

## ***I suspect that my son or daughter has autism spectrum disorder (ASD): What should I do now?***

- Explore the benefits and drawbacks of having an assessment and getting a diagnosis. This is especially true for adults who suspect they have ASD.
- Benefits of an ASD diagnosis: promotes an understanding of the individual's strengths and challenges; facilitates education and advocacy; to gain access to ASD support groups, programs, services, and resources; and to qualify for funding and educational / workplace support and accommodations.
- A drawback to consider is having the individual receive a "label" and others may have false beliefs/ideas about ASD.
- If you have concerns that your child has symptoms of autism, speak to your family physician about them. He/she can refer you to a developmental paediatrician or the Autism Spectrum Disorder (ASD) Diagnostic Clinic at the Child Development Centre (Alberta Children's Hospital).
- In many instances, you will require a clinical report to confirm whether or not your child has autism.

## RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

### **Affinity Psychology Group**

A family psychology group that offers psychological services across the lifespan including ASD Diagnosis, Assessment and Counselling.

**Phone:** 403.244.9616 ext. 100  
**Address:** 2804 - 16 Street SW, Calgary, AB T2T 4G4  
**Email:** info@AffinityCalgary.ca  
**Website:** affinitycalgary.ca

### **Autism Spectrum Disorder Diagnostic Clinic**

Provides diagnostic assessment and/or consultation services for pediatric patients 0 - 18 years of age with a question of ASD. A referral form must be completed by a physician or an allied healthcare professional and the parent must be aware of and willing to participate in the process. A family physician must be supportive of the referral. It is the responsibility of the parent and referral source to provide all relevant assessments and documentation. Parents must attend pre and post information sessions. There are three different processes according to the child's age:

1. Children aged 12 to 39 months are seen for a 1-hour play based appointment with a speech and language pathologist (SLP) or an occupational therapist (OT) for a screening assessment (not a diagnosis). Parents are given questionnaires to complete.
2. Children aged 40 months to 6 years are seen by an SLP or OT for a 90 minute session. Parents are given questionnaires to complete and the child is observed interacting with his or her peers (e.g. in a preschool or daycare). A referral to a psychologist is done, as needed.
3. If school-aged children are determined to fit the diagnostic criteria, they are seen by a pediatrician and a psychologist. If not, they are given referrals for appropriate services.

**Preschool:** Ms. Meredith Yohemas  
**School:** Ms. Sharon Nagel  
**Phone:** (403) 955-5999  
**Fax:** (403) 955-5990  
**Website:** [fcr.albertahealthservices.ca/professional/cds](http://fcr.albertahealthservices.ca/professional/cds)

### **Dr. Joy Hauck Clinical Psychologist**

Dr. Hauck specialises in the diagnosis of ASD, with additional services provided in relation to intellectual and behavioural assessments with preschool and school-aged children. Appointments are offered in the family home.

**Phone:** 403.804.9496  
**Website:** [joyhauckpsychology.ca](http://joyhauckpsychology.ca)

### **Integrated Services in Education (ISE)**

ISE offers high quality psycho-educational assessments for school age children. Assessment services include evaluations for learning disabilities, neuropsychological functioning, giftedness, attention deficit/hyperactivity disorders, autism spectrum disorders, behaviour and emotional problems, and developmental disabilities, as well as IQ testing.

**Phone:** 403.220.2851  
**Address:** Education Tower Room 408, University of Calgary, 2500 University Drive NW, Calgary, AB T2N 1N4  
**Email:** [ise@ucalgary.ca](mailto:ise@ucalgary.ca)  
**Website:** [werk.lund.ucalgary.ca/ise](http://werk.lund.ucalgary.ca/ise)

### **Inspire Child Psychology**

Services offered by Dr. Adam McCrimmon and Dr. Emma Climie include ASD diagnosis and psycho-educational assessments.

**Email:** [info@inspirechildpsychology.ca](mailto:info@inspirechildpsychology.ca)  
**Website:** [inspirechildpsychology.ca](http://inspirechildpsychology.ca)

### **Koru Psychology**

Private psychology practice in the Calgary area. Offers autism, IQ, and psycho-social assessment. In addition to assessment, Koru offers direct therapy services, parent and family workshops and education, individual and family counselling, and research development.

**Phone:** 403.650.1616  
**Address:** 100, 2107 Sirocco Drive SW, Calgary, AB T3H 5P1  
**Email:** [buzankopsyc@live.ca](mailto:buzankopsyc@live.ca)  
**Website:** [koruphychology.ca](http://koruphychology.ca)

### **Psychologists' Association of Alberta (PAA)**

**Phone:** 780.424.0294  
**Toll Free:** 1.888.424.0297  
**Address:** Unit 103, 1207 – 91 Street SW, Edmonton, AB T6X 1E9  
**Website:** [psychologistsassociation.ab.ca](http://psychologistsassociation.ab.ca)

## **South Calgary Assessment and Treatment Services**

Sharon Blott, Registered Psychologist, provides assessment and diagnosis of ASD. She includes a full battery of tests including the ADI-R and ADOS-II. Her colleague, Paloma Scott, Registered Provisional Psychologist provides therapeutic treatment to children and adults.

**Phone:** 403.612.3396

**Address:** Fish Creek Executive Centre, 205, 259 Midpark Way SE, Calgary, AB T2X 1M2

**Email:** shblott@telus.net

**Website:** sharonblott.com

## **Understanding Asperger's and an Asperger's Diagnosis**

Author—Tony Attwood

Muses about his own experience with an Asperger's diagnosis.

**Website:** tonyattwood.com

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