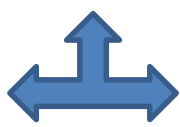


# Ottawa Autism Roadmap – A visual tool for parents of the newly diagnosed.

DISCLAIMER: THIS INFORMATION IS A GENERAL GUIDE CREATED BY PARENTS. YOUR EXPERIENCE MAY DIFFER SLIGHTLY DEPENDING ON YOUR CIRCUMSTANCES. Updated September 2017



Suspect your child has autism?

**CONTACT IMMEDIATELY**

**Legend:**

Provincial Government

Private

Requires a referral from your family doctor or pediatrician for children under 3..

**Step 1:**  
Pre-diagnosis

**The CHEO Ottawa Children's Treatment Centre Intake Services (OCTC)** – to see a **multi-disciplinary team** (Speech therapy, Occupational therapy, dietician, Physiotherapist, Infant Development Worker) for help **prior** to diagnosis.

Tel: **613-0871 Ext. 4425**  
[intake@octc.ca](mailto:intake@octc.ca)

[Click here](#) to see the OCTC Intake Form. Tip: Complete as much of this form as possible.

AND

**QuickStart Autism**, a registered charity that helps parents navigate the system and offers funded programs/services.

Contact the **KickStart Intervention Program** for children up to 24 months.

**QuickStart**  
EARLY INTERVENTION FOR AUTISM

AND

**Private Psychologist**

[Click here](#) for a list of psychologists  
(Ensure this person is able to diagnose autism)

\* For fee service - may be covered by your private insurance.

**Tip: if you can afford it, go for a private diagnosis to shorten your wait time for services. Cost: between \$2,000- \$3,000 depending on the age of your child.**

Check out this OHIP paediatrician who does diagnostic assessments for toddlers:

**Dr. Rossana Tirado**  
210 Centrum Boulevard, Suite 206  
Ottawa, ON K1E 3V7  
email: [oymhc@icloud.com](mailto:oymhc@icloud.com)  
Phone: 613.794.9901

**Receive Diagnosis**

Tip: If you received a diagnosis privately, you are still eligible to receive services from OCTC if you choose. Simply call them, and make arrangements to send a copy of your diagnosis letter for their records.

Tip: Rather than delay getting on the wait list by waiting for the full report, ask the doctor for a "confirmation of diagnosis" letter saying that the child has been diagnosed with Autism and the full report will follow. Send this letter to CHEO immediately and this will be the date from which your child starts on the wait list.

**The most important advice:**

**Do lots of research, talk to other parents, and trust your instincts!**

Notify CHEO/OCTC **immediately** to get registered for the **CHEO Autism Program**.  
Tel: **613-249-9355** You will have to send in your diagnosis letter and/or report.

Ask your doctor to complete **the Disability Tax Credit Form (T2201)** for Canada Revenue Agency (CRA).

Tip: Ask your Doctor to be **as detailed as possible with descriptions**.

Once you are a registered client with CHEO/OCTC you can request a Social Worker if you need one.  
They also have:  
-On Call Social Worker. Tel: **613-737-0871 Ext. 2290**  
-- Drop in Social Worker on Wednesdays from 9-3, 2<sup>nd</sup> floor Max Keeping Wing.

Start setting up your services and supports, and organizing your paperwork.  
  
Please use our accompanying "**Services & Support**" Sheet.