



autism
connections
fredericton

AUTISM CONNECTIONS FREDERICTON

RESOURCE GUIDE

Version: 2020

The title page picture was painted by Emma McKinney, 22 years old.

“I’ve been creating since I was young. I enjoy painting with water colour and acrylics. The pieces I picked for the gallery show all include texture because I like the feel the different materials create. They can be touched.”

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Autism Connections Fredericton is committed to scientifically-based treatment approaches for autism. ACF cannot be responsible for the quality or sustainability of any of the products or programs listed here. We encourage you to consult with the professionals you work with before purchasing services or materials, or embarking on new programs.



TABLE OF CONTENTS

WELCOME TO ACF	7
HOW TO NAVIGATE RESOURCES IN THE RESOURCE GUIDE	8
WHAT IS ASD?	9
General Information about Autism Spectrum Disorder	12
Specific Information and Support	18
L'Autisme: Ressources in Français	19
WHAT TREATMENTS ARE EFFECTIVE?	21
General Information	23
Specific problems	26
WHERE CAN I LEARN MORE ABOUT AUTISM?	30
Autism courses	31
Associations	34
Learning Resources	35
WHERE CAN I FIND PROFESSIONALS IN NEW BRUNSWICK?	37
Health services	39
Psychologists	41
Speech-Language Pathologists	44
Occupational Therapists	46
Pediatricians	48
Psychiatrists	49
Intervention services	50
Mental health and Counselling	51
Local Resources Recommended by Parents	53
HOW DO I FIND A HIGH-QUALITY DAYCARE?	55
General Information	56

Local Daycares	58
WHAT ABOUT SCHOOL?	60
SCHOOL IS OVER, WHAT'S NEXT?	63
General Information	64
Transition to adulthood & employment services	66
WHERE DO I FIND SOCIAL AND FINANCIAL SUPPORT?	71
Support agencies & organizations	72
Agences et Organisations de Soutien: Ressources in Français	77
Financial Programs	78
Financial Assistance from the Government of Canada	78
Financial Assistance from the Province of New Brunswick	80
Military family support	81
Safety	82
Legal education & information	85
Stories & blogs	86
Blogues en Français	89
Residences	90
WANT TO HAVE FUN?	92
General resources	94
Local Resources	95
WHERE CAN I FIND MATERIALS AND RESOURCES?	100
Intervention materials	101
Matériel d'Intervention: Ressources en Français	103
Apps	104
Applications: Ressources en Français	108
Reading resources	109

HOW DO WE COPE WITH COVID-19 RESTRICTIONS?	112
COVID-19 Resources	114
GLOSSARY	118

WELCOME TO ACF

Autism Connections Fredericton Inc. (ACF) is a registered charity dedicated to providing social support, public education, advocacy, material resources, programs, activities, and evidence-based information for persons with autism spectrum disorder, their families, and their communities. ACF serves the greater Fredericton region.

MEMBERSHIP PROGRAM

Free membership allows our friends to access our:

✓ **Resource Library**

Our lending library is stocked with various resources such as books, videos, toys, educational tools, ABA materials and much more!

✓ **Knowledge Nights & Education**

ACF hosts workshops and educational evenings where members can learn about topics relevant to them (e.g. respite care services, disability tax credit, Adults with Autism etc.). We also deliver information booths and presentations around our community

✓ **Teen Night**

Teens with ASD can join a group at ACF to hang out, socialize, play video or board games and enjoy a potluck snack.

✓ **Skills Courses**

We offer a variety of skill building courses, including bike riding, gymnastics, Tae Kwon Do, cooking and art classes

✓ **Special Events**

These events promise fun for the whole family. You might be interested in our annual Halloween party, winter sleigh ride, summer fun days, and more! Please check our monthly calendar for planned events!

For more information feel free to contact us:

Executive Director: Rick Hutchins

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Email: acf@nb.aibn.com

Website: autismconnectionsfredericton.com

Facebook page: autism connections fredericton

HOW TO NAVIGATE RESOURCES IN THE RESOURCE GUIDE

The ACF Autism Resource Guide contains information that could potentially be useful to a wide range of people. First of all, it is a good starting point for parents of children who have recently been diagnosed with Autism Spectrum Disorder and for adults who have just learned that they are on the spectrum. It will also provide new and updated resources for those who have been familiar with the diagnosis for a long time. Professionals in the field of autism, as well as members of the public who come into contact with children and adults on the spectrum, may also find useful resources in this guide.

The Resource Guide includes updated information about various programs for people with ASD and their families, as well as updates from scientific research. The local resources section provides contact information for New Brunswick professionals such as psychologists, speech-language pathologists and other practitioners who can help people with autism. This updated resource guide also contains information for adults with autism and for parents of autistic adults.

Practitioners will find many resources for continuing education. We have added learning materials, online courses, video lectures, and more. Not only will practitioners from the field of autism learn valuable information, but also practitioners, whose primary specialization is not autism, can learn about autism in general

and specific topics, and how to work with autistic individuals.

NAVIGATION COLOUR CODES

Throughout the document you will see a navigating system to help readers find the most relevant resources.



— resources for parents



— resources for practitioners



— resources for autistic adults

WHAT IS ASD?

Autism Spectrum Disorder (ASD) is a complex disorder that includes persistent issues in social communication and social interaction across different settings.¹ This includes the following:

- ✓ **Issues in social-emotional communication.** For example, failure to maintain a conversation or reduced sharing of interests, emotions, or difficulty perceiving another's point of view.
- ✓ **Lack of non-verbal communication** that is used for social interaction. For example, abnormalities in eye contact and body language, or understanding of gestures. Severe forms involve an almost total lack of facial expressions and non-verbal communication.
- ✓ **Problems with relationships** in terms of developing, maintaining or understanding. For example, failure to fit the social context or in sharing imaginative play and making friends. Severe forms may involve absence of interest in peers.

Another domain that is affected by ASD is behaviour. Behaviour signs are the following:

- ✓ **Stereotypy or repetitive behaviours,** repetitive use of objects, or patterns of speech.

- ✓ **Inflexible adherence to routines,** ritualized patterns of verbal or non-verbal behaviour. For example, a person may show distress when the situation is changing from the usual one, when the transition takes place.
- ✓ **Fixated interests** that are abnormal in intensity. For example, strong attachment to something, or preservative interests.
- ✓ **Hyper- or hypo-reactivity to sensory input** and unusual interest in sensory aspects of the environment. For example, indifference to pain, adverse response to specific sounds, etc.

These behavioural signs are usually present in the early childhood and cause significant impairment in social life or other daily routines.

Another aspect that is important in making a diagnosis is the fact that these behavioural issues are not explained by intellectual disability and developmental delay, though, these conditions can often co-occur.

Other signs that can be present besides intellectual disability and developmental delay are language impairment, motor deficits, self-injury, disruptive behaviours, anxiety and depression in adults (To find out more about the terminology you can explore the "Glossary" section that is in the end of this guide).

