



Basic Information for Autistic Adults and Families of Children with Autism Spectrum Disorder (ASD)

About Us: Autism Calgary is an association of individuals and families striving to assist each other and the broader community so that those with ASD live meaningful and purposeful lives in a community that values them.

Support, Speak, Educate, Advocate & Promote

We help individuals and families navigate systems, offer information, resources, referrals, peer/emotional support, events, support groups and more!

Below, we have provided some very basic information about the services and supports that you / your family may find helpful.

Support for Children with ASD:

Healthcare:

Your family physician will serve as your homebase providing guidance and referrals as needed. To access an autism assessment, there are three main ways families may consider.

- **Developmental Pediatrician:** The family physician may send a referral to see a developmental pediatrician for an assessment and specialty medical care (covered under Alberta Health).
- **Child Development Services:** A pediatrician may send a referral to the CDC at the Alberta Children's Hospital (covered under Alberta Health)
- **Psychologist:** Families can see a privately hired psychologist (not covered under Alberta Health).

Funding:

- **Family Support for Children with Disabilities (FSCD):** Provincial funding to help with the extraordinary costs of raising a child with a disability.
- **Canada Disability Benefit (CDB):** A federal tax-free, monthly payment based on income for individuals approved to receive the Disability Tax Credit.
- **Disability Tax Credit:** A tax credit for Canadians with disabilities which reduces the tax amount the caregiver or the individual with ASD pays.
- **Registered Disability Savings Plan (RDSP):** A long-term savings plan to support disabled individuals in their futures.
- **Jordan's Principle (JP):** Federal funding for Indigenous children living on or off reserve.

Education:

- **Program Unit Funding (PUF):** Supports for children 2.5 to 6 years at Preschool and Kindergarten
- **Calgary Board of Education (CBE) & Calgary Catholic School District (CCSD):** CBE and CCSD offer some specialized programs that can be accessed by referral from the Board
- **Private Schools:** Autism Specific (New Heights, Janus) and pan-disability private education (Quest, Third Academy, Renfrew)

Support for Adults Requiring Daily Living Support:

Healthcare:

- **Family Physicians:**

Can send referrals, fill out portions of medical documents needed for funding etc. They can also send referrals to a psychiatrist if needed.

- **Psychologists:**

Can be privately hired to provide ASD assessments, Capacity assessments and more (not covered under Alberta Health Care).

Funding Financial & Legal:

- **Persons with Developmental Disabilities (PDD):**

Provincial funding for adults with disabilities who require daily living support (IQ must be 70 or below)

- **Assured Income for the Severely Handicapped (AISH):**

Provincial funding for those who are unable to maintain employment to assist with daily living expenses such as housing, clothing, food etc.

- **Disability Tax Credit:**

A tax credit for disabled Canadians which reduces the tax amount the caregiver or the individual with ASD pays.

- **Registered Disability Savings Plan (RDSP):**

A long-term savings plan to support disabled individuals in their futures.

- **Guardianship:**

Enables a caregiver to make legal decisions.

- **Trusteeship:**

Enables a caregiver to make financial decisions.

Housing and Daily Support

- **Living & Accommodations:**

There are housing options for those who require daily support such as assistive roommates, group homes etc.

- **Day Programs:**

Day Programs are available for those requiring daily support.

- **Life Skills Programs:**

Are available to help promote independence and learn daily living skills

- **Recreational Programs and Summer Camps:**

Are available in many programs and organizations to support social inclusion

Support for Adults Requiring Less Living Support:

Healthcare:

- **Family Physicians:**

Can send referrals, fill out portions of medical documents if needed. They can also send referrals to a psychiatrist if needed (psychiatrists are covered under Alberta Health).

- **Psychologists:**

Can be privately hired to provide ASD assessments, Psycho-Ed assessments (usually up to age 20 (not covered under Alberta Health Care).

Funding, Financial & Legal:

- **Assured Income for the Severely Handicapped (AISH):**

Provincial funding for those who are unable to maintain employment to assist with daily living expenses such as housing, clothing, food etc.

- **Home Care:**

Home Care is offered for those without PDD to assist with medical care needs at home (covered under Alberta Health).

- **Disability Tax Credit:**

A tax credit for Canadians which reduces the tax amount the caregiver or the individual with ASD pays.

- **Registered Disability Savings Plan (RDSP):**

A long-term savings plan to support disabled individuals in their futures.

- **Guardianship:**

Enables a caregiver to make legal decisions.

- **Trusteeship:**

Enables a caregiver to make financial decisions.

Education, Employment & Housing:

- **Education:**

Post Secondary institutions have inclusive accommodation departments available to meet the needs of each student.

- **Employment Programs:**

There are autism specific & pan-disability employment programs available for those looking for employment and/or looking for employment preparation.

- **Housing Options:**

There are targeted low-income housing options specifically for individuals with ASD requiring little to no daily living support.

Contact Autism Calgary!

To connect with one of our Family Support Workers, please email Support@autismcalgary.com or call 403-250-5033