employment Readiness Courses and Services* 612-798-8338 www.transitionsservices@fraser.org
- ✓ Learn to manage government supports
- ✓ MN Work Incentives Connection 651-632-5113
- ✓ Focus on Self-determination asking for appropriate accommodations Job Accommodation Network www.askjan.org
- ✓ Explore Housing & Adult Services Options
- ✓ Fraser.org/Housing <http://www.fraser.org/Our-Services/Home-and-Community-Supports>
 - Independent Living Apartments
 - Supported Living
 - Community Supports

Supportive Employment Resources

Ages 14-17

Ages 17-18

- ✓ Guardianship
- ✓ County Social Services
- ✓ Social Security Benefits
- ✓ Vocational Rehabilitation Services
- ✓ State of MN ID or driver's license
- ✓ Social Security Card
- ✓ ICI College Prep Course

Ages 18-22

- ✓ Identify 2-3 Career Tracks
- ✓ Resume
- ✓ MN Work Incentives Connection

Independent Employment Resources

Ages 14-17	Ages 17-18	Ages 18-22
<ul style="list-style-type: none"> ✓ Develop an interdisciplinary team to establish a transition plan ✓ Establish a Transition Based IEP and/or 504 Plan through School. Incorporate community partners. ✓ Nurture healthy relationships ✓ Academic Achievement /Executive Functioning Coaching with supports from tutors, guidance counselors, etc... ✓ <u>Fraser Mental Health Services (Fraser.org) & Fraser Transition Services</u> ✓ Fraser Transition Consult ✓ Fraser Skills Training/Therapy ✓ Fraser Workshops Fraser.org/sign up for classes or 612-798-8331: <i>Transitioning to Adulthood & Executive Function</i> ✓ Autism Speaks Transition Toolkit http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit ✓ County Social Services http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=id_000297 ✓ Youthhood http://www.ncset.org/websites/youthhood.asp ✓ Employment at Home (babysitting, lawn care, animal care, etc...) ✓ Computer skills (IEP; Family; Online) ✓ http://www.pacer.org/stc/ ✓ http://www.couragecenter.org/PreviewPages/assistive_technology.aspx ✓ http://www.ablenetinc.com/ ✓ Do2Learn http://do2learn.com/ 	<ul style="list-style-type: none"> ✓ MN ID or drivers license/explore public transportation ✓ Obtain a Social Security Card ✓ Register to Vote and register for the draft (Male) ✓ Explore career themes: informational interviews, job shadow, and internships. ✓ Explore and secure Guardianship or Conservatorship or Rep Payee by age of 18 ✓ Social Security Benefits http://www.ssa.gov/disability/ ✓ Vocational Rehabilitation Services http://www.positivelyminnesota.com/JobSeekers/People with Disabilities/index.aspx ✓ "It's My Choice" http://www.mnddc.org/extra/publications/choice/Its My Choice.pdf 	<ul style="list-style-type: none"> ✓ Resume ✓ Fraser Mental Health Services ✓ Fraser Transition Consult ✓ Fraser Transition Services ✓ Identify 2-3 Career Tracks ✓ Workforce Center ✓ Vocational Rehabilitation Services www.positivelyminnesota.com ✓ MN TrioPrograms http://www.mntrio.org/ ✓ Fraser Transition Services <i>Employment Readiness Courses and Services</i> 612-798-8338 ✓ MN Work Incentives Connection 651-632-5113 ✓ Job Accommodation Network www.askjan.org

Assessment and Evaluation

Medical Diagnosis

A medical diagnosis is assigned by a psychologist or psychiatrist who specializes in working with children with developmental differences. Criteria established by the psychological and medical community are used to support diagnoses within the broad category of Pervasive Developmental Disorder, which includes autism. This is different from an Educational Diagnosis The purpose of having a medical diagnosis, even if you have an educational diagnosis, is it provides a broader range of interventions beyond the educational realm. These may include referrals for neurologists, private rehabilitation services, county social services, financial support, family support and guidance, therapy, etc.

Agency	Assessment Team	Contact Person	Assessment Process
Fraser Autism Services -Minneapolis -Bloomington -Anoka www.fraser.org	Team of mental health professionals and autism specialists	Intake coordinator 612-767-7222 visit www.fraser.org for information	<ol style="list-style-type: none"> 1. Parents and child attend three-hour assessment at the center. 2. First hour is spent interviewing family. 3. Second hour, testing/observation/ interview 4. Last hour, findings and recommendations are shared with the family.
The Alexander Center – Park Nicollet www.parknicollett.com/Alexandercenter/	Psychologist, M.D., therapists	952-993-2498	<ol style="list-style-type: none"> 1. Assessment of children with developmental and behavioral disorders. 2. Consultation with schools, individual family counseling and education.
University of Minnesota www.med.umn.edu/peds/clinneuro/home.html	Psychiatrist, psychologist, M.D.	612-625-7466	Provide assessment and diagnosis.
Sheila Merzer & Associates	Licensed psychologists	952-928-7811	Provide assessment and diagnosis.
Counseling Psychologists of Woodbury, P.A. Stacey Coyle, PsyD, LP Mitch Leppicello, MSW, LICSW Robin McLeod, PhD, LP	Psychologists	651-739-7539 7582 Currell Blvd, # 108 Woodbury, MN 55125 www.cpwmn.com	Assessment, therapy, social skills

Additional Service Providers

SS = Social Skills; FF = Fast ForWord; H₂O = Water Therapy; Tech = Assistive Technology Assessments; Sib = Sibling Workshops; CM = CogMed

Agency	SS	Dance	Writing	Yoga	FF	H ₂ O	Tech	Sib	CM	Address	Telephone and Website	Ages Served
Alexander Center	X									8455 Flying Cloud Dr Ste. 205 Eden Prairie, MN 55344	952-993-2498 http://www.parknicollet.com/SpecialtyCenters/Alexander-Center	3 and up
Arc Greater Twin Cities								X		2446 University Avenue W Suite 110 St. Paul, MN 55114	952-920-0855 www.arcgreatertwincities.org	5 to 18
Associated Speech & Language Specialists	X			X						561 W 7 th Street St. Paul, MN 55102	651-225-4558 www.associatedspeech.com	Up to 18
										1260 W County Rd E Arden Hills, MN 55112	651-639-0942 www.associatedspeech.com	Up to 18
										2385 Arrel St. N., Suite B Maplewood, MN 55109	651-773-3208 www.associatedspeech.com	Up to 18
										3001 Harbor Lane N Suite 120 Plymouth, MN 55447	763-551-3652 www.associatedspeech.com	Up to 18
Children's Theraplay	X									2399 Ariel St. N., Ste. A Maplewood, MN 55109	651-773-0354 www.childrenstheraplaymn.com	Up to 18
										3001 Harbor Lane N Suite 120 Plymouth, MN 55447	763-559-9077 www.childrenstheraplaymn.com	Up to 18
Courage Center			X		X	X				3915 Golden Valley Road Golden Valley, MN 55422 Plus Satellite Sites around the metro area	763-520-0520 www.courage.org	All ages
Expressions In Motion	X									2052 13 th Avenue W Shakopee, MN 55379 (Services provided in the home – serving SW Metro)	952-212-0385 www.expressionsinmotion.com	
Family Achievement Center	X		X		X	X	X			8320 City Centre Dr Suite G Woodbury, MN 55125	651-738-9888 www.familyachievement.com	All ages

Agency	SS	Dance	Writing	Yoga	FF	H ₂ O	Tech	Sib	CM	Address	Telephone and Website	Ages Served
Fraser	X							X	X	1801 American Boulevard E Bloomington, MN 55425 2829 Verndale Avenue, Suite 3 Anoka, MN 55303	612-767-7222 www.fraser.org	
Gillette Children's Specialty Healthcare – Also animal assisted tx						X	X			200 E University Avenue St. Paul, MN 55101 Additional clinics around the metro area	651-291-2848 800-719-4040 (toll-free) www.gillettechildrens.org	All ages
Gillette Lifetime Specialty Clinic St. Paul/Phalen						X	X			435 Phalen Boulevard St. Paul, MN 55130	651-636-9443 800-578-4266 (toll-free) www.gilltechchildrens.org	16+
Kenny Kids Allina Hospital/Clinics	X		X			X				3111 124 th Ave NW Coon Rapids, MN 55433	763-236-7337 www.sisterkennyinstitute.com	Up to 18
Kid Talk			X		X					1772 Steiger Lake Ln PO Box 34 Victoria, MN 55386	952-443-9888 www.kid-talk.com	Up to 18
North Memorial	X				X					Robbinsdale, Maple Grove and Elk River	763-520-5200 www.northmemorial.com	All ages
Therapy Junction						X				14130 23 RD Avenue North Plymouth, MN 55447	763-383-7666 www.therapyjunction.net	
The Therapy Place	X		X	X	X				X	900 W 94 th Street Bloomington, MN 55420	952-885-0418 www.thetherapyplace.net	
Therapy for Me!	X	X	X							Bryant Lake Business Center 7570 Market Drive Eden Prairie, MN 55344	952-944-0240 www.therapyforme.net	Up to 15
University of Minnesota Children's Hospital						X	X			Mayo Building 420 Delaware Street SE 4 th Floor, Room B417 Minneapolis, MN 55455	To schedule an appointment at any metro area clinic 612-273-2897 www.fairview.org	Up to 18
West Metro Learning Connections	X								X	355 2 nd Street Excelsior, MN 55331	952-474-0227 www.wmlearningconnections.com	4 to 30
Yoga Calm				X						1658 Lincoln Ave St. Paul, MN 55105	www.wingedheartyyoga.com	All ages
The Yoga Bridge				X							612-296-6449 www.wings-to-soar.com	

Advocacy and Support Services

Agency	Description	Service and Programs	Contact Information
Arc Greater Twin Cities	Arc is a non-profit, volunteer-driven organization which provides advocacy and support services for people who have developmental disabilities and their families.	<p>Information & Referral - Call to receive information about developmental disability issues on topics such as county services, school issues. One-to-One Advocacy – Individuals and families can use an individual advocate when they are not receiving appropriate services in the areas of education, health care, case management, etc.</p> <p>Family Support – Families are given information and assistance in accessing resources and supports to enhance the family's ability to meet the needs of the family member with a developmental disability.</p> <p>Leisure Advocacy and Support – An advocate can assist people who want to increase their knowledge of accessing the recreation and leisure activities in their community.</p> <p>Family-to-Family Network – Families who have members with developmental disabilities are matched with volunteer families who have had similar joys and concerns in raising a child with a developmental disability.</p> <p>Sibling Programs – Through games, activities and discussion, siblings learn about disabilities and explore their feelings about having a brother or sister with a disability.</p> <p>Advocacy Services – assistance accessing and planning services</p>	<p>Arc Greater Twin Cities 2446 University Ave. W., Suite 110 St. Paul, MN 55114 952-920-0855 www.arcgreatertwincities.org</p> <p>Wisconsin: 1-877- 272-8400 Toll Free www.arc-wisconsin.org</p> <p>Arc Minnesota http://www.thearcofminnesota.org/</p>
Autism Society of Minnesota	The Autism Society of Minnesota is a chapter of the Autism Society of America. It is a grassroots, membership organization developed by parents and professionals committed to improving the lives of people with autism.	<ul style="list-style-type: none"> • Information and referral services • Clearinghouse for national research and intervention strategies, including a quarterly review for professionals • Educational services (newsletter, workshops, lending library, etc.) • Discovery Series, classes for parents of children recently diagnosed • Advocacy/assistance to individuals with autism and their families • Summer Camps • SIBSHOP for siblings of children with autism • Annual Minnesota Autism Conference • Parent Support • Adolescents and Adults with Aspergers Support Groups 	<p>Autism Society of Minnesota 2380 Wycliff St., Suite 102 St. Paul, MN 55114-1146 651-647-1083 Fax: 651-642-1230 www.ausm.org</p>
Autism Society of Wisconsin	The mission of the Autism Society of Wisconsin is to improve the lives of all affected by autism in Wisconsin.	ASW is continuing to look forward to provide increased support and information to the autism community in Wisconsin. ASW sponsors an annual conference, a free quarterly newsletter, maintains a Wisconsin directory of people offering information/assistance, and provides information and referral. Currently there are local chapters in Appleton, Chippewa Valley, Green Bay, Madison, Milwaukee, Wausau and the Two Rivers/Manitowoc areas. The Autism Society of Wisconsin office is located in Two Rivers. The Milwaukee area chapter also maintains an office.	<p>Autism Society of Wisconsin P.O. Box 165 Two Rivers, WI 54241 920-553-0278 1-888-428-8476 www.asw4autism.org</p>