As for the prevalence, today statistics show that 1% of population is affected by ASD. The statistics also show a rise in people diagnosed with ASD. It is not clear within the scientific

¹ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders : DSM-5 (5th ed.)*. American Psychiatric Association.

community if the increase in diagnosis is due to the real effect or only due to increased awareness and differences in study methodology.

However, each individual is unique, and there is a broad range of abilities, which is why it is called a “spectrum disorder”.

Some people require life-long assistance with daily living, but there are many people on the spectrum who live a highly productive and independent life. In the “Want to have fun?” section of this Resource Guide you will read about the talents of many people who are on the spectrum.

Common facts about ASD¹:

- ✓ It is the most common neurological disorder affecting children, and it continues into adulthood
- ✓ It is one of the most common developmental disabilities affecting Canadians
- ✓ ASD can affect all aspects of person’s development
- ✓ It is four times more common in boys than girls

✓ Individuals with ASD might have their own talents such as attention to details, ability to develop expertise, organizational skills in specific areas, or thinking differently about the world (you can learn more from personal accounts or personal stories and blogs)²

✓ The cause of autism is uncertain (both genetic components and environmental triggers can contribute to the diagnosis)

Another stream of research in autism is the investigation of the link between ASD and gender identity and sexuality. There are many studies that support the association between autism spectrum disorder or ASD traits and gender identity issues. For example, there is a correlation between ASD and gender dysphoria — a distress that may be experienced as the incongruence between a person’s experienced or expressed gender and the assigned gender³. This research suggests that for many individuals with autism their sexual orientation relates to their gender experience. Another study emphasizes the same tendency in adolescents with ASD as well⁴. Thus, the authors suggest

¹ Autism Speaks (n.d.) Autism Statistics and Facts. Retrieved July 7, 2020, from <https://www.autismspeaks.org/autism-statistics>

² Altogether Autism (n.d.) Strengths and Abilities in Autism. Retrieved July 7, 2020, from <https://www.altogetherautism.org.nz/strengths-and-abilities-in-autism/>

³ George, R., & Strokes, M.A. (2018). Gender identity and sexual orientation in autism spectrum disorder. *Autism*, 22(8), 970-982. <https://doi-org.proxy.hil.unb.ca/10.1177/1362361317714587>

⁴ Dewinter, J., De Graaf, H., & Begeer, S. (2017). Sexual orientation, gender identity, and romantic relationships in adolescents and adults with autism spectrum disorder. *Journal of Autism and Developmental Disorders*, 47(9), 2927-2934. <https://doi-org.proxy.hil.unb.ca/10.1007/s10803-017-3199-9>

that attention to sexual diversity working with people and adolescents with ASD should be of great importance in education and clinical practice. The studies on this topic are mainly correlational, that is, the association between ASD and gender identity issues may not necessarily influence each other. But the data are impressive and clinicians indicate an overrepresentation of this phenomenon in their practice.

This is just a brief overview of the disorder. The following links would be useful to learn more about autism spectrum disorders.

NOTE: Asperger's Syndrome, information about which is listed below was a separate diagnosis before 2015 when the new version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) was published. In this new version, Asperger's syndrome is no longer considered an independent condition but falls under the scope of Autism Spectrum Disorder. Today it is considered a mild form of ASD.

General Information about Autism Spectrum Disorder

Asperger Experts

Website: <https://www.aspergerexperts.com>

Help, guidance, support and strategies that actually work for people with Asperger's, parents, therapists and teachers. Created by people with Asperger's. Global community that provides guidance and support for parents and practitioners and informs about best practices, finding new friends, etc.. This community offers four different membership options. Basic option is free for life and includes newsletter, opportunity to post your story, resource directory, and limited access to online live classes.

Autism Hangout

Website: www.autismhangout.com

First-hand advice from one of the world's leading authorities on Asperger's Syndrome, Dr. Tony Attwood. Dr. Tony Attwood personally addresses your questions about successfully living with the challenges and gifts of Asperger's.

Autism Canada

Website: www.autismcanada.org

Autism Canada works collaboratively with provincial and territorial organisations, associations and societies to champion Autism Spectrum Disorder priorities. They create the exchange of information between individuals with ASD, families, professionals, researchers, governments and the public. The website contains information about autism, screening tools, some information about treatment options, and a wide range of recourses.

Autism Discussion Page

Facebook page: www.facebook.com/autismdiscussionpage

This page was developed by Bill Nason (Master of Science, Limited Licensed Psychologist) to discuss tools that help children on the spectrum feel safe, accepted and competent. Although each child is different, with his/her unique strengths and challenges, there are some common strategies that can strengthen the social, emotional, and cognitive security for most children on the spectrum.

Autism Research Institute (Disponible en Français)

Website: www.autism.com

Autism Research Institute offers research and education for professionals, individuals on the spectrum, and their families. The website gives general information about the disorder, screening

tools (in 21 languages) and treatment options. Free webinars for parents and caretakers, and funding for research are available.

Autism Helper, Inc. ● ●

Website: <https://theautismhelper.com>

Twitter: @theautismhelper

Facebook page: <https://www.facebook.com/theautismhelper>

Autism Helper, Inc. supports teachers, parents, clinicians, and administrators by providing resources, tools, and the methods to measure success, such as daily blog posts, curriculum resources and more.

Autism in Education (Disponible en Français) ● ●

Website: <http://aie.apsea.ca>

Autism in Education offers a website about best practices in the education of children with ASD in the 4 Atlantic Provinces. It offers information papers on general topics such as *Transition to School*, *Evidenced-Based Practice*, *Sensory Differences in Autism Spectrum Disorders* and *Teaching Essential Skills to Prevent the Development of Challenging Behaviour*; recorded webinars by local and international experts, and free online tutorials for professional development. Some materials are available in French.

Autism Quality of Life Podcast ● ●

Website: www.autismqualityoflife.com

This is an interview-based podcast with the mission of sharing programs and resources to improve quality of life for teens and adults with ASD and their caregivers. Although the podcast seems to have stopped posting new records, useful information still can be found in previous recordings.

Autistic Self-Advocacy Network (ASAN) ● ●

Website: www.autisticadvocacy.org

Autistic Self-Advocacy Network is a non-profit organisation run by and for autistic people. It was created to provide support and services to individuals on the autism spectrum while working to change public perception and combat misinformation. Canadian chapters are currently located in Vancouver and Winnipeg.

Autism Speaks Canada (Disponible en Français) ● ● ●

Website: <http://www.autismspeaks.ca>

Autism Speaks Canada supports individuals with autism and their families by working with community partners; enhancing resources and services, increasing understanding, acceptance and inclusion; and advancing research into causes and interventions.

Canadian Autism Spectrum Disorders Alliance (CASDA) (Disponible en Français)

Website: www.casda.ca

Canadian Autism Spectrum Disorders Alliance is committed to ensuring the implementation of a comprehensive National ASD Strategy that addresses critical gaps in funding and policies, which are preventing individuals with ASD and their families from exercising their equal rights as Canadians. Autism Connections Fredericton is a member of CASDA.

Inclusion Network

Website: www.inclusion.com

Inclusion Network offers workshops, training and consultation for people with disabilities. This website is not specific to autism.

Geneva Center for Autism

Website: www.autism.net

Geneva Center for Autism is Canada's primary resource centre for autism. It offers comprehensive education and training services which enable parents and professionals to become effective interveners and advocates for people with ASD.

Child and Youth Mental Health Toolkits

Website: www.shared-care.ca/toolkits

Toolkits include information, videos and games about various topics including autism, ADHD, anxiety, behaviour problems, mood disorders and more.

Inclusive Education Canada

Website: www.inclusiveeducation.ca

This website is a meeting place for family, teachers, education officials and community members who are committed to making inclusive education a reality. Inclusive Education Canada produces *Education Watch* (<https://inclusiveeducation.ca/learn/education-watch/>) — an update on activities and issues relevant to inclusive education, as well as online resources for families and educators.

International Society for Autism Research

Website: <http://www.autism-insar.org>

International Society for Autism Research provides scientific collaboration, mentorship and education to better the lives of the individuals and families living with ASD. Membership is open to individuals engaged in academic or research activities, graduate students and post-doctoral researchers, and others vested in the study of ASD. Members have access to Autism Research

Journal (www.autismresearchjournal.com), a peer-reviewed academic journal which includes current issues in autism, original research articles, brief reports and high quality review articles.

Kids Health from Nemours ● ●

Website: www.kidshealth.org

KidsHealth offers information about health, behavior, and development from before birth through the teen years. KidsHealth has sections for parents, kids, teens, and educators.

Miriam Foundation (Disponible en Français) ● ● ●

Website: www.miriamfoundation.ca

The Miriam Foundation is a Montreal-based organization that helps people with autism and intellectual disabilities; promotes awareness, offers workshops, shares materials/information and supports research.

Positive Partnership ●

Website: www.positivepartnerships.com.au

Positive Partnership is an Australian project that offers information, free webinars and workshops about autism and advice for parents. Some resources for families, schools and any other services, can be found translated into different languages.

The Thinking Person's Guide to Autism (TPGA) ● ● ●

Website: www.thinkingautismguide.com

The Thinking Person's Guide to Autism is a one-stop source for carefully curated, evidence-based information from autism parents, autistics, and autism professionals. Resources include the reviews of books about autism, movies, online resources on a broad variety of topics worth exploring, blogs and first-person accounts.

Autism Speaks 100 Day Kit for Newly Diagnosed Families of Young Children ●

Website: https://www.autismspeaks.org/sites/default/files/100_Day_Tool_Kit_Young_Children.pdf

This document is a "100 Day Kit" for newly diagnosed families of young children. It contains necessary critical information about the diagnosis.

Help Guide. Autism Spectrum Disorders ●

Website: <https://www.helpguide.org/articles/autism-learning-disabilities/autism-spectrum-disorders.htm>

HelpGuide is a non-profit mental health and wellness website. Its mission is to provide empowering, evidence-based information that people can use to help themselves and their loved

ones. The article is basically the parent's guide to symptoms and diagnosis that can help better understand one's child, decipher all the different autism terms, and make it easier to communicate with doctors, teachers, and therapists.

Centres for Disease Control and Prevention. Autism Spectrum Disorder ● ● ●

Website: <https://www.cdc.gov/ncbddd/autism/index.html>

The Centres for Disease Control provides demographic data and statistics on autism and reviews the diagnosis and treatment options.

National Autistic Society ● ●

Website: <https://www.autism.org.uk/>

The UK's leading organization for autistic people and their families. Although, the website mainly gives services for UK, there is a lot of useful information as well as many links about autism.

Autism Community Training ● ● ●

Website: <https://www.actcommunity.ca/>

Autism Community Training provides evidence-based information and training relevant to the autism community internationally. Based in British Columbia, Autism Community Training provides a wide range of positive and practical information on everything from sleep problems and diet, to core issues such as diagnosis and aspects of intervention, including information on setting up intervention programs. These resources are free and are available online without a password requirement. There is a comprehensive Autism Information Database(<https://www.actcommunity.ca/aid-search>).

SPECTRUM ● ● ●

Website: <https://www.spectrumnews.org/>

Spectrum provides comprehensive news and analysis of advances in autism research. They sift through the steady stream of autism papers and highlight the most noteworthy. They also turn to experts in the field for their opinions on trends or controversies in autism research.

Autistic & Unapologetic ● ●

Website: <https://autisticandunapologetic.com/>

The website is run by James Sinclair, autistic creator. His website is an autism awareness site posting recent news and articles about topics around autism.

Autism — What We Know (and What We Don't Know Yet) (TED Conference Video) (Disponible en Français)

Website: https://www.ted.com/talks/wendy_chung_autism_what_we_know_and_what_we_don_t_know_yet?referrer=playlist-the_autism_spectrum

Wendy Chung talks about what is known about Autism Spectrum Disorder, and what is unknown at the moment. In this talk Dr. Chung tells about her research on genetic variations that may relate to autism. Subtitle in French are available.

Autism Spectrum Disorder

Website: https://www.nimh.nih.gov/health/publications/autism-spectrum-disorder/19-mh-8084-autismspecdisordr_152236.pdf

This is a document, authored by the National Institute of Mental Health, which gives general information about ASD, symptoms, causes and risk factors, treatment, and several resources.

Milestones: Autism Resources

Website: <https://www.milestones.org/>

The website provides autism strategies for life, offering guidance to get individuals with autism get through the day and help to plan for the future. They offer a wide range of resources and tool kits for parents and individuals with ASD: such as leisure activities for children with ASD, addressing challenging behaviours, first diagnosis, mental health and more.

Cochrane (Disponible en Français)

Website: <https://www.cochrane.org>

Cochrane is a website for anyone who is interested in high-quality information to make health decisions. This global independent network gathers and summarises the best evidence from research to help the public make informed choices about treatment. They have an experience of more than 25 years. They also offer the library of resources that summarise the recent research.

Living Autism Now

Website: <https://livingautismnow.com/>

This is a website providing contact and general information about autism businesses, services, professionals and families. This tool can help to locate best local services, information and links. They also collect ratings and reviews.

Sensory Friendly Solutions ● ●

Website: <https://www.sensoryfriendly.net>

Sensory Friendly Solutions was founded by Christel Seeberger, occupation therapist, who helped people with sensory sensitivity and people who experienced sensory overload in daily life. This website offers a searchable directory of sensory-friendly experiences invite ratings, and reviews about events, places, products, and services.

Sunshine Behavioural Health — Addictions and Autism ● ●

Website: <https://www.sunshinebehavioralhealth.com>

Sunshine Behavioral Health is a California-based organization that offers evidence based treatment programs for individuals who have autism and substance use disorders. Their website provides excellent information on why substance abuse and other addictions are common amongst individuals with ASD, and explains a variety of treatment options and resources for youth, men, women, elderly and other groups.