Agency	Description	Service and Programs	Contact Information
Autismlink	Networking Web site for families and professionals	Chatroom, mentor program, services search	www.autismlink.com
BEAT MN	Networking link for parents interested in biological treatment options	<ul style="list-style-type: none"> Email 	beatmn@yahoo.com 651-275-1463
Disability Linkage Line	Minnesota's connection to disability-related information and assistance	Assistance with employment, disability benefits, housing and adult foster care, PCA, transportation, assistive technology and more	1-866-333-2466 (MN Relay 711) www.minnesotahelp.info
Fraser®	Nonprofit organization serving children and adults with special needs through comprehensive education, healthcare and housing services. Fraser provides direct services, information and support. See Resource Sheet L for information.	<ul style="list-style-type: none"> Parent Support Group for families of children with ASD. Family Intervention: Parent/child guided interaction providing support for individual families. Family Skills Training: In-home service to provide resources and support within home/community setting. Sibling support: Private sessions for siblings of children with a developmental disorder Trainings for parents and professionals Transition Services 	Fraser 612-767-7222 www.fraser.org
Minnesota Disability Law Center (MDLC)	MDLC serves the state of Minnesota and addresses the unique legal needs of persons with disabilities. MDLC has been designated as the state's protection and advocacy system for persons with disabilities and receives federal funds for that purpose.	Legal Advocacy for Persons with Developmental Disabilities in Minnesota (DDA) – serves persons with developmental disabilities with onset of disability prior to age 22. DDA provides advice and legal representation on disability related matters such as special education, day training and habilitation services, county case management, discrimination, social services and Medical Assistance. Services are provided at no cost to the individual. There are no income guidelines.	Minnesota Disability Law Center Minneapolis Office 300 Kickemick Bldg. 430 First Ave. N. Minneapolis, MN 55401-1780 612-332-1441 www.mndlc.org
Minnesota Special Education Mediation Service (MNSEMS)	Conflict resolution assistance for students, schools, parents and agencies	Facilitated IEP meetings keeping the focus on the process of developing an acceptable IEP and resolving any conflicts. Issues typically resolved in mediation include: identification, assessment and placement; program content, location and transportation; early childhood special needs; 504 accommodations/modifications; transition from high school	651-582-8222 1-866-4MNSEMS (toll free) http://education.state.mn.us/MDE/SchSup/ComplAssist/AltDispRes/index.html
Mothers United for Moral Support, Inc. (MUMS)	Informational newsletter and support for families of children with rare disorders or special needs.	MUMS has a matching program to connect families with other families with similar experiences.	MUMS, C/O Julie Gordon, 150 Custer Court, Green Bay, WI 54301 www.netnet.net/mums
Mount Olivet Rolling Acres Metro Crisis Coordination Program	Provides trainings for staff and parent support groups	Some common training topics: Why Behaviors Happen, Obstacles to Positive Behaviors, Effects of Grief and Loss in People with Developmental Disabilities, The Impact of Medical Complications on Problematic Behaviors, De-escalating Problem Behaviors	6001 Lyndale Ave S Minneapolis, MN 55419 612-869-6811 www.MetroCrisis.org
National Alliance on Mental Illness (NAMI)	Support and advocacy for families experiencing mental illness.	Support, advocacy, classes/education, publications and involvement at the legislative level.	http://www.namihelps.org/ 651-645-2948

Agency	Description	Service and Programs	Contact Information
Office of the Ombudsman for Mental Health and Mental Retardation	Independent state agency promoting the highest attainable standards of treatment, competence, efficiency and justice...for persons receiving services	You may call with: concerns or complaints about services, questions about rights, grievances, access to appropriate services, ideas for making services better, general questions or information concerning services for persons with mental disabilities. The Office tries to resolve concerns or complaints in a way that improves the quality of care clients receive.	Statewide: 651-296-3848 Anoka County 763-712-4249 www.ombudmhmr.state.mn.us
PACER Center	State-wide nonprofit organization that serves families of children and adults with disabilities. PACER's programs help parents become informed and effective representatives for their children.	Parents Helping Parents Program – Provides workshops, individual assistance and written materials to families of children and young adults with disabilities. Topics include special education, communication skills, transition and other topical issues. Project PRIDE – Informs and trains persons with disabilities, their family members, advocates and professionals about how to apply the newly amended Rehabilitation Act, state rules, and other legislation such as the ADA and Centers for Independent Living, to meet their transition, vocational and rehabilitation needs. PACER publishes three free newsletters, edits two electronic bulletins, maintains a catalog of publications and publishes <i>An Early Childhood Guidebook for Families of Young Children</i> , outlining the laws mandating early childhood services.	PACER CENTER 8161 Normandale Blvd. Minneapolis, MN 55437-1044 952-838-9000 Electronic Bulletin Boards: SpecialNet ADA.INDEPENDENT www.pacer.org
Pride Institute	Chemical dependency and mental health support for the LGBT community.	Supportive residential and outpatient programs and case management for the LGBT population and their support systems.	800-547-7433 http://pride-institute.com/
University of Minnesota Disability Services	Ensures barrier free access to employment, courses, facilities and activities for U of MN students. Offers a Disabled Student Cultural Center for connection, and success.	<ul style="list-style-type: none"> • Access and accommodation • Course assistance • Career Development • Mentorship and Networking • Social engagement 	University of Minnesota McNamara Alumni Center 200 Oak Street SE, Suite 180 Minneapolis, MN 55455 612-626-1333 http://ds.umn.edu
West Central Industries (serving Swift, Kandiyohi, Renville and Meeker Counties)	The Resource Center Program connects people to resources	<ul style="list-style-type: none"> • Resource information and access • Scholarship funding 	320-235-5310 www.westcentralindustries.com/trcp

Transition Planning

For families who have a child with a disability it is especially critical to begin preparing early for their child's transition to adult life.

Transition planning officially begins in the 9th grade and is defined as “a coordinated set of activities for a child with a disability that is designed to be within a results-oriented process, that is focused on improving the academic and functional achievement of the child to facilitate the child's movement from school to post-school activities including postsecondary education, vocational education, integrated employment, continuing adult education, adult services, independent living, or community participation.”

The information below is an overview of Transition planning, the school's role in the process, postsecondary considerations and employment.

Agency/Entity	Description	Service or Resource	Contact Information
ARC Greater Twin Cities	Information assistance for services and contact information, including Transition services Lifetime Assistance Program	Callers may be referred to a specific program representative. Life time assistance program combines long-term legal and financial planning with personalized support to achieve lifelong quality of life for a family member with an intellectual or developmental disability.	www.arcgreatertwincities.org (952) 920-085
Autism Society of Minnesota	The Discovery Series	The AuSM Discovery Series is designed for parents, family members, relatives, and caregivers of individuals who are newly diagnosed with autism spectrum disorder. Topics are tailored to meet specific needs on the spectrum, and participants come away with practical strategies and suggestions to help guide their journey through the age-specific stages of life.	www.ausm.org/educationServices/adolescentDiscoverySeries.asp (651) 647-1083
Fraser	Adolescent & Young Adult Groups, Transition Consultations, Intake Assessments for Employment, Employment Consultations, Courses and 1:1 Support, Parent Networking Groups, Transition workshops, Discovery Process	Skills group focus on social skills, transitions skills, & daily living skills; Transition consultations address considerations for future planning; parent networking groups are designed to facilitate networking, problem solving and resource sharing. Workshop series with a focus on school, employment, residential options, community engagement and post-secondary education.	www.fraser.org (612) 331-9413

Agency/Entity	Description	Service or Resource	Contact Information
Pacer Center	Transition advocacy, education, and resource Sharing	Seminars Policy Briefs Fact Sheets Press Releases Coaching Advocacy Support	www.pacer.org (952) 838-9000
Metropolitan Center for Independent Living (MCIL)	Individual-centered advocacy and services.	Independent living skills, advocacy, classes, groups and peer mentoring.	http://www.mcil-mn.org/jupgrade/
Autism Speaks	Transition Toolkit	Directory and resource guide for Transition Services organized by state.	www.autismspeaks.org/community/family_services/transition.php
Guiding Your Teenager with Special Needs through the Transition from School to Adult Life	Tools for Parents	By Mary Korpi	www.amazon.com/Guiding-Teenager-Special-Through-Transition/dp/1843108747
Life's Journey Through Autism, A Guide for Transition to Adulthood	Online resource for Transition	From the Organization for Autism Research, Southwest Autism Research and Resource Center and Danya International, Inc.	www.researchautism.org/resources/reading/documents/transition_guide.pdf
Transition to Adulthood	Guidelines for Individuals with Autism Spectrum Disorders	Ohio Autism Task Force with the support of the Ohio Center for Autism and Low Incidence (OCALI) Transition to Community Task Force	www.umcard.org/files/Trans_Guide_5.pdf
Courage Center Drivers Services	Driver assessment and training.	Specialized training including use of adaptive vehicles.	http://www.couragecenter.org/ReviewPages/drivers.aspx 763-520-0425

Community Living, Social/Recreational Resources

Community Bridge Consortium
Programs for Adults with DD
Independent School District 622
2520 E 12th Avenue
North St Paul, MN 55109
651-748-7437

<http://www.isd622.org/22552042812182360/site/default.asp>

Erik's Ranch and Retreats
Therapeutic Riding and Game Farm
7712 Gleason Road
Edina, MN 55439
612-222-9665
www.eriksranch.org

Heartbeat Studios
Relax and Move with ASD
7661 West 145th Street
Apple Valley, MN, 55124
952.432.7833
<http://www.heartbeat-studios.com/>

Highland Friendship Club
PO Box 16437
St Paul, MN 55116
651-698-4096
www.highlandfriendshipclub.org

LINKS: A Place for Teens and Adults with Neurobiological
Disorders to Go and Socialize
Busse & Reid, LLC.
bussereid@gmail.com

Majestic Hills Ranch
Therapeutic horseback riding for ages 2-18
Vicki Benson
24580 Dakota Avenue
Lakeville, MN 55044
952-888-6077
<http://majestichillsranch.com>

Mind Body Solutions
Adaptive Yoga
Minnetonka, Golden Valley, Minneapolis
952-473-3700 (voicemail)
info@mindbodysolutions.org

Minnesota Asperger's/HFA Game Club
Games and social skills ages 9-16
PO Box 18432
West St Paul, MN 55118
651.552.7381

Peerly Social
www.peerlysocial.org

Theaters at Mall of America
Free Sensory Friendly Films
Saturdays at 10:00 am
<http://www.theatresmoa.com/promotions-packages/#FFF>

West Metro Learning Connection
Social skills and friend groups
355 2nd Street
Excelsior, MN 55331
952.474.0227
<http://www.wmlc.biz/>

Zero Gravity Trampoline Park
2292 Woodale Drive
Mounds View, MN 55112
763-231-3033
<http://zerogravitymn.com>

Minnesota Special Hockey
www.mnspecialhockey.org
612-581-4483

Camps

Avanti - Camp Icaghowan
Sensory Integration Summer Camp
2495 Maplewood Drive, Suite 313
Maplewood, MN 55109
info@CampAvanti.com

Autism Society of Minnesota
651-647-1083
<http://www.ausm.org/ausm-summer-camps.html>

Connections: Social Skills Camp
camp is in Eden Prairie, for ages up to 14
Mailing Address: 4720 Nicollet Ave. #1, Minneapolis 55419
www.socialskillscamp.org
952-237-2006

Employment

We all yearn to have a place in our communities where we feel valued, can contribute, and earn a living. Employment readiness is an important step to be prepared for employment.. It involves information gathering, assessments, volunteer opportunities, internships, job sampling, and job matching.