Specific Information and Support

Sibling Support Project ● ●

Website: www.siblingsupport.org

Founded in 1990, the Washington-based Sibling Support Project addresses the concerns of brothers and sisters of people with special health, developmental, and mental health concerns (not specifically autism).

Yellow Ladybugs — Connecting Girls with Autism ● ●

Website: <http://www.yellowladybugs.com.au>

Yellow Ladybugs is an Australian advocacy group shining a positive light on girls with autism.

LGBTQI Resource Page. Autism Services, Education, Resources and Training ● ● ●

Website: <https://paautism.org/resource/lgbtqi/>

This is a collection of resources which focuses on different topics related to lesbian, gay, bisexual, transgender, queer/questioning, and intersex individuals. Some resources are specific for individuals with ASD.

L'Autisme: Ressources in Français

Spectre Autistique troubles envahissants du développement



Website: <http://www.satedi.net>

SAtedl est une association fondée en 2004 qui regroupe des francophones ayant un Trouble du Spectre Autistique. L'association s'attelle à développer un réseau d'entraide afin que divers acteurs ou organismes qui sont engagés auprès des personnes autistes nous aident à mieux répondre aux besoins recensés sur le territoire.

La Neurodiversité – L'autisme et les autres formes d'intelligence



Website: <http://www.neurodiversite.com>

Mouvement pour la reconnaissance positive de la diversité cognitive et pour les droits de ces personnes: l'autisme, le TDAH, la dyslexie, la dyspraxie, etc.



Artist: Gary O'Donnell, 29 years old.

WHAT TREATMENTS ARE EFFECTIVE?

Currently there is no known cure for autism, however, there are some treatment options that help individuals with ASD improve the quality of life including communication skills, social and recreational skills, functional independence, and academics. There are many options that are offered to individuals with ASD but not all of them have undergone scientific investigation and are considered to be an evidence-based approach.

What does it mean to be an evidence-based treatment? And what does it mean to implement an evidence-based practice? First of all, evidence-based treatments have undergone scientific research and shown evidence to be effective in comparison with a control condition which is usually no treatment or a placebo. Evidence-based practice is a broader phenomenon that is related to a specialist's practice and the whole process of therapy that involves a clinician or a group of specialists working with a client. A specialist implements evidence-based practice when he/she uses evidence-based treatments and, moreover, takes into account cultural aspects of the client's environment and the use of methods

The voice of our community

"Justin was 22 months old at the time; he is now a tall, solid, gentle giant of 24 years old. When his few spoken words disappeared, I knew something was amiss. But when the words started to return at 4 years old via applied behaviour analysis intervention, I was sold about the benefits of ABA"

Dawn Bowie

A Happy Mother of Autistic Adult

that are approved by the client and his or her family¹.

Another aspect of evidence-based practice is the requirement that the specialist is an expert or has at least some proper training. It is important to clarify whether they have proper training and knowledge about autism.

Today there are several evidence-based treatments that are offered to people with ASD: among them are applied behavioural analysis (ABA), developmental models, speech and language therapy, social skills therapy, and occupational therapy². Remember, each individual with ASD is unique, thus, treatment options should be individualised as well.

There are several evidence-based treatments for other conditions that can co-occur with ASD, such as depression or anxiety. Among these treatments are Cognitive Behavioural

¹ Brown, F., Anderson, J.L. & De Pry, R.L. (2015). Chapter 2. Foundational assumptions about challenging behavior and behavior interventions. *Individual positive behavior supports: A standards-based guide to practices in school and community settings*. (27-46). Paul H. Brooks Publishing Co.

² Association for Science in Autism Treatment (n.d.) Psychological, Educational and Therapeutic Interventions. Retrieved July 7, 2020, from <https://asatonline.org/for-parents/learn-more-about-specific-treatments/>

Therapy (CBT), Acceptance and Commitment Therapy (ACT), and others.

The description of specialists, who can provide services in each approach mentioned above, is located in the “Looking for help in New Brunswick?” section.

The work of a psychologist or another specialist such as speech-language pathologist or behavioural analyst, for example, who use the best available treatments and find a good fit for a client is not the only thing that can be done to make an intervention successful. There are several aspects that contribute to successful treatment as well¹:

- ✓ Early intervention²
- ✓ Intensive intervention (in scope and frequency)
- ✓ Parent training and overall participation in the intervention
- ✓ Focus on social and pragmatic aspects of communication
- ✓ Individualised approach
- ✓ Emphasis on teaching

The voice of our community

“Wyatt (Holly’s son on the spectrum) is now 5 and is thriving in Kindergarten, thanks to early intervention”

Holly

A Happy Mother of an Autistic Child

¹ Association for Science in Autism Treatment (n.d.) Recommendations of expert panel & government task forces. Retrieved July 7, 2020, from <https://asatonline.org/for-parents/learn-more-about-specific-treatments/applied-behavior-analysis-aba/aba-techniques/recommendations-of-expert-panels-government-task-forces/>

² Smith, A. (2009). Clinical corner: Early detection and intervention. *Science in Autism Treatment*, 6(2), 2, 11, 14.

General Information

Behavioural Science in the 21 Century ● ●

Website: <http://www.bSci21.org>

This US based website posts scientific articles on the practical application of Applied Behavior Analysis in many areas, including autism. Examples include: *Using Modern Technology in ABA Programs to Teach Children with Autism*; *When School Suspension Reinforces Maladaptive Behavior*; *Tips for Transitions at the Start of a New School Year*; *Parenting Tips for More Independent Children*; *A “Cheeky” Look at Toilet Training*; and dozens of other articles.

Carol Gray Social Stories ● ●

Website: <https://carolgraysocialstories.com>

This website provides information and resources about Social Stories, a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages.

Picture Exchange Communication System (Pyramid Educational Consultants Inc.) ● ●

Website: <https://pecs-canada.com/>

PECS User Support Facebook group page: <https://www.facebook.com/groups/1582702885378197/>

Pyramid Educational Consultants, Inc. is the home of the Picture Exchange Communication System (PECS) and the Pyramid Approach to Education. The approach is based on applied behavior analysis (ABA), with a focus on the development of functional communication skills.

Treatment and Education of Autistic and related Communication Handicapped Children (TEACCH) ● ●

Website: <https://teacch.com>

This website provides information about TEACCH, an evidence-based service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders

ILove ABA! ● ●

Website: <https://www.iloveaba.com>

This is a blog of a Board-Certified Behaviour Analyst in Atlanta. The website offers free general information about ABA and its procedures, many useful links for practitioners and parents.

Your Therapy Source

Website: <https://www.yourtherapysource.com>

The website offers online resources for therapists, teachers, and parents. There is a wide range of materials for Visual Activity Schedules approach, that is an evidence-based approach to help children with ASD and intellectual and developmental disability. Images, pictures, and line drawings depict a sequence of events that are used to prepare the child for the next activity, the next step of the activity, or visually present a daily routine, etc. Material is offered for purchase and there are some free to downloads.

Texas Autism Circuit

Website: <http://www.autismcircuit.net>

The Autism Circuit is a project for the purpose of providing professional development to educators working with students with ASD. The website has a descriptive page for tools and behavioural interventions involving visual supports: behaviour contingency map, behaviour cue cards, choice board, power card, token board, and others. It is a useful resource to learn more about visual supports as behavioural interventions.

OCALI

Website: <https://www.ocali.org>

OCALI informs public policy and develops and deploys practices grounded in linking research to real life. The website offers a free introductory course on autism spectrum disorders. The Resource Gallery of interventions (https://www.ocali.org/project/resource_gallery_of_interventions) is a useful resource to familiarize oneself with visual support as an intervention technique.

Dr. Susan Wilczynski, PhD. Evidence-Based Practice in ABA (video lecture)

Website: <https://www.youtube.com/watch?v=28YkpY5eJOs>

Dr. Susan Wilczynski is a professor of Special Education and Applied Behaviour Analysis. She also served as the executive director of National Autism Centre in the US. She is the author of various scientific articles, as well as her book *A Practical Guide to Finding Treatments that Work for People with Autism*.

Dr. Jane S. Howard, PhD, BCBA-D. An Introduction to Behaviour Analysis in Autism and Intellectual Disorders (video lecture) ● ●

Website: https://www.youtube.com/watch?v=0cGPh4bExSw&feature=emb_logo

Dr. Jane S. Howard provides an introduction to the contributions applied behaviour analysis has made to individuals diagnosed with intellectual delays and disabilities including autism.

National Standards Project: Findings and Conclusions (Phase 2) ● ●

Website: <http://www.autismdiagnostics.com/assets/Resources/NSP2.pdf>

This document provides critical information about treatments for ASD. It shows which intervention have proven to be effective and can be considered evidence-based, and which ones have not shown enough evidence to be effective.

ABA Telehealth for Families (article) ● ● ●

Website: <https://sandcastlecenters.com/aba-telehealth/aba-telehealth-for-families/>

This article outlines ABA telehealth therapy services for families who have children with autism.

Specific problems

NOTE: The information in this section is the general description of the problem, however, the consultation with a specialist is required.

Autism Centre of Excellence

YouTube Channel: https://www.youtube.com/channel/UCF5fu-CWUOz_Erz-YcJlddg/videos

Website: <https://wmuace.com>

The Western Michigan University Autism Centre of Excellence was established to facilitate a sweeping array of initiatives that use high-tech methods to help train mental health practitioners, parents, and others working with ASD, ultimately leading to wider certification of other professionals trained in treating autism. YouTube channel contains several useful video lectures on different topics on autism and specific problems, such as feeding, language, self-injurious behaviours, preparing a child for a dentist, and more. The lectures are taught by leading specialists in ABA.

Autism Spectrum Disorder (ASD) and Sleep

Website: <https://www.tuck.com/autism-spectrum-disorder-and-sleep/>

This is an article about sleep problems in individuals with ASD. It describes ASD in general and sleeping problems in particular, as well as potential treatment techniques for people with ASD. The article gives examples of evidence-based approaches to treat sleep problems in children and adults and shares current statistics on the prevalence of such a problem.

Dr. Gregory Hanley, PhD, BCBA-D. Sleeping problems of children and young adults with ASD (video lecture in two parts)

Part 1: <https://www.youtube.com/watch?v=H1I-QEENmg>

Part 2: <https://www.youtube.com/watch?v=mDbb0XQDnng>

The guest speaker at this lecture is Dr. Gregory Hanley (PhD, BCBA-D). He is a well-known practitioner and researcher in the field of ABA. In this lecture he discusses sleeping problems and their potential solutions in children and young adults. The lecture is very easy to watch and understand. It will be a great fit for both practitioners and parents.

Dr. Cathleen Piazza, PhD. Assessment of Treatment of Paediatric Feeding Disorders (video lecture)

Website: <https://www.youtube.com/watch?v=42Uk3SCQ1Ac>

The lecturer, Dr. Cathleen Piazza, is a leading specialist in ABA and specifically in feeding disorders. She is the author of several scientific articles that were published in the Journal of Applied Behaviour Analysis and Behaviour Modification, as well as several book chapters.

Dr. Mark L. Sundberg, PhD, BCBA-D. Behavioural Approach to Language Assessment and Intervention for Children with Autism (video lecture)

Website: <https://www.youtube.com/watch?v=if3IHYG8XU>

Dr. Mark L. Sundberg is a leading specialist in autism language interventions and the author of Verbal Behavioural Milestones Assessment and Placement Program (VB-MAPP). He is the author of a great number of scientific articles. He has many awards in the field of behaviour science and ABA.

Dr. Wayne Fisher, PhD, BCBA-D. Functional Communication Training — Clinical Applications (video lecture)

Website: <https://wmuace.com/videos/functional-communication-clinical>

Dr. Wayne Fisher is an expert in various topics in the field of Applied Behaviours Analysis. He is the author of scientific papers published in top ABA scientific journals and was an editor of the Journal of Applied Behaviour Analysis. In this lecture he tells about Functional Communication Training (FCT) that is a common and effective intervention for various behaviour problems. This is a procedure in which a student is taught an alternative behaviour that produces the same reinforcer in order to reduce problem behaviour.

Dr. Frank Cicero, PhD, BCBA, LBA. Toilet Training

Website: <https://www.nysabaparent.org/uploads/8/1/5/6/81567104/toilettraining.pdf>

This is a document written by Dr. Frank Cicero about toilet training. It contains general information and also the answers to the questions that are frequently posed to an expert in behaviour analysis. It is a good starting point in toilet training.

Dental Tool Kit. Autism Speaks

Website: <https://www.autismspeaks.org/tool-kit/dental-tool-kit>

A downloadable tool kit providing information about difficulties during dental visits with children on the spectrum. The tool kit gives information about how to prepare your child for a dental appointment, by providing visual schedules and other instruments that can help.

Haircutting Training Guide. Autism Speaks

Website: <https://www.autismspeaks.org/tool-kit/haircutting-training-guide>

A downloadable tool kit providing information about how to help someone on the spectrum tolerate a haircut. This document contains information for families and also for hair stylists who want to learn more about autism.

Toilet Training: A Parent's Guide ●

Website: <https://www.autismspeaks.org/sites/default/files/2018-08/Toilet%20Training%20Guide.pdf>

This document provides general information about toilet training in individuals with autism describing common issues and possible solutions.

Toilet Training ●

Website: <http://www.med.monash.edu.au/assets/docs/scs/psychiatry/toilet-training-autism.pdf>

This document is a fact sheet telling about common toilet behaviour problems in children with ASD and giving tools to help parents.