There are several employment options for individuals living with disabilities. Individuals can move from one type of employment to another.

Employment Type	Features
<i>Competitive Employment</i>	A full-time or part-time job with market wages and responsibilities is considered competitive. Usually, no long-term support is provided to the employee to help him learn the job or continue to perform his job.
<i>Supported Employment</i>	Individuals work in competitive jobs but receive ongoing support services while on the job. The support is provided as long as the person holds the job, although the amount of supervision may be reduced over time as the person learns to do the job more independently. Supported employment, in whatever form it takes, can be funded through state developmental disabilities or vocational rehabilitation agencies, but families will have to advocate strongly that: (1) supported employment, definition and statute, is intended for people with significant disabilities; and (2) individuals with disabilities can, in fact, work if given the proper support, training, and attention to job match characteristics.
<i>Customized Employment</i>	Involves finding creative ways to identify employment using the strengths and abilities of the individuals with significant disabilities by actively negotiating job tasks or duties with businesses (Autism and the Transition to Adulthood, Wehman Smith, Schall). This avenue of customized employment establishes a unique relationship with the employee, in that it enables both parties to get as much from the relationship as possible. Customized employment is similar to supported employment in that it requires learning about the individual and understanding his or her strengths and support needs. In a customized employment situation, however, the job and job description are uniquely created for the individual at hand.
<i>Self-Employment</i>	Involves matching an individual's interest and strengths to a product or service that could provide income. For some this can increase the opportunity to tailor the work environment to the needs of the individual, and tailor the job or a portion of the job to the strengths of the individual.
<i>Secured or Segregated Employment</i>	Individuals with disabilities work in self-contained units and are not integrated with workers without disabilities. This type of employment is generally supported by a combination of federal and/or state funds. Some typical tasks include collating, assembling, or packaging. While such programs remain available, critics argue that the sheltered workshop system is more often geared toward the fostering of dependence within a tightly supervised, non-therapeutic environment than toward encouraging independence in the community at large.
<i>Sheltered Employment</i>	Involves programs in a protected environment that provide training and services that will assist adults with disabilities in developing life skills as well as educational and pre-vocational skills.

From "Life Journey Through Autism: A Guide for Transition to Adulthood, Organization for Autism Research, Southwest Autism Research and Resource Center and Danya International, Inc.

Employment Resource	Description	Contact
Vocational Rehabilitation: <i>-Positively Minnesota and - Pathways to Employment</i>	<p>The Minnesota Department of Employment and Economic Development (DEED) is the state's principal economic development agency. DEED programs promote business recruitment, expansion, and retention; international trade; workforce development; and community development.</p> <p>Provides a global list of employment specialists and resources</p>	<p>http://www.positivelyminnesota.com</p> <p>http://www.positivelyminnesota.com/All_Programs_Services/Pathways_to_Employment/</p>
*Project C3 Connecting Youth to Communities and Careers	<p>Project C3: Connecting Youth to Communities and Careers is a partnership among several Minnesota state agencies and PACER Center, a Parent Training and Information center serving Minnesota families of children and youth with disabilities. Partners include the Minnesota Department of Employment and Economic Development's (DEED) Vocational Rehabilitation program and Minnesota Department of Education. Administrative support provided by DEED's Office of Youth Development. These organizations have partnered with various entities, such as Workforce Centers, and several high schools in Minnesota to provide internships to help local youth learn, earn, and participate in community activities.</p>	http://www.c3online.org
*Minnesota's ISEEK	<p>ISEEK makes it easier for Minnesotans to research, organize, and understand successful pathways to the hottest careers, best education, and perfect jobs.</p>	http://www.iseek.org/careers/index.html
Job Accommodation Network	<p>Information on workplace accommodations and legislative information about the Americans with Disabilities Act (ADA). Publications, resources, and a searchable accommodations database.</p>	http://askjan.org/
JobTIPS	<p>JobTIPS is a free program designed to help individuals with disabilities such as autism spectrum disorder explore career interests, seek and obtain employment, and successfully maintain employment. JobTIPS addresses the social and behavioral differences that might make identifying, obtaining, and keeping a job more difficult for you.</p> <p>Though JobTIPS is designed for direct use by individuals with autism and other disabilities, this program (including all of the printables, assessments, and videos) is also suitable for delivery by teachers, family members, clinicians, mentors, and job coaches.</p> <p>http://www.do2learn.com/JobTIPS/index.html</p>	http://www.do2learn.com/JobTIPS/
*Career OneStop	<p>Your pathway to career success.</p> <p>Tools to help job seekers, students, businesses, and career professionals. Sponsored by the U.S. Department of Labor.</p>	http://www.careeronestop.org

Employment Resource	Description	Contact
ODEP Office of Disability Employment Policy	Tips on How Parents Can Put Their Children with Disabilities on the Path to Future Employment.	http://www.dol.gov/odep/pubs/fact/parenttips.htm
National Collaboration on Workforce and Disability for Youth	Guideposts for Success: http://www.ncwd-youth.info/resources_&_Pulications/guideposts/index.html The 411 on Disability Disclosure: A Workbook for Youth with Disabilities: http://www.ncwd-youth.info/assets/guides/411/411_Disability_Disclosure_complete.pdf	
eFolio Minnesota	Achieve your education and career objectives with a personal electronic portfolio from eFolio Minnesota. Digitally document and share your education, employment history, activities, and goals with whomever you choose whenever you want.	http://www.efoliomn.com
Employment First Coalition	APSE is committed to Supported Employment and improving the quality of life of people with disabilities. In order to improve services and make them available to an increasing number of people who want or need job support, APSE provides technical assistance and education to people involved with Supported Employment, encourages service delivery based on sound values and ethics, and is actively involved in legislative and policy change for Supported Employment. To accomplish these goals, APSE was formed to provide a strong partnership with others who share this dedication to Supported Employment.	http://www.mnapse.org/employment-first
Minnesota Employment Training Assistance Center (MNTAT)	Bob Niemic, Director: The mission of MNTAT is to design and broker state of the art person-centered employment training and technical assistance to increase the participation of all Minnesotans, especially people with disabilities, in the workforce.	www.mntat.org
Minnesota WorkForce Center	Online resume and job matching system, and a staffed resource area with computers, internet access, fax and printing, and job-search resources.	www.MinnesotaWorks.net
Disability Benefits 101	This website provides tools and information on health coverage benefits and employment	www.db101.org
Goodwill Work Incentives Connection	Free informational meetings about Social Security disability benefits, how work impacts these benefits, reporting earnings and maintaining a good work record.	http://www.mnworkincentives.com/ 651-632-5113 Register at 1-800-976-6728,ext 5

Employment Resource	Description	Contact
Autism Speaks Tool Kit	Downloadable Employment Tool Kit	http://www.autismspeaks.org/family-services/tool-kits/employment

Post-Secondary Educational Opportunities

The process of choosing a school and applying can be overwhelming and most students need support. If the student has an IEP or 504 Plan, or otherwise needs accommodations, contact the campus Office of Disability Support Services. Given schools are diverse, learn about services, support programs, and accommodations available prior to applying. Schools are required to give equal access, but students are required to master content and skills. Schools are not required to provide remedial education.

There are several ways schools can provide equal access: They can alter **presentation** by using large print, a reader, CD/DVD test or fewer items per page. They can offer options for **responding** by offer computers, verbal dictation or answers on a test booklet. **Timing & scheduling** can accommodate a need for extended time, multiple days and breaks. Or the **setting** can accommodate the need for small group testing, private rooms, alternative test sites or low lights.

Considerations: IEP or 504 Plans do not guarantee automatic services or accommodations. The student is responsible for the application and documentation process. Be aware of documentation requirements for each test or school, including deadlines. Utilize the high school counselors for supporting documentation and history of disability, its adverse effects compared to the general population and **apply early**, allow time for the appeals process.

Program	Description	Services	Contact Information
College Coach	Excellence in Educational Advising	Online coaching	www.getintocollege.com
<i>Free Appropriate Public Education for Students with Disabilities</i>	<i>Requirements Under Section 504 if the Rehabilitation Act of 1973</i>	Online resource	www2.ed.gov/about/offices/list/ocr/docs/edlite-FAPE504.html
<i>Life After High School</i>	<i>A Guide for Students with Disabilities and Their Families</i> by Susan Yellin & Christina Bertsch	Book	www.jkp.com
<i>The Health Resource Center at the National Youth Transition Center</i>	Clearinghouse on Post-Secondary Education for individual with Disabilities	Online resource	www.health.gwu.edu
<i>Think College!</i>	College Options for People with intellectual Disabilities	Online resource	www.thinkcollege.net
<i>Understanding Asperger's Syndrome: A Professor's Guide</i>	Online series		www.researchautism.org/resources/AspergerDVDSeries.asp

Program	Description	Services	Contact Information
Udacity	Free higher education	Online resource	http://www.udacity.com/
College Prep/ICI	College readiness support and advocacy for high school and transition age students.	ici.umn.edu/collegeprep Joe Timmons, 612-624-5659	College Prep/ICI
Think College	Resources for preparing for college options	Online resources	http://www.thinkcollege.net/
Autism Speaks Toolkit	Postsecondary Educational Opportunities Guide	Downloadable tool kit	http://www.autismspeaks.org/family-services/tool-kits/postsecondary

Educational Planning Goals

Timeline	Goal
By 9 th Grade	The IEP should initiate the plans for career exploration and vocational preparation, student begins participation in the IEP meetings, if not already participating.
By the end of the Sophomore year	The IEP should contain plans for conducting a Functional Vocational Assessment which will identify specific areas of strength and growth in successfully performing a variety of vocational tasks across different settings.
By the end of the Sophomore year	The IEP should include plans for career exploration including such activities as job shadowing, job sampling and/or internships.
At the beginning of the Junior year	Apply for Vocational Rehabilitation Services, and if eligible, request a technical consultation with a VR counselor.
By Senior year	<p>The IEP should have specific employment goals, including vocational training, internships, employment development and/or job search. Examples include:</p> <ul style="list-style-type: none"> • Student will attend postsecondary options fairs, events and group sessions provided by schools, businesses and county agencies. • Students will define interests and abilities related to potential career and job opportunities • Students will complete a career portfolio to compile all vocational-related materials. • Student will describe the accommodations/modifications available to them in post-secondary settings. • Students will practice needed post-secondary education strategies activities.

Housing Goals

Agency/Entity	Description	Service or Resource	Contact Information
Fraser Supportive Living	Supported Apartment Living	An option for individuals who want to live more independently in the community, rather than with a parent or guardian, but who do not have adequate funding or a preference for traditional group home options. Services may be delivered to an individual co-leasing an apartment or town home with Fraser, or to an individual living in their own home.	Robyn Frechette
Fraser Independent Living	Independent Apartment Living	Apartment buildings designed for adults with developmental disabilities who can live independently with minimal support.	612-869-3124 or 952-470-5063 http://www.fraser.org/Our-Services/Housing/Independent-Living
Fraser Residential Living	4 person homes	Homes for adolescents and adults with disabilities and provides services to address the developmental, health, safety and social needs of each person living here.	612-767-7205 http://www.fraser.org/Our-Services/Housing/Residential-Living
Children's Law Center of Minnesota	Resources for Youth Experiencing Homelessness	Comprehensive housing and service resource guide for youth experiencing homelessness or who are at risk of homelessness.	http://www.clcmn.org/news-events/resources-for-youth-experiencing-homelessness
Fraser Supportive Living	Home and Community-Based Support Services	Services for individuals co-leasing apartments with Fraser, or living in their own home. Roommate opportunities are also available.	Independent Living: Tina Berndt 952-470-5063, tina.berndt@fraser.org Supportive Living: Jessica Enneking 612-767-5166, Jessica.Enneking@fraser.org Residential Living: Lisa Zaspel 612-767-7206, lisazaspel@fraser.org
The Link	Multi-faceted permanent supportive housing options	Housing, individualized case management, school/GED completion support, employment, healthcare and independent living coaching to homeless youth and young adults.	612-871-0748 info@thelinkadmin.org
FindMyRoommate	Housing choice and resource sharing for people with disabilities	Online matching service for people with disabilities who are looking for roommates with whom to share housing and companionship, and possibly paid services and natural supports.	http://www.findmyroommate.org/
HousingLink	Subsidized housing in metro area and greater Minnesota.	Online search for housing for various income and need levels. Additional link to support for finding accessible housing.	http://www.housinglink.org/Home.aspx http://accessiblehomesllc.com/
Erik's Ranch and Retreats	Living, working and social in an urban retreat setting.	Residents are provided housing, jobs, recreation and community participation.	www.eriksranch.org 612-222-9665

Life Planning, Attorneys, Guardianship, Conservatorship and Trust Funds

Life Planning for Families of Children with Disabilities

There are many significant issues for which families of individuals with disabilities need to be very planful. You may have already experienced some anxious moments wondering what will happen if you become incapacitated or predecease your child with a disability. It's during these kinds of moments when you have undoubtedly asked yourself many questions including, *"How will people know what to do for my child when I'm gone?"*

As you consider these issues, it is important to seek the advice of professionals with expertise in the areas of law, financial planning and life planning. Trusted professionals can provide you with direction in the effective use of wills & trusts, the naming of successors, the establishment of guardianships, and the qualification for government benefit programs.

At Fraser, we periodically offer a seminar entitled *Life Planning for Families of Children with Disabilities* where we address these issues. Although we do not endorse planning firms or legal professionals, we have compiled a list (see below) of professional resources from which you may choose to seek advice.

What is guardianship?

A legal arrangement under which a court appointed guardian has the legal right and duty to care for another person, the ward, because of the ward's inability to legally act on his or her own behalf due to minority or mental or physical incapacity.

What is conservatorship?

A conservatorship is similar to a guardianship except that the conservator who has been appointed by the court has powers and duties over the incapacitated person's estate.

Who are wards?

Wards are minors or incapacitated adults that have a court appointed guardian, lacking sufficient understanding or capacity to make or communicate responsible personal decisions and who have an inability to meet personal needs for medical care, nutrition, clothing, shelter or safety.

Who are protected persons?

Protected persons are those individuals who have had conservators appointed for them because they lack similar capacity and have demonstrated an inability to make decisions regarding their estate or financial affairs. See www.courts.state.mn.us/district/4/?page=452

Power of Attorney

The interests of a person with a disability oftentimes are well served through the creation of a power of attorney. There are two types of powers of attorney for persons with a disability. The durable power of attorney for health care authorizes another individual to make medical decisions for the person with a disability in certain situations. A financial power of attorney designates a person to deal with the financial and business interests of a person with a disability. Creating and implementing a power of attorney is not a complicated process.

Estate Planning and Guardianship Referral Contact Information

Rebecca Levine	Rebecca Levine Law P.L.L.C.	7301 Metro Blvd; Ste 630 Edina, MN 55439	952-920-8444
Jennifer Anderson	Thiel, Campbell, Gunderson and Anderson, P.L.L.P.	7301 Metro Blvd; Ste 630 Edina, MN 55439	952-920-8448
Craig Goldman	Goldman Law Office	7760 France Ave South; St 1100 Edina, MN 55435	952-886-7205
David Schwandt	PlanViser Financial	1221 Nicollet Mall; Ste 400 Minneapolis, MN 55403	612-436-3755
Melissa Morris	Minneapolis Financial	901 Marquette Avenue; Ste 2600 Minneapolis, MN 55402	612-492-9354

Financial Planning and Trust Management Referral Contact Information

Jeff Jarnes	Fortune Financial	10261 Yellow Circle Drive Minnetonka, MN 55343	952-908-2525
David Schwandt	PlanViser Financial	1221 Nicollet Mall; Ste 400 Minneapolis, MN 55403	612-436-3755
Melissa Morris	Minneapolis Financial	901 Marquette Avenue; Ste 2600 Minneapolis, MN 55402	612-492-9354
Andrew I. King Andrew.I.King@nmfn.com	Northwestern Mutual Financial Network www.nmfn.com	100 Washington Square; Ste. 1200 Minneapolis, MN 55401	612-758-7643
Daniel C. Lodahl	First Fiduciary Corporation	PO Box 21385, St. Paul, MN 55121	651-452-1512
Marcus A. Hubers, CFP®	Ameriprise Financial Services, Inc.	715 Old Highway 8 NW New Brighton, MN 55112	651-635-1715 www.ameripriseadvisors.com/marcus.a.hubers

Guardianship and Conservatorship Professionals

Some may accept payment of In Forma Pauperis (fees paid by the county).

Professionals	Address	Phone	Counties Served	Guardianship	Conservatorship	Special Needs Trust
Carol K. Beaulieu	Creekside Properties 7101 Highway 65 #4 Fridley, MN 55432	763-572-0346	Anoka County	X	X	
Linda Bogut	3300 17 th Ave. S. Minneapolis, MN 55407	612-721-7601	Metro Area Counties	X	X	

Professionals	Address	Phone	Counties Served	Guardianship	Conservatorship	Special Needs Trust
Sweeny Borer & Sweeny	386 Wabasha St N Ste 1200 Saint Paul, MN 55102	651-222-2541	Metro Area Counties	X	X	
Alan Thiel Jennifer Anderson Rebecca Levine	7300 Metro Boulevard, Suite 630 Edina, MN 55439 www.lawyers.com/tcglaw/index.jsp	952-920-8444	Metro Area Counties	X	X	X
Lori Guzman Guzman Law Firm, PA	14847 Energy Way Apple Valley, MN 55124	952-432-0648	Metro counties plus Wright, Sherburne and Isanti counties	X	X	X
Life Planning for Persons with Disabilities – Daryll Stenberg	Box 1005 Howard Lake MN 55349 www.disabilityplanning.info/SNT.html	800-487-5310	Metro Area Counties	X	X	X
Lutheran Social Services of Minnesota	2485 Como Avenue St. Paul, MN 55108 www.lssmn.org	651-642-5990	Statewide services			X
Minnesota Disability Law Center	430 First Avenue North Suite 300 Minneapolis, MN 55401	612-334-5970 800-292-4150 TTY: 612-332-4668	Statewide services	X	X	X
Robert Paule	3001 Hennepin Avenue South Suite 309B Minneapolis, MN 55408	612-332-1733	Criminal attorney familiar with ASD			
Disability Specialist, Inc.	9558 Ashawa Road Cook, MN 55723 www.disabilityspecialist.net	1-800-642- 6393	RSDI and SSI claims representatives			
Storey Law Offices	277 Coon Rapids Blvd, Suite 310 Coon Rapids, MN 55433 www.lawyers.com/jeffstoreylaw	763-786-7707	Anoka County	X	X	X
Community Action Partnership of Suburban Hennepin County in Collaboration with Volunteer Lawyers Network	CAPSH 8800 Highway 7, Suite 400 St. Louis Park, MN (Hold monthly legal services clinics)	952-697-1333	Hennepin			

Financial and Medical Assistance

Source	Description	Benefit	Eligibility	Contact/application process
Private Insurance	Coverage received as benefit of employment. Private insurance always acts as the primary funding source.	Benefits vary based on the plan. Refer to provider for details.	Eligibility is dependent on group coverage. Refer to provider for details.	Contact your employer's human resource department or call the number on the back of the insurance card.
SSI	Monthly income individuals with a disability	Maximum benefit amount is \$500 per month.	<ul style="list-style-type: none"> Disability must be medically verified and result in major limitations in two broad areas of functioning or extreme limitations in one area of functioning. Condition must last or be expected to last at least 12 months or be expected to result in death. Family income guidelines must be met. Family assets are considered Usually if a child is eligible for AFDC/TANF, he/she would be eligible for SSI, but cannot receive both. Family chooses the best option. 	<ul style="list-style-type: none"> Call the Social Security Administration at 1-800-772-1213 (voice) or 1-800-325-0778 (TDD) Process may take 3-4 months but eligibility goes back to the date of application. Families should start the application process even if all the information is not available (e.g. doctor reports) For help with application, Hennepin County, 612-596-1188, 612-348-8458 Anoka County, 763-422-6941 Statewide, 1-800-772-1213 Web site: www.ssa.gov/notices/supplemental-security-income
TEFRA Option under Medical Assistance (MA) for persons under age 18	Medical Assistance coverage for your child with disability residing at home. Eligibility is based only on your child's income and assets.	<p>Examples of covered expenses:</p> <ul style="list-style-type: none"> inpatient/outpatient care medical transportation prescribed drugs therapies prosthetic devices eyeglasses audiology dental care laboratory and X-ray health insurance premiums home health ordered by physician: private nursing, PCA, medical supplies and equipment, diapers for children over 4. hospice care 	<p>Eligibility criteria used is the same as SSI.</p> <ul style="list-style-type: none"> The level of care needed must be similar but cannot exceed what would be provided in a medical facility. Parent's income is used to determine a monthly fee amount that is applied toward the cost of MA and county services. A worksheet is available to estimate the parent fee. If fees go over the actual cost of services, they are applied toward the next year's parent fee. 	<p>In Hennepin County, call 612-348-4111 and ask for the "Tefra Option." In Hennepin County, to get a parental fee estimate call 651-431-3806. Have your adjusted gross income from last taxes filed and the number of people living in your home. Eligibility can go back three months prior to application to cover unpaid medical bills In Anoka County 763-717-7730 Web site: www.dhs.state.mn.us/healthcare/programs/TEFRA.htm</p> <p>TEFRA screening number: 763-717-7782</p>

Source	Description	Benefit	Eligibility	Contact/application process
Medical Assistance (MA)	Medical Assistance for your child/family based on your family's income.	<p>Covered expenses are the same as TEFRA. Examples of covered expenses:</p> <ul style="list-style-type: none"> • inpatient/outpatient care • medical transportation • prescribed drugs • therapies • prosthetic devices • eyeglasses • audiology • dental care • laboratory and X-ray • health insurance premiums • home health ordered by physician such as private nursing, PCA, medical supplies and equipment, diapers for children over 4. • hospice care 	<p>Families complete an MA application to determine eligibility. If your child is eligible for SSI he/she is also eligible for MA.</p> <p>Families who are eligible for MA may also be eligible for WIC, but families need to complete separate WIC application.</p>	<p>To apply or for more information: Hennepin County 612-348-4111 Anoka County 763-717-7730 Web site: www.dhs.state.mn.us/healthcare/programs/medicalassistance.htm</p>
Minnesota Children with Special Health Needs (MCSHN)	People with limited English proficiency can now use the Minnesota Department of Human Services' multilingual telephone service numbers to access early childhood programs and services.	DHS multilingual telephone referral lines operate in 10 languages -- Arabic, Hmong, Khmer (Cambodian), Lao, Oromo, Russian, Serbo-Croatian (Bosnian), Somali, Spanish, Vietnamese -- and are owned by DHS and operated by contracted vendors. People who speak little or no English can reach someone who speaks their language (live or voice mail) and be referred to the appropriate state or county human services provider. There is no cost to use these lines.	<p>DHS Multilingual Referral Lines</p> <p>Arabic - (800) 358-0377 Hmong - (888) 486-8377 Khmer (Cambodian) - (888) 468-3787 Lao - (888) 487-8251 Oromo - (888) 234-3798 Russian - (888) 562-5877 Serbo-Croatian (Bosnian) - (888) 234-3785 Somali - (888) 547-8829 Spanish - (888) 428-3438 Vietnamese - (888) 554-8759</p>	<p>651-201-3650 1-800-728-5420 TTY: 1-800-627-3529 mcshnweb@health.state.mn.us</p> <p>Or write: Minnesota Children with Special Health Needs MN Department of Health 85 E. 7th Place P.O. Box 64882 St. Paul, MN 55164-0882</p> <p>Web site: www.health.state.mn.us/divs/fh/mcshn/mcshn.html</p>

Health Care Agencies and Providers

Day Treatment

Agency – Day Treatment	Services/Programs	Contact Information
Fraser	Includes one-to-one treatment sessions and group interventions in a therapeutic setting. Psychology, occupational therapy, speech therapy and music therapy are integral components of the program. Separate programs are available for middle and high school students with Aspergers.	Fraser www.Fraser.org 612-767-7222

Behavioral Training

Agency – Behavioral Training	Services/Programs	Contact Information
Autism Matters		www.autismmatters.net Autism Matters, Inc. Ph: 952-544-0372
Behavioral Dimensions Inc.	Provides short and long-term consultation, counseling and therapy, IBI- intense behavioral intervention.	7010 Highway 7 St. Louis Park, MN 55426 952-814-0207 www.behavioraldimensions.com
Behavioral Therapy Solutions of MN	Evaluations, in-home ABA	710 Commerce Drive, Ste. 120 Woodbury, MN 55125 651-328-6284 www.btsofmn.com
Brih Design, LLC	Brih Design is a small, private consulting firm. They provide support and services to people who exhibit difficult (to manage) behaviors.	3300 County Rd. 10, Ste. 518F Brooklyn Center, MN 55429 763-560-1614 info@brihdesign.com www.brihdesign.com
Fraser	Mental health practitioners provide short-term family, group or individual skills training. Behavioral aides work one-on-one with a child to improve skills and implement individual behavior plan goals. This helps to replace inappropriate skills with developmentally and therapeutically appropriate daily-living, social and recreational skills. Behavioral interventions vary in terms of intensity, frequency and setting depending on individual needs.	612-331-9413 www.fraser.org
Holland Center	Center-base verbal behavioral intervention program. Also has a focus on gluten-free/casein-free diet.	10273 Yellow Circle Dr. Minnetonka, MN 55343 952-401-9359 www.hollandcenter.com
Lovaas Institute for Early Intervention (LIFE) Midwest, Inc.	Home-based ABA intervention program. Clinical Director: Eric Larsson, PhD	LIFE Midwest Treatment Headquarters 2925 Dean Pkwy., Suite 300 Minneapolis, MN 55416 612- 925-8365 www.lovaas.com

Agency – Behavioral Training	Services/Programs	Contact Information
Metro Friendship Foundation	Scholarships for social skills education for individuals on the autism spectrum in the metro area.	http://www.metrofriendshipfoundation.org/ 952-215-1449
The Mental Health Crisis Response Institute	De-escalation techniques for children and adolescents as part of the Barbara Schneider Foundation	2419 Nicollet Avenue South Minneapolis, MN 55404 612-801-8572 www.barbaraschneiderfoundation.org
Minnesota Autism Center (MAC) 3 locations	Services include behavioral therapy, home-based early intervention, center based intervention and consultation with schools and other agencies.	5710 Baker Road Minnetonka, MN 55345 952-767-4200 www.mnautism.org Rochester: 3380 Northern Valley Place NE Rochester, MN 55906 Woodbury: 8450 City Centre Drive Woodbury MN 55125
University of Wisconsin-Eau Claire Campus Autism Program	Provides center-based behavioral intervention. Focus of the program is Applied Behavior Analysis	Dr. Kevin Klatt, PhD, B.C. B.A. 275 Hibbard Hall Psychology Department University of Wisconsin-Eau Claire Eau Claire, WI 54702 Email: klattkp@uwec.edu 715-836-3995 www.uwec.edu/psyc/CAP%20broch.indd.pdf

Neurologists

Clinic/Hospital - Neurology	Physician	Address	Telephone/Web
Minneapolis Clinic of Neurology	Dr. Armantina Espinosa	305 Nicollet Blvd. E. Burnsville, MN 55102	952-435-8516 www.minneapolisclinic.com
	Dr. John MacDonald	4225 Golden Valley Rd. Golden Valley, MN 55422	763-588-0661
	Dr. Allen Ingenito	3833 Coon Rapids Blvd, Suite 100 Coon Rapids, MN 55433	763-427-8320
The Minnesota Epilepsy Group	Dr. Michael Frost Dr. Frank Ritter	225 N. Smith Ave., Suite 201 St. Paul, MN 55102	651-241-5290 www.mnepilepsy.org
Noran Neurological Clinic	Dr. Lawrence Burstein	910 E. 26 th St., Suite 210 Minneapolis, MN 55404	612-879-1500 www.noranclinic.com
Pediatric Neurology – Gillette Children's Specialty	Dr. Betty Ong	200 E. University Ave St. Paul, MN 55101	651-229-3870 www.regionshospital.com

Pediatric Psychiatrists

Clinic/Hospital	Physician	Address	Telephone/Web
Central Center for Family Resources		1485 81 st Ave. Spring Lake Park, MN 55432	763-783-4944 www.ccffr.org
Dr. David Opsahl private practice		6525 Through Ave South Edina, MN 55435	952- 920-6748 F 952-920-3863
Fairview University	Dr. George Realmuto (ADHD/ Autism)	2312 South 6 th Street (west bank) Minneapolis, MN 55454	612-273-8700 – appointments -live person – BEST LINE 612-273-9711- child psychiatrists 612-273- 8710 – intake new patients
Ramsey Clinic Health Partners Regional	Dr. Elizabeth Reeve	640 Jackson St. St. Paul, MN 55101	651-254-4786
Associated Clinic of Psychology	John Luehr, MD		www.acp-mn.com
Child & Adolescent Psychiatry, Park Nicollet	Randi Norby, CNS Michael Feldman, MD Sencan Solay Unal, MD		www.parknicollet.com
Fairview Health Services	Jonathan Jensen, MD		www.fairview.org
Prairie Care		Multiple sites across the metro area	https://www.prairie- care.com/clinicians/psychiatrists 763-383-5800
Plymouth Psych Group	Monika Heller, MD Israel Sokeye, MD	3021 Harbor Lane N, suite 206, Plymouth, MN 55447	http://www.plymouthpsychgroup.com/index.html 763-559-1640

Adult Psychiatrists

Clinic/Hospital	Physician	Address	Telephone/Web
Nystrom and Associates	Dr. Brian Koller	1900 Silver Lake Road, Ste. 110 New Brighton, MN 55112	651-628-9566 www.nystromcounseling.com
Park Nicollet	Richard Lenz, MD Michael Feldman, MD		www.parknicollet.com
Associated Clinic of Psychology	Ali Ebrahimi, MD Morris Lewis, RN, CNS John Luehr, MD		www.acp-mn.com
Prairie Care		Multiple sites across the metro area	https://www.prairie- care.com/clinicians/psychiatrists 763-383-5800
Plymouth Psych Group	Monika Heller, MD Israel Sokeye, MD	3021 Harbor Lane N, suite 206, Plymouth, MN 55447	http://www.plymouthpsychgroup.com/index.html 763-559-1640

Genetic Counselor

Clinic/Hospital	Clinician	Address	Telephone/Web
Children's Hospital & Clinics St. Paul	Dr. Nancy Mendelsohn – Dr. Mary Ella Pierpont Dr. Sarah Dugan Elizabeth Siqveland RN CNP Rebecca Olson RN CNP	2525 Chicago Ave South Minneapolis, MN 55404	651-220-6884 612-813-7240 F) 612-813-6360
University of Minnesota Children's Hospital	Dr. Susan A. Berry	516 Delaware Street SE 4-100 Minneapolis, MN 55455	612-625-5115 - transplant office www.fairviewchildrens.org

Sleep

Clinic/Hospital	Clinician	Address	Telephone/Web
Children's Hospital Peditatric Sleep Clinic	Dr. Gerald Rosen, Director	Gardenview Medical Clinic Building, Children's St. Paul 345 N. Smith Ave. St. Paul, MN 55102	Phone: (651) 220-6258 http://www.childrensmn.org/Web/Services/035698.asp

Neuropsychologists

Clinic/Hospital	Clinician	Address	Telephone/Web
Children's Hospitals and Clinics Psychology Department	Dr. Johnathon Miller (Minneapolis) (St. Paul Children's) Jeremy Alden, PhD, LP Bonnie Carlson-Green, PhD, LP Julie Robinson, PhD, LP	2525 Chicago Ave. S. Minneapolis, MN 55404 Mail Stop 17-301	Minneapolis: 612-813-6224 www.childrenshc.org St. Paul: 651-220-6753
Fraser	Dr. Kimberly Klein \ Dr. April Schaack	3333 University Ave. SE Minneapolis, MN 55114	612-612-767-7222 www.fraser.org
Hennepin County Medical Center Neuropsychology Dept.	Dr. David Tupper	701 Park Ave. Minneapolis, MN 55415	612-873-2599 www.hcmc.org
Minneapolis Clinic of Neurology	Dr. Stephen Morgan (adult)	4225 Golden Valley Rd. Golden Valley, MN 55422	763-588-0661 www.minneapolisclinic.com
University of Minnesota Pediatric Neuropsychology Clinic	Dr. Elsa Shapiro Dr. Richard Ziegler Dr. Cathy Jordan Dr. Davida Goldman	516 Delaware St. SE Minneapolis, MN 55455	612-625-7466 612-626-6777 – peds clinics family line
Psych Recovery	Mike Richardson MS, LP Neuropsychology	Court International Bldg 2550 University Ave W Suite 229N St. Paul MN 55114	(651) 645-3115

Clinic/Hospital	Clinician	Address	Telephone/Web
Children's St. Paul	Dr. Jeremy Alden	Psychological Services 62-200 360 Sherman St St Paul, MN 55102	651) 220-6720
Noran Neurological Clinic		Multiple locations across Twin Cities	612-879-1000 www.noranclinic.com

Consulting and Life Coaching

Clinic/Hospital	Clinician	Address	Telephone/Web
Promising Connections, LLC Life Coaching and Consulting	Tracy May, M.Ed	387 Eldridge Avenue West Roseville, MN 55113	http://www.promisingconnections.com/ 612-382-5838

Psychologists/ Therapists

Clinic/Hospital	Clinician	Address	Telephone/Web
Associated Clinic of Psychology	Mark Foster, MA, Psy D, LP	Lake Pointe Corporate Centre 3100 W. Lake St., Suite 210 Minneapolis, MN 55416-4510	612-925-6033 www.acp-mn.com
Fraser	Sue Pederson, MA, LP Pat Pulice, MA, LP Bill Clifton PsyD LP Brigitte King, PhD, LP Rachel Gardner, MA, LP Karin Hampton PhD, LP Kathryn McGraw-Schuchman MA, LP Kelly Haack PhD LP Karen Miller PhD LP Judith Strommen, MA LP		612-767-7222 www.fraser.org
Park Nicollet Clinic - Alexander Center	Dr. Stephen Olson	11455 Viking Dr. Suite 300 Eden Prairie, MN 55344	952-993-2498 (New patients) www.parknicollet.com/Clinic/Specialties/Alexander_center
Pediatric Psychology Services	Thomson F. Davis, Ph.D., LP	3537 Lake Elmo Ave., Suite 190 Lake Elmo, MN 55042	651-773-2010
Private Practitioner	Robert Johnson	2579 Hamline Ave. N. Suite D Saint Paul, MN 55113	651-628-0947
Private Practitioner	Cindy Nollette	6600 France Ave. S., Suite 635 Edina, MN 55435	952-922-5427
Private Practitioner Licensed Marriage and Family Therapist	Dr. Linda Zeeb-Burstein, Psy.D., LP, LMFT	430 Oak Grove, Suite 403 Minneapolis, MN 55403	612-871-8684
Sheila Merzer & Associates	Sheila Merzer	4820 Minnetonka Blvd. St. Louis Park, MN 55416	952-928-7811
Wiger & Associates, PA	Donald E Wiger Katherine S. Quie, PhD, LP	229 Jackson St. Suite 136 Anoka, MN 55303	651-983-0383 D. Wiger (651) 645-3115 K. Quie

Clinic/Hospital	Clinician	Address	Telephone/Web
Psych Recovery Inc. (including DBT program)	Katherine S. Quie, PhD, LP Mike Richardson MS, LP Neuropsychology	Court International Bldg 2550 University Ave W Suite 229N St. Paul MN 55114	(651) 645-3115 K. Quie
Spectrum Counseling, LLC	Mary E. Einarson, MA, LMFT, LPCC	13911 Ridgedale Drive, Ste. 490 Minnetonka, MN 55305	612-961-3111 www.spectrumcounselingmn.com

Dentists

Clinic/Hospital	Dentist	Address	Telephone/Web
Dentistry for Children and Adolescents	<i>Pediatric Dentist</i> Elgethun, David S. Erickson, Pamela R. Greenwood, Mark E. King, Kurt J. Sambasivan, Gayathri Schuette, Sally W. Shaw, Daniel W. Swanson, Thekla	7373 France Ave. S., Suite 402 Edina, MN 55435	14050 Nicollet Ave Suite 100 Burnsville, MN 55337 952-435-4102
Metropolitan Pediatric Dental Association 651-484-8611	Dr. Fong Dr. Lipschultz Dr. Rosenblum Dr. Richmond	411 Main St. Suite 400 St. Paul, MN 55102	651-224-4969 www.metropediatricdental.com
	Dr. Fong Dr. Nickman Dr. Richmonds	500 Osborne Road NE Fridley, MN 55432	763-786-4260 www.metropediatricdental.com
	Dr. Rosenblum Dr. Lipschultz Dr. Richmond	700 Village Cetner Drive North Oaks MN 55127	651-484-8611 www.metropediatricdental.com
	Lipshultz	3444 Denmark Avenue Eagan, MN 55123	651-454-0334 www.metropediatricdental.com
West Health Medical Building Camp Smile Pediatric Dentistry	Dr. Daniel Raethu	2855 Campus Dr. 3360 Plymouth, MN 55441	763-383-1788
Private Practitioner	Dr. Monica Kannard	250 Central Ave N., Suite 211 Wayzata, MN 55391	952-475-3135
UMP Dental Clinic, University of MN (Specialize in adults with special needs)			612-659-8689 http://www.umphysicians.org/Clinics/dental-clinic/

Nutritionists/Feeding Clinics

Clinic/Hospital	Services/Clinician	Address	Telephone/Web
Children's Hospital St. Paul	Children's Feeding Clinic	347 N. Smith Ave. St. Paul, MN 55102	651-220-6446 www.childrenshc.org
Functional Center for Functional Medicine, Inc.	Dr. Richard Mayfield, DC, CCN, DACBN	7901 Xerxes Ave. S Bloomington, MN 55431	952-885-0822
Newbridge Clinic	Nutrition counseling, biomedical/ functional medicine	8200 Humboldt Ave. S. Ste. 301 Bloomington, MN 55431	612-730-2237
Nutritional Weight & Wellness	Nutritional Counseling	708 South Cleveland Ave St. Paul, MN 55116	651-699-3438 www.weightandwellness.com
		15600 Wayzata Blvd., Suite 209 Wayzata, MN 55391	952-345-0766 www.weightandwellness.com
		3596 Linden Ave SuiteB3 White Bear Lake, MN55110	651-773-0000 www.weightandwellness.com
Pain & Brain Health Center	Nutrition, Supplements, DAN Resources	1400 131 st Ave NE Blaine, MN 55449	763-862-7100
Rhythm of Health, Inc.	Dr. Paul Ratte'	8160 Coller Way, Suite A Woodbury, MN 55125	651-208-1084 www.rhythmofhealth.com
ASD Nutrition Seminars & Consulting	Elizabeth Strickland, MS, RD, LD	P.O. Box 1495 Canyon Lake, TX 78133	830-855-8301 www.ASDpuzzle.com www.Eating-for-Autism.com
Wyndgate Health	Personalized vitamin and dietary programs	970 Raymond Ave. Ste. 101 St. Paul, MN 55114	651-493-4566 www.wyndgatehealth.com

Gastroenterologists (GI)

Resource Type	Name	Address	Telephone/Web
	Robin Shannon, M.S., RN CPNP	4 clinics available	612-626-6777 www.fairview.org/providers
Minnesota Gastroenterology, P.A.	Dr. Michelle Kennedy Dr. David Ferenci	2200 University Ave. W. Ste. 120 St. Paul, MN 55114	612-871-1145 www.mngastro.com

Gluten Free Resources

Resource Type	Name	Address	Telephone/Web
Meal Delivery Service	Mom's Meals	National delivery	1-866-204-6111 www.momsmeals.com
Bakery	Bittersweet Gluten Free Bakery	2105 Cliff Road Eagan, MN 55122	651-686-0112 www.bittersweetgf.com
Grocery Store	Fresh & Natural Foods	Located in Hudson, WI Shoreview, MN	www.freshandnaturalfoods.com

Case Management, Personal Care Assistant and Respite Care Services

Case Management

Agency	Description	Benefit	Eligibility	Contact/application process
Hennepin County Developmental Disabilities (DD) Division	A county social worker (DD worker) is assigned as case manager and assists children with significant developmental disabilities and their families with accessing and coordinating social services.	The DD worker helps families apply for respite care, waived services and family support grants (services received based on eligibility criteria and availability of funds). DD worker also provides advocacy, support and ideas for community resources.	Hennepin County Residents - dependent on needs, program and income. Medical Assistance is needed to qualify for some but not all programs. Generally tested IQ score of 70 or below.	Call Aging and Disability Services (ADS) Initial Consultation at 612-348-4500. Email: hsph.ads.icteam@co.hennepin.mn.us www.co.hennepin.mn.us
Hennepin County Child Crisis Services	All crisis services provided by a licensed mental health professional or by a mental health practitioner under the clinical supervision of a mental health professional.	Consultation, crisis assessment, intervention and stabilization, facilitation of psychiatric hospitalization	Hennepin County children and adolescents who are experiencing a mental health crisis. There is no charge for services.	612-348-2233
DHS Statewide Services	Funding and resources by county.			(651) 431-2000 (TTY/TDD: (800) 627-3529 http://mn.gov/portal/government/local/Counties/index.jsp
Autism Case Management	Fraser Autism/Mental Health Case Management helps families obtain and coordinate educational, health, mental-health, recreational, social, vocational and related services.	Case managers will assist eligible individuals in gaining access to needed medical, social, educational, and other services to address their mental health needs.	Eligibility for case management services includes meeting county eligibility criteria and requires formal authorization through the county. Autism/Mental Health Case Management serves children and adolescents, 0-18, who reside in Hennepin or Carver County.	For more information, contact a Fraser intake coordinator at 612-767-7222.

Source – CM	Description	Benefit	Eligibility	Contact/application process
MN Care	Assists in payment for medical, dental and preventative care.	Monthly premium is based on income and family size. May be a co-pay when you receive health care services.	Qualifications: <ul style="list-style-type: none"> • Permanent resident of Minnesota. • Not eligible for MA • Not covered by any other health insurance for the last four months. • Unable to get health insurance that is at least half paid for by your employer for the last 18 months. • Meet the MN Care income guidelines 	651-297-3862 or 1-800-657-3672 MinnesotaCare 444 Lafayette Rd. N. St. Paul, MN 55164-0838 Web: www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNA_MIC_CONVERSION&RevisionS electionMethod=LatestReleased&dDocName=id_006255
MA Waivers Home and community-based services for persons with mental retardation and related conditions (Title 19 Waiver)	The state of Minnesota has obtained approval from the federal government to waive certain Medical Assistance eligibility requirements for people who would like to remain at home but are being placed in, or are at risk of being placed in institutions or long-term care facilities.	Coverage same as MA, plus: <ul style="list-style-type: none"> • case management • respite care • homemaker services • in-home family support • assistive technology • day habilitation • supported living services (SLS) • environmental modifications and others 	Available to people with mental retardation and related conditions. Parent income is not considered in determining eligibility, but there is a parental fee for services.	MA Waivers are administered through the county and the child must be assessed through the Developmental Disabilities Division. For children 3-18, contact the Hennepin County Developmental Disabilities Division Intake 612-348-4111. Web: www.co.hennepin.mn.us
Family Support Grant Program/ Parent Case Management Program	Cash grants to families of children with developmental disabilities. The program goals are to prevent or delay the out-of-home placement of children with special needs and to promote family health and well being.	Grants must be spent on services and items directly related to caring for the child's special needs. (Expenses above the normal costs of caring for the child if he/she did not have a disability may be covered.) The number of available Family Support Grants is limited.	<ul style="list-style-type: none"> • Annual adjusted gross income not to exceed \$96,566 • Child must be determined by a case manager to be at risk for out-of-home placement to a licensed residential program. • Average limit for a monthly payment is \$250. 	MA Waivers are administered through the county and the child will need to be assessed through the Developmental Disabilities Division. For children 3-18, contact Hennepin County Developmental Disabilities Division Intake at 612-348-4111. Web: www.co.hennepin.mn.us
Parent Case Management	Same as Family Support Grant. Families utilizing the Parent Case Management program do not have county case manager assigned.	Same as Family Support Grant program.	Provides annual grants from \$2,500-\$4,000 based on individual child profile. Adjusted annual gross income not to exceed \$80,000.	Family must have an open case in the county Developmental Disabilities Division.
Child Respite Grant	Cash grant to families to be used to pay licensed or non-licensed providers.		Adjusted gross income not to exceed \$70,500.	Family must have an open case in the county Developmental Disabilities Division.

Personal Care Assistant (PCA) Services

Personal care assistance services help a person with day-to-day activities in their home and community. PCAs help people with activities of daily living, health-related procedures and tasks, observation and redirection of behaviors and instrumental activities of daily living for adults. It is available to eligible people enrolled in a Minnesota Health Care Program.

Who can get PCA services?

You must:

- Enroll with Medical Assistance (MA), Minnesota Care expanded benefits, Alternative Care or a waiver program
- Make decisions about your care or have someone to make decisions for you
- Provide for your own health and safety or have a responsible party that is able to do so
- Live in a home or apartment, not in an institution
- Meet access criteria
- Have a PCA assessment to see if you qualify for services

What can a PCA do for me?

The four categories of service that PCAs provide services and supports to help you with:

- Activities of daily living
- Health related procedures and tasks
- Observation and redirection of behaviors
- Instrumental activities of daily living

Personal Care Assistance Agencies

As part of choosing a PCA provider agency, you must first decide between PCA Choice or Traditional PCA services. Traditional agencies hire, train, schedule and fire your staff. With the PCA Choice option, you have greater control over your staffing and an agency handles the financial matters. Once you decide on the type of agency, you must select a specific agency. For a list of providers, go to www.minnesotahelp.info and click on “Start a Search.” You can then search “PCA” or “PCA Choice” and narrow by geographical area.

Steps in Applying for PCA services

1. Apply and be approved for MA or TEFRA.
2. Locate your city’s public health nurse by looking in the blue government section of your phone book. (Hennepin County, 612-348-4507)
3. A public health nurse will come to your home, complete the evaluation process and send the evaluation information to the state.
4. The state makes the determination regarding qualification for services and the number of PCA hours your child can receive.
5. If you qualify for services, you choose a PCA agency. There are many agencies. You should screen them to find one that best fits your needs.

Questions to ask when choosing a PCA agency

1. What are the ages and needs of most of the clients served by the agency?
2. Does the staff have experience working with children with autism or PDD?
3. What training is provided for agency staff?
4. Is there a waiting list to receive services?

PCA Choice: Family provides all supervision of staff including hiring, firing and training. Agency only provides payroll services and writes the care plan.

Respite Care

Respite care provides short-term relief for the family member(s) or primary caregiver normally providing care. Services may be provided in the person's home, licensed foster home or in a center-based setting. The goals of respite care are to reduce family stress by providing relief from day-to-day care and to enable families to care for their children at home. Respite Care is funded by the county in which the client resides, through waiver funds, or may be purchased privately. To determine eligibility, contact your county. Hennepin County residents can call the Front Door at 612-348-4111. For a list of providers statewide, go to www.minnesotahelp.info and click on "Start a Search." You can then search "Respite" and narrow by geographical area.

Respite Care Providers

In-home: Provider comes into the home and provides care

Out-of-Home: Child is taken to a provider, location may vary (hotels, foster home, etc.)

Center-based: Established program within a center

Agency	Location	Telephone/Web	In-Home	Out-of-Home	Center-Based
CCP Family Services	800 Transfer Rd., Suite 31 St. Paul, MN 55114	651-917-1975 www.ccpccds.com	X	X	
Companion Housing Programs	3040 Inglewood St. Louis Park, MN 55416	952-285-5950 www.companionhousingprograms.com	X		
Fraser®	2400 W. 64 th St. Minneapolis, MN 55423	612-861-1688 www.fraser.org	X		X
Mains'l Services, Inc.,	6900 Wedgwood Rd., Suite 250 Maple Grove, MN. 55311.	763-416-9176 www.mainsl.com	X	X	
Meridian Services	9400 Golden Valley Road Golden Valley, Minnesota 55427	763-450-5010 http://www.meridiansvs.com		X	
Mount Olivet Rolling Acres (serves children ages 12-16)	Rolling Acres Rd., Box 220 Victoria, MN 55386-0220	952-474-5974 www.MetroCrisis.org		X	
Outcomes Inc	3508 Rice St. Vadnais Heights, MN 55126	651- 483-9500	X		
REM Inc.	1821 University Ave., Suite 1 St. Paul, MN 55104	651-644-7680 www.remhealth.com	X	X	
St. David's		www.stdavidscenter.org 952-548-8700		X	X

Technology and Adaptive Equipment Resources

Agency	Description	Services	Contact Information
Medical Assistance/TEFRA	Medical Assistance and TEFRA cover some durable equipment.	A general guideline for the type of equipment they will cover is equipment that is medically necessary. Medical Assistance is a payor of last resort and any primary insurance coverage must be accessed first. Prior authorization is required.	For further information contact your county financial worker. Hennepin County Front Door 612-348-4111
Metropolitan Center for Independent Living (MCIL)	Up-to-date information on community resources related to disabilities.	<ul style="list-style-type: none"> • Library of material and tapes. • Used Equipment Referral Service – a clearinghouse for used adaptive equipment that matches buyers and sellers. 	651-646-8342 www.mcil-mn.org
Simon Technology Center A PACER Project	The Simon Technology Center (STC) is an original charter member of the Alliance for Technology Access (ATA).	<ul style="list-style-type: none"> • Free Technology Consultation • Preview more than 2,000 pieces of software programs, adaptive equipment and other resources • Connects buyers and sellers of assistive technology 	952-838-9000; 1-800-53-PACER pacer@pacer.org www.pacer.org
STAR Program (A System Technology to Achieve Results)	One-on-one help to overcome obstacles that separate individuals from needed devices and services. Statewide network of resources related to technology assistance.	Free directory “Funding Resources for Assistive Technology in Minnesota” with information regarding organizations and programs that offer assistance in acquiring adaptive equipment.	651-201-2640 or 1-888-234-1267 www.admin.state.mn.us/assistivetec hnology
iPod/iPad Apps	Online resources for finding apps for individuals with disabilities	Educators, parents and communities focused on inclusion through Apple technology	http://mobilelearning4specialneeds.wikispaces.com http://www.iearo.org http://www.snapps4kids.com www.WynsumArts.com
AbleNet	Educational and technical solutions to help children and adults with disabilities lead productive and fulfilled lives	Assistive technology, curriculum and professional development.	http://www.ablenetinc.com/

Adaptive Equipment Products

Products/Catalogs	Contact Information	
Autism Shop	952-988-0088	www.autismshop.com
Boardmaker by Mayer – Johnson	1-800-588-4548	www.mayer-johnson.com
Different Roads To Learning	1-800-853-1057	www.difflearn.com
Elizabeth Bellas Custom Sewing (Sensory sensitive clothing and weighted blankets)	952-929-9677	www.elizabethbellas.com
Enabling Devices	1-800-832-8697	www.enablingdevices.com
Products/Catalogs	Contact Information	
Free Spirit Publishing	1-866-703-7322	www.freespirit.com
GOPHER	1-800-533-0446	www.gophersport.com
Home Security Solutions (door locking mechanisms and alarms)		www.homesecuritysolutions.com
Ion kids (tracking device)	1-888-8-IONKID (846-6543)	www.ion-kids.com
Laureate Learning Systems	1-800-562-6801	www.LaureateLearning.com
Pocketful of Therapy	1- 800-PFOT-124	www.pfot.com
Safety and Security Center (GPS locator watch)	1-800-378-2957	www.safetyandsecuritycenter.com
Southpaw Enterprises	1-800-228-1698	www.southpawenterprises.com
Weighted Blankets/Vests by Jeri Espeseth	651-783-0550	jeblankets@juno.com
The Yoga Bridge (DVD for 30 minute Yoga workout)	612-296-6449	www.wings-to-soar.com

Books, Videos, Web Sites

Lending Libraries

Autism Society of Minnesota
2380 Wycliff St., Suite 102
St. Paul, MN 55114-1146
651-647-1083
651-642-1230 (fax)
www.ausm.org

State Autism Library
Metro ECSU
4001 Stinson Blvd., Suite 210
St. Anthony, MN 55421

Books, Videotapes and Educational Materials

Autism Shop
Books and materials available to browse/purchase.
5757 Sanibel Drive
Minnetonka, MN 55343
Phone Orders: 952-988-0088
Fax Orders: 952-988-0099
www.autismshop.com
Contact: Cheri Saltzman

Exceptional Parent Magazine
Information, guidance and support for parents of children with special needs
P.O. Box 3000
Department EP
Denville, NJ 07834

The Fraser Institute®
Educational materials and products for people with special needs
2400 W. 64th St.
Minneapolis, MN 55423
Phone orders: 612-861-1688
Fax Orders: 612-861-6050
www.fraser.org/resources/products
Contact: Chris Bentley

Websites:

http://www.socialthinking.com/home
http://www.tonyaattwood.com.au/
http://www.aspergersyndrome.org
http://thegraycenter.org
http://elearningindustry.com
http://www.getparentinghelpnow.com/HomeWorkSuccess.htm
<i>Its My Choice</i> MN Governors Council on Developmental Disabilities, Person-centered guidebook for transitioning individuals and their caregivers. http://www.mnddc.org/extra/publications/choice/Its_My_Choice.pdf

Dictionary of Autism Terms and Acronyms

AAC – Alternate/Augmentative Communication. Refers to any approach used to support, enhance or supplement the communication of those who are unable to communicate verbally in all situations. This can include low-tech systems (sign language or pictures) or high-tech systems (voice output devices).

ABA – Applied Behavioral Analysis, the teaching of skills to children with autism through intensive therapy using behavioral principles.

ABC – Autism Behavior Checklist. A checklist that can be used as a tool to identify Autism Spectrum Disorders.

Activities of Daily Living – includes activities that are typically associated with self-help tasks such as eating, dressing, grooming or domestic activities such as cooking and cleaning.

Adaptations – modifications or alterations of the curriculum, the support system, the environments or teaching strategies to match individual needs (strengths and deficits). The adaptations ensure that the student can participate actively and as independently as possible.

Adaptive Behavior – an individual's ability to adjust to and apply new skills to other situations (i.e. different environments, tasks, objects and people.)

ADOS-G – Autism Diagnostic Observation Schedule-Generic. A semi-structured standardized assessment of the communication, social interaction and play or imaginative use of materials for individuals who have been referred because of possible autism spectrum disorders.

Advocate – someone who takes action to help someone else; to take action on someone's behalf.

AIT – Auditory Integration Training. Therapy designed to reduce sensitivity to sounds.

Apraxia – A disorder that affects speech and may or may not be associated with other motor planning problems.

ASD – Autism Spectrum Disorders. A disability category characterized by an uneven developmental profile and a pattern of qualitative impairments in the areas of social interaction, communication and restricted repetitive and stereotypical patterns of behavior, interests and play. Characteristics can present themselves in a wide variety of combinations. The five disorders under this category include Asperger's syndrome, Autism, Pervasive Developmental Disorder-Not Otherwise Specified, Childhood Disintegrative Disorder and Rett's Disorder.

Asperger's Disorder – A neurological disorder that falls under Pervasive Developmental Disorders. Individuals with Asperger's often display deficits in social interaction and often have obsessive, repetitive routines and preoccupations with a particular subject.

ASA – Autism Society of America (1-800-3AUTISM)

ASIEP – Autism Screening Instrument for Educational Planning, an assessment tool used to identify children with autism.

Assessment – collecting and bringing together information about a child's needs, which may include social, psychological, and education evaluations used to determine services; a process using observation, testing, and test analysis to determine an individual's strengths and weaknesses in order to plan his/her services.

Auditory – pertaining to the sense of hearing.

AuSM – Autism Society of Minnesota.

Best Practices – Strategies, activities or approaches which have been shown through experience, research and evaluation (proven) to reliably lead to a desired result or outcome. A commitment to using the best practices in any field is a commitment to using all the knowledge and technology at one's disposal to ensure success.

BIP – Behavior Intervention Plan. A plan developed by the student's IEP Team, which outlines a systematic approach for addressing challenging behaviors. If conditional procedures are to be used (restraint, seclusionary time out, temporary delay or withdrawal of water or regularly scheduled meals, and/or mechanical or locked restraint) a BIP must be developed (Minnesota Rule 3525.2925).

Brushing Therapy – therapy designed for reducing tactile defensiveness by using a soft surgical brush to brush the arms, back and legs of individuals who exhibit tactile defensiveness. (The stomach should never be brushed and this therapy should always be supervised by an occupational therapist trained in sensory integration.)

CARS – Childhood Autism Rating Scale sometimes used to help identify children with autism.

CDD – Childhood Disintegrative Disorder. When children develop a condition which resembles autism, but only after a relatively prolonged period (2-4 years) of clearly normal development. This condition differs from autism in the pattern of onset, course, language, interest in the social environment. Often toileting and self-care abilities are lost and there may be a general loss of interest in the environment.

CHAT – CHecklist for Autism in Toddlers. A checklist used by General Practitioners for children who are 18 months old to help in the identification of children with autism.

CID – Communicative Interactional Disorders Programs (used by several districts). CID programs are designed to meet the unique educational, behavioral and environmental needs of students with multiple neurological handicaps.

Cognitive – the process people use for remembering, reasoning and/or understanding.

Comic Strip Conversations – This strategy helps illustrate interactions between people and incorporates symbols, stick figures drawings and color. The drawings illustrate ongoing communication and provide support to those who struggle to comprehend conversations. The illustrations are visual representations, which can be used to teach social interaction and perspective taking.

DAN – Defeat Autism Now. An organization dedicated to finding the cause of autism, especially focused on genetic links in families with more than one child with autism.

DD – Developmental Delay. The development of children who are not able to perform the skills other children of the same age are usually able to perform

DD – Developmental Disability.

DHS – Minnesota Department of Human Services.

Direct Teaching – Students are directly taught through repetitive and visual means.

Discrete Trial Training – Systematic approach to teaching skills by breaking skills into small steps and using positive reinforcement procedures to facilitate error free learning, sometimes applied to the ABA method of teaching.

DSM-IV – Diagnostic and Statistical Manual 4th Edition. Used for diagnosis of all mental health diagnoses including the Pervasive Developmental disorders (Autism, Asperger's, Rett's, PDD-NOS, CDD)

Due Process – Actions that protect a person's rights.

EA – Educational Assistant. Assistant in the classroom setting

ECFE – Early Childhood Family Education.

ECSE – Early Childhood Special Education.

Echolalia – the repetition or parroting of words or phrases.

Expressive Language – refers to the language that the individual uses to communicate with others. Oral expressive language refers to a child's ability to express thoughts, feelings, wants and desires through oral speech. Expressive language may also refer to gestures, signing, communication through pictures and objects and writing.

Executive Function - *Executive Function refers to the cognitive set of skills we use to solve problems. This region of our brains supports us in planning, organizing and sequencing information, as well as self-regulation functions like initiating tasks, impulse control, flexibility, and self-monitoring.*

FAPE – Free Appropriate Public Education.

Fast ForWord – Therapy using a computer program for those with language-based learning problems. A systematic training program designed to teach auditory discrimination and processing.

Fine Motor Skills – Activities that require the coordination of the small muscles of the body, especially those of the hand.

Floortime – A method of interacting with children that clarifies meaningful adult/child interactions as both a philosophy and a technique, developed by Stanley Greenspan.

Fragile X – A genetic condition caused by spontaneous breaks in the long arm of the X chromosome. Fragile X is the most common cause of inherited mental retardation, with an incidence of about 1 in 1,500 males and in 1 in 2,500 females. It is often associated with autism.

GARS – Gilliam Autism Rating Scale. A behavioral checklist that helps identify persons who have autism. It can be used for the assessment of individuals aged 3 through 22 who have severe behavior problems.

Generalization – the ability to learn a skill in one situation and apply it flexibly to other similar but different situations. The term “over generalize” refers to the tendency of those with autism to use a skill in a setting just as it was taught, without modifications that reflect the differences in a situation.

Gluten/Casein Free Diet (GFCF) – Glutens are proteins found in plants which are members of the grass family including wheat, oats, rye and triticale and their derivatives. Derivatives include malt, grain alcohol, flavorings and the binders and fillers found in vitamins and medications. Casein is a phosphoprotein of milk, which has a molecular structure that is similar to that of gluten.

Gross Motor Skills – Activities using larger muscle groups like sitting, walking and jumping.

Hyperlexia – An ability to read at an early age at an advanced level without instruction.

Hypersensitivity – acute, often painful, reaction to sensory input.

Hyposensitivity – little or no reaction to sensory input.

IEP – Individual Education Plan. An education plan for school-aged children, similar to the IFSP, but more focused on the child’s goals rather than the family goals.

IFSP – Individual Family Service Plan. An interagency document written by all team members who work with the child and family including needs, strengths, goals and services.

IIP – Individual Interagency Intervention Plan (Triple IP). An option for children and families to create a coordination plan when working with two or more agencies. Very similar to the IFSP for birth to 3 children.

Intake – The first step toward getting a child seen by an educational or medical team. A process of gathering information that lets the team know that the parent has a concern about a child’s development.

Interagency – The utilization of multiple community agencies to provide children and their families with a wide range of resources.

Joint Attention – when infant and caregiver coordinate their attention about an object or mutual interest. This involves shifting their attention from each other to an object and back.

Kinesthesia – Sensory information from the tendons and muscles that provides information about direction and distance of movement. (We can look at an object, close our eyes and reach directly to pick the object up because of kinesthesia.)

LOVAAS – Commonly known as discrete trial training. An early intervention strategy based on clinical experience. One-on-one teaching situations made to maximize the child’s success and minimize failure. This is done by simplifying requests, prompting the child to make the correct responses and providing abundant reinforcement for socially appropriate behaviors. A discrete trial format is used to teach skills.

LRE – Least Restrictive Environment. An educational setting that provides children with disabilities as much contact as possible with children who are developing typically.

MA – Medical Assistance.

Mainstreaming – Placement of a child in a classroom with non-disabled peers (versus a separate classroom).

MDE – Minnesota Department of Education. Works to help communities to measurably improve the well-being of children through programs that focus on education, community services, prevention and the preparation of young people for the world of work. All department efforts emphasize the achievement of positive results for children and their families.

Motor Planning/Praxis – The ability to gather information from the environment and then plan and execute a response. Difficulties with praxis or motor planning can impact speech, motor skills and the ability to organize motor responses to participate in group activities.

MRI – Magnetic Resonance Imaging. A diagnostic tool in the sense of an X-ray machine or CAT scanner, which creates internal images of the selected parts of the body. Rather than sending X-rays through the body, it builds its image data by testing the magnetism of the body tissue.

Neurobiological Disorder – Disorder which has its origin in the body's neurological and biological functioning.

Neurologist – A special physician who diagnoses and treats disorders of the nervous system, including diseases of the brain, spinal cord, nerves and muscles.

OCD – Obsessive Compulsive Disorder. An anxiety disorder characterized by an inability to resist or stop continuous, abnormal thoughts or fears combined with ritualistic, repetitive, and involuntary defense behavior. Obsession is recurrent and persistent thoughts, ideas or images that involuntarily invade the conscious awareness. Compulsion is an act the individual feels compelled to take in response to the obsession, even though it is senseless and tends to be repetitive.

ODD – Oppositional Defiant Disorder. The essential feature is a recurrent pattern of negativistic, defiant, disobedient and hostile behavior toward authority figures that persists for at least six months. These behaviors must occur more frequently than is typically observed in individuals of comparable age and developmental level.

PARA – A term for a paraprofessional or assistant in the classroom setting.

PCA – Personal Care Assistant. Trained personnel that help with the care of people with disabilities, typically in the client's home.

PDD – Pervasive Developmental Disorder. Broad term for a variety of pervasive developmental disorders (autism, Rett's Syndrome, Childhood Disintegrative Disorder, Asperger's) and as a specific diagnosis.

PDD-NOS – Pervasive Developmental Disorder-Not Otherwise Specified. A diagnosis that does not quite meet criteria for another pervasive developmental disorder.

PECS – Picture Exchange Communication System. A unique augmentative/alternative communication system developed for use with young children with autism and other social-communication deficits. Uses picture symbols to facilitate communication by individuals in a variety of settings including the home, classroom and the community.

PHN – Public Health Nurse.

Picture Schedule – A schedule that incorporates picture to help the child transition from activity to activity within the classroom or other environments such as home, work or school.

PIC SYMS (or PCS) – Picture communication symbols. Slang term for the picture symbols that are used either in the Picture Exchange Communication System or any other pictures used to help a student.

Pragmatics – The content that makes communication effective, such as attention, responding, eye contact, staying on topic and turn-taking.

Perseveration – the practice of repeating something over and over or the habit of pursuing a topic relentlessly.

Proactive Behavior Management Plan – Behavior management plan listing individual strategies and programs that have been successful. May be attached to the IEP to help manage and reduce challenging behaviors.

Proprioception – Sensory feedback from the joints in the body that provides information about position and alignment. (We know without looking if the elbow is straight or bent and proprioception provides part of that information.) Also contributes to balance.

Receptive Language – The ability to understand what is being said, signed or read.

Respite – Short-term care provided in a family home or other location that allows families a break from direct care of their child who has a disability.

SED – Severe Emotional Disturbance.

Sensorimotor – Pertaining to brain activity other than automatic functions (respiration, circulation, sleep) or cognition. Includes voluntary movement and senses like sight, touch and hearing.

Sensory Defensiveness – A group of symptoms that indicate over reactions of the senses. Individual may exhibit patterns of avoidance, sensory seeking, fear, anxiety and even aggression in reaction to certain sensory stimuli.

SIB – Self-Injurious Behavior.

Social Stories – A story defined by a specific format and guidelines that objectively describes a person, skill, event, concept or social situation, requires consideration of the perspective of the person with a pervasive developmental disorder.

Social Skills – positive, appropriate, social behaviors generally considered necessary to communicate and interact with others.

SSI – Supplemental Security Income. Administered by Social Security Administration.

Stimming – Informal term for self-stimulation.

Structured Teaching – A system for visually structuring environments and work systems.

Tactile – pertaining to the sense of touch on the skin.

TEACCH – Treatment and Education of Autistic and Other Communication-Handicapped Children. Training program developed in the 70s in North Carolina for teachers of students with autism.

TEFRA – Tax Equity Fiscal Responsibility Act. Medical assistance for disabled children.

Theory of Mind – The ability of normal children to attribute mental states (such as beliefs, desires, intentions, etc.) to themselves and other people, as a way of making sense of and predicting behavior. The theory of mind hypothesis of autism holds that in children with autism, this ability fails to develop in the normal way.

Transitions – Changes from one environment to another. May also refer to changes from one activity to another. Transitions are typically difficult for children with ASD.

Verbal Apraxia – A speech disorder that interferes with the child's ability to correctly pronounce sounds, syllables and/or words. There is nothing wrong with the musculature of the articulators, however, the area of the brain that tells the articulators (tongue, lip, jaw, etc.) how to make a particular sound is damaged or not fully developed. The movements required to make speech sounds are not under voluntary control.

Vestibular – Sensory information from the inner ear that provides information about acceleration, deceleration and rotation. This is the primary sense for balance, especially for balance on unstable surfaces.

Visual Supports – Visual cues for those who have trouble processing or remembering auditory information. Examples include picture schedules, picture symbols, written and clear environmental boundaries and lists.

VRS – Vocational Rehabilitation Services

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