DataFinch Technologies. Virtual Academy Presentations (YouTube Playlist) ● ●

Website: https://www.youtube.com/watch?v=MOZT79xuQtQ&list=PLOfaavm7mkbToKjCr77-RDL_C4G49RrP0

This is a playlist of videotaped lectures taught by specialists in ABA on a wide variety of topics. Most of them are parent-friendly and will be useful to parents and educators, as well as for ABA practitioners and psychologists.

How Sleep Affects Autism? ● ● ●

Website: <https://www.terrycralle.com/how-sleep-affects-autism/>

This is an article that is authored by Terry Cralle (a board-certified and registered nurse specialising in respiratory and sleep disorder). The article outlines sleeping problems in autistic people, possible causes and solutions.

Sandcastle Canters ● ● ●

Website: <https://sandcastlecenters.com/resources/telehealth/>

Sandcastle is a Florida-based ABA service provider. Telehealth is one medium through which their ABA services can be provided. Just like in-home or center-based ABA, they have expanded their offerings to include telehealth ABA. Those services could include working directly (via the computer) with your child, observing an in home therapist (Registered Behavior Technician) who is working directly with your child, and/or providing direct support and training to you as the parents.



Artist: Josie Tardif, 11 years old.

“Josie was around 9 when she drew this picture. She loves animals of all kinds, particularly dragons, cats and dogs. She wants to be a video game designer and make documentaries when she grows up.”



WHERE CAN I LEARN MORE ABOUT AUTISM?

Research and knowledge about Autism Spectrum Disorder is quickly developing and expanding its scope. There are many options to learn more about autism and possible treatments. These resources are available for autism specialists educators, parents and caregivers, other practitioners who lack specific training in autism but need it for work (such as nurses, dentists, hair-dressers, and others). Courses can be online or on-site, taken at universities, colleges, or organizations that serve persons with autism. Levels may differ: basic free online courses, certificate courses, credit courses, or university programs.

Other options for continuing education are workshops, webinars, podcasts, video lectures and books.

In this section we list various resources that would be useful to everyone who wants to learn more about autism or specific problems related to ASD. Although, we have listed some courses and programs (especially local ones), there are more that can be found on the Internet.

Additionally, we have listed must-know scientific articles about autism, treatment and specific problems, which may be valuable for practitioners. Video lectures about feeding issues, sleeping problems, going to a dentist and others can be found under “*Specific Problems*” in the “*How Do I Find Effective Treatments?*” section.

Autism courses

Autism Internet Modules

Website: <http://www.autisminternetmodules.org>

Autism Internet Modules provides high-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. Autism Internet Modules are available at no cost.

Geneva Center for Autism

Website: <https://www.sonderly.io/>

Email: contactus@sonderly.io

A new education platform, which is incorporated in Geneva Center for Autism, offers a wide range of online courses. Although, some of them are not offered for free, the courses cover different topics from specific procedures in ABA to special problems like feeding issues and sexual education in autistic individuals. Courses are taught by top professionals in the field.

The Respite Learning Portal (Disponible en Français)

Website: <http://www.respitecourse.ca>

Offers a free web-based course introducing parents to respite care. Topics include: what to look for in a provider, what is respite, what should your respite worker know about your child, how to put together a respite binder, and more.

UNB College of Extended Learning: Autism and Behaviour Intervention Programming (Disponible en Français)

Website: <https://www.unb.ca/cel/career/behavioural-intervention/index.html>

Autism Intervention Training Program Certificate. Students will receive 40 hours online course plus 12 days of practicum, and at the end — Registered Behaviour Technician (RBT) Certificate. Over the course of one academic year, in a flexible format, this program blends online and face-to-face learning. It is geared toward community living and human services counsellors, social workers, daycare and group home workers, teachers and educational assistants, occupational therapists, caregivers and family members and healthcare providers.

Applied Behaviour Analysis Training Module for Families and Caregivers. If your family member or someone you look after has intellectual disabilities and/or autism spectrum disorder (ASD), or general behavioural challenges, this program can help you manage the day-to-day demands. It consists of online pre-recorded lectures that allow you to work at your own pace. At

the end of each module, there is a conference call with the instructor to discuss experiences and ask questions.

For more information call (506)-453-4646; 1-(866)-599-4646

Applied Behaviour Analysis Certificate Program (C-ABA). Offered through the University of New Brunswick Department of Psychology, this program includes coursework in the applications of behaviour analysis, and hands-on learning to conduct behavioural assessments and to develop and implement behaviour change programs. Online or on-campus options are available. Provides all the necessary course requirements to apply to write the Behaviour Analyst Certification Board® (BACB®) Assistant Level examination.

Autism Spectrum Disorder Online Course ● ●

Website: <https://www.coursera.org/learn/autism-spectrum-disorder?>

This is an online course that is offered through the [coursera.org](https://www.coursera.org) platform, and taught by the University of California. The online lectures are free of charge, unless one wants to hold a certificate. This course helps in understanding the characteristics of autism spectrum disorder and their implications for behaviour, learning, and the ability to process information.

Autism Learning Partnership (Disponible en Français) ● ●

Website: <https://alp-paa.com/en/>

Autism Learning Partnership is a branch of the New Brunswick Department of Education and Early Childhood Development (EECD) that provides bilingual, evidence-based, high-quality professional learning and resources based upon principles of applied behaviour analysis that aims to change behaviour by changing the environment. It offers online courses, assessment tools and workshops. The website also contains various resources on different topics related to ABA and autism.

Autism Spectrum Disorder: A Clinical Guide for General Practitioners ●

Website: https://aatbs.com/autism-spectrum-disorder-a-clinical-guide-for-general-practitioners?gclid=EAlaIqObChMlq9Keqd6D6gIVCUWGCh1OCQm_EAAYASAAEgLfVPD_BwE

This is a 5-credit online course for practitioners who want to learn about autism. The course provides an overview of Autism Spectrum Disorder and includes updated criteria and information from DSM-5 and information about evidence-based treatments to which clients may be referred.

Autism Society of America: Free online course about Autism

Website: <https://www.autism-society.org/living-with-autism/how-the-autism-society-can-help/online-courses-and-tutorials/>

This is a free online course about autism that is provided by Autism Society of America.

Associations

Association for Science in Autism Treatment (ASAT Online)

Website: www.asatonline.org

Association for Science in Autism Treatment promotes safe, effective, science-based treatments for people with autism by disseminating sound information, advocating for the use of scientific methods to guide treatment and combating inaccurate and false information about autism and its treatment. The website also contains a specific page for parents about treatments that really work, treatments that need more research, and treatments that do not work. Additionally, the interviews with practitioners in the field, which are on the website, would be useful to learn more about autism and treatment options.

Association for Behaviour Analysis International (ABAI)

Website: www.abainternational.org

Association for Behaviour Analysis International is a primary membership organization for those interested in the philosophy, science, application, and teaching of behaviour analysis. ABAI provides many services to its members including: events, jobs, journals, special interest group, and more.

Atlantic Provinces Association for Behaviour Analysis (APABA)

Website: www.atlanticprovincesaba.com

Facebook page: <https://www.facebook.com/ABAAtlantic/>

APABA actively seeks innovative ways to connect individuals in Atlantic Canada who are interested in behaviour analysis, to enable greater participation in intellectual exchange and dissemination of the science of behaviour. Membership program is offered for a wide range of professionals: psychologists, occupational therapists, speech-language pathologists, educators, physicians, nurses, administrators, and students. The association advocates for evidence-based practices among the public, the professions, and governments. Members are offered continuing education opportunities and various networks with colleagues.

Learning Resources

Behavioural Observations Podcast with Matt Cicoria

Website: <https://behavioralobservations.com/>

Podcast is mainly for practitioners, covers topics such as autism, Functional Behaviour Assessment (FBA), Acceptance and Commitment Therapy (ACT), Functional Communication Training (FCT), and Verbal Behaviour (VB), and more.

Practical Functional Assessment: Understanding Problem Behaviour Prior to its Treatment

Website: <https://practicalfunctionalassessment.com/for-parents/>

This is an article describing Functional Behaviour Assessment (FBA) for parents. The article contains the link to the video lecture taught by Dr. Gregory Hanley about Functional Behaviour Assessment (parent-friendly).

An Introduction to Behaviour Analysis in Education

Website: https://www.youtube.com/watch?v=A2E-w3_Tg4Q&feature=emb_logo

This is a lecture that is taught by Janet S. Twyman (PhD, BCBA, LBA). It provides an introduction to behaviour analysis applications in education. Used to improve teaching and increase learning for more than 60 years, behaviour analysis provides a scientific approach to designing, implementing, and evaluating instruction based on analyzing interactions between what the teacher does and student learning.



Artist: Megan Hunter, 21years old.

“Megan is a self-taught artist and student esthetician studying at the Majestany Institute. She enjoys painting in her spare time and experimenting with nature inspired colour palates”.

Want to purchase?

Contact acf@nb.aibn.com

WHERE CAN I FIND PROFESSIONALS IN NEW BRUNSWICK?

Autism Spectrum Disorder is a complex developmental disorder that can cause various symptoms that differ in level and severity. Thus, there is a wide range of specialists who can help with diverse issues faced by autistic individuals.

Unfortunately, there is no medical test for making an ASD diagnosis. A practitioner's diagnosis is usually based on observation of a child's behaviour and parent's or adult's report. The main guideline for making a diagnosis at the moment is *The Diagnostic Statistical Manual for Mental Disorders (DSM-5)*. There are several specialists who can make the diagnosis: family physician, pediatrician, psychiatrist, and psychologist. In New Brunswick diagnosis can be made by physicians and psychologists. The list of specialists that can help you with the diagnosis can be found further in this section.

Once a diagnosis of ASD has been made, there are a number of people who can help in treatment. There are many treatment options and approaches that can help to improve the quality of life, lessen severe and dangerous symptoms, and develop skills necessary for living.

Since one of the most prevalent issues in autistic individuals is language deficit, there are speech-language pathologists who can help with¹:

- ✓ speech delays and problems including articulation, phonology and motor speech disorders
- ✓ expression and comprehension in oral and non-verbal contexts
- ✓ fluency
- ✓ voice and resonance
- ✓ swallowing and feeding disorders
- ✓ cognitive-communication disorders (social communication, reasoning problem solving and executive functions)
- ✓ pre-literacy and literacy skills (phonological awareness, decoding, reading comprehension and writing)

Another common problem faced by people with ASD is behavioural issues such as repetitive patterns, inappropriate behaviour, or certain skills deficit. For helping with these issues there are behavioural analysts who use Applied Behaviour Analysis (ABA) to treat behavioural issues. The description of ABA can be found in the "*What treatments are effective?*" section.

To improve everyday living skills there are occupational therapists. They can help with such skills as self-care (eating, getting dressed, toilet training), being productive (ability to go

¹ Speech-Language & Audiology Canada (n.d.). What do speech-language pathologists do? Retrieved July 7, 2020, from <https://www.sac-oac.ca/public/what-do-speech-language-pathologists-do>

to work, school), and leisure activities (sports, social activities)¹. Occupational therapists may work in various settings, for example, in the client's home, or at a hospital, group home or anywhere in the community.

Autism can be accompanied by other mental health problems, such as attention-deficit/hyperactivity disorder (ADHD), anxiety, depression, obsessive compulsive disorder (OCD), etc. For these purposes there are mental health specialists, counselling and psychologists to help. Since nowadays there are more adults who are diagnosed with autism, there is a need for mental health specialists who can treat psychological issues that are not directly related to autism in adults. In this section we list specialists who have experience working with autistic adults on a wide range of problems.

¹ Canadian Association of Occupational Therapists. (n.d.) What is occupational therapy? Retrieved July 7, 2020, from <https://www.caot.ca/site/aboutot/whatisot?nav=sidebar>

Health services

Children's Rehabilitation Team (Region 3) (Disponible en Français)

Website: <https://en.horizonnb.ca/home/facilities-and-services/facilities/woodbridge-centre/childrens-rehabilitation.aspx>

Services offered by the Children's Rehabilitation Team are available to preschool-age (0-5) children in Fredericton and in Waterville. Clients include children diagnosed with conditions such as: Cerebral Palsy (CP), Autism Spectrum Disorder (ASD), Down's Syndrome, Spina Bifida, Muscular Dystrophy, developmental delays; it also provides follow-up for infants born prematurely.

Address in Fredericton: the Woodbridge Centre, 180 Woodbridge Street, Fredericton, NB, E3B 4R3

Phone in Fredericton: (506) 452-5611

Address in Waterville: Upper River Valley Hospital, 11300 Route 150, Waterville, NB, E7P 1H1

Phone: (506) 375-2569

Stan Cassidy Centre for Rehabilitation (Disponible en Français)

Website: <https://www.stancassidy.ca/>

The Stan Cassidy Centre for Rehabilitation's Autism Team provides consultative services for school age children with autism spectrum disorder until their 16th birthday. The team serves the province of New Brunswick and includes professionals in the fields of occupational therapy, speech-language pathology, developmental paediatrics, applied behaviour analysis, dietetics, social work and education. Team members act as consultants, providing assistance to caregivers, therapists and teachers who work with the children referred in their home communities. The team accepts referrals from therapists, schools, and families.

Address: 800 Priestman Street, Fredericton, NB, E3B 0C7

Phone: (506) 452-5225

Dr. Everett Chalmers Regional Hospital (Disponible en Français)

Website: <https://en.horizonnb.ca/facilities-and-services/facilities/dr-everett-chalmers-regional-hospital.aspx>

The Dr. Everett Chalmers Hospital provides various services that can be helpful for individuals on the spectrum such as audiology, speech-language pathology, psychology, occupational therapy and more.

Address: 700 Priestman Street, PO Box 9000, Fredericton, NB, E3B 5N5

Phone: (506) 452-5400

Autism Intervention Services: Services for Preschool Children with Autism Spectrum Disorders (Disponible en Français)

Website of the program: https://www2.gnb.ca/content/gnb/en/services/services_renderer.13836.Services_for_Preschool_Children_with_Autism_Spectrum_Disorders.html

Website for the intervention: www.aisfredericton.ca

The New Brunswick Preschool Autism Program allows preschool children diagnosed with ASD to access up to 20 hours per week of evidence-based early intervention. This program is free of charge and is delivered through an approved autism agency, Autism Intervention Services, which has branches throughout the province. Autism Intervention Services is committed to providing the highest quality treatment available regardless of primary language or where you live in New Brunswick.

Address in Fredericton: 1666 Lincoln Road, Fredericton, NB, E3B 8J6

Phone: 1-844-377-3819;

Email: autism.Autisme@gnb.ca

Psychologists

Comprehensive Psychological Services (private practice) ●

Treva Penny (Ph.D, L. Psych), Christie Little (MA, L. Psych), Shannon Glenn, (PhD, L. Psych)

Website: <http://www.comprehensivepsych.yolasite.com>

The group offers diagnostic assessments and individual therapy for children with autism spectrum disorders, attention disorders, learning disabilities, developmental disabilities, oppositional behaviour, etc. They also provide therapy on social skills, anxiety, and behaviour related to ASD.

Address: 56 Avonlea Court, Suite 200, Fredericton, NB, E3C 1N8.

Phone: (506)-472-4461

Fax: (506)-453-0946

Email: cps@bellaliant.com

D'Entremont Psychological Services, Inc. (private practice) ●

Barbara D'Entremont (PhD, L. Psych)

Barbara D'Entremont is a licensed private practice psychologist who specializes in child and adolescent therapy, psycho-educational assessment, autism spectrum disorders, and parenting.

Address: 56 Lansdowne Street, Fredericton, NB, E3B 1T2

Phone: (506)-999-3123

Email: bdentrem@me.com

Facebook page: <https://www.facebook.com/dentremontpsychologist/>

Melissa Arseneau, Psychologist (private practice) (Disponible en Français) ●

Website: www.balancepsychologyclinic.com

Melissa Arseneau specializes in cognitive-behavioural therapy, parenting consultation and psycho-educational/diagnostic assessments of children and adolescents on the autism spectrum.

Address: 390 King Street, Suite 205, Fredericton, NB, E3B 1E3

Phone: (506)-455-0400

Email: melissa.balancepsychology@gmail.com

Facebook page: Balance Psychology Clinic / Clinique de Psychologie équilibre

Hilary Cartwright, Psychologist (private practice) ●

Hilary Cartwright (PhD) is a licensed psychologist in New Brunswick. She offers services for Attachment Disorder, Attention Deficit Disorder (ADD), Autism Spectrum Disorder, Behaviour Management, Child Development, Learning and Language Disorders, Intellectual Disability. She also works with children and provides psycho-educational assessments.

Address: 181 Westmorland Street, Suite 101, Fredericton, NB, E3B 3L6

Phone: (506)-206-6200

Suzanne Durepos-Forcier, Psychologist (private practice)

Suzanne Durepos-Forcier works with children and adolescents. She offers services for Anger Management, Anxiety Disorders, Attention Deficit Disorder (ADD), Autism Spectrum Disorder, Behaviour Management, Child Development, Cognitive and Behavioural consultations, Learning and Language Disorders, Intellectual Disabilities, Parenting Skills, psychoeducational and school problems.

Address: 814 Main Street, Suite 202, Moncton, NB, E1C 1E6

Phone: (506)-389-8989

Email: sdurepos@abc-cba.com

Kathleen Graves-Colquhoun, Psychologist (private practice)

Kathleen Graves is a psychologist in New Brunswick who offers services for adolescents and adults on the spectrum. She also provides services for Attention Deficit Disorder (ADD), Learning and Language Disorders, Intellectual Disability and in the area of school psychology.

Address: 212 Queen Street, suite 210, Fredericton, NB, E3B 1A8

Phone: (506)-455-7118

UNB Psychological Wellness Centre

Website: <https://www.unb.ca/fredericton/arts/departments/psychology/psychological-wellness-centre/index.html>

The Psychological Wellness Centre is an externally funded clinic affiliated with the Department of Psychology at the University of New Brunswick. The centre offers low-cost therapy and assessment services to children and adults in the community (although they do not do autism assessments specifically).

Address: 26 Bailey Drive, Fredericton, NB, E3B 5A5

Phone: (506)-452-6301

Email: pow@unb.ca

Advanced Psychological Services (private practice)

Anne Israeli (PhD., L.Psych)

Website: www.anneisraeli.ca

Dr. Anne Israeli is a private psychologist in Fredericton who covers a wide range of mental health problems. Although, she does not provide general diagnostic assessment for ASD, she does see children and adults on the spectrum with high-functioning autism (i.e. Asperger's syndrome) for comprehensive neuropsychological assessment to assist with academic and vocational planning. In her clinical practice she is primarily focused on stress management, assertiveness, women's and LGBTQ+ issues, adjusting to life transitions, unipolar depression, and anxiety.

Address: Suite 100-845 McLeod Avenue, Fredericton, NB, E3B 9Y4

Phone: (506) 478-1318; (506) 457-1165

Email: dranne@anneisraeli.ca

Joan Wright & Associates, Inc. (private practice)

Erika Nason (M.A., L.Psych)

Website: <https://joanwright.ca/>

Erika Nason is a licenced psychologist in New Brunswick who provides private services. Although, she does not offer therapy to autistic population, she does provide assessment and diagnostic services for children and adolescents on the spectrum.

Address: 142 Brunswick Street, Fredericton, NB, E3B 1G6

Phone: (506) 454-7430

Email: office@joanwright.ca

Dr. Sandra Byers (PhD) (private practice)

Website: <http://www2.unb.ca/~byers/>

Dr. Byers works as a psychologist in Fredericton area. Although, she does not provide autism assessment, she sees people on the spectrum seeking treatment for problems other than autism., with a specialization in human sexuality issues.

Address: 445 George Street, Fredericton, NB,

Phone: (506) 454-6417

Email: byers@unb.ca

Dr. Scott T. Ronis (PhD, LCP, L.Psych. NB) (private practice)

Website: www.scottronis.com

Dr. Ronis provides clinical services (therapy) to individuals on the spectrum, although, not exclusively.

Address: 38 Dineen Drive, Kierstead Hall, Rm. 215, University of New Brunswick, Fredericton, NB, E3B 5A3

Phone: (506) 548-7804

Email: sronis@unb.ca

Speech-Language Pathologists

Freddy Beach Speech (private practice)

Tracy Horsley (MSc. SLP)

Website: <http://www.freddybeachspeech.com>

Freddy Beach Speech is a private practice in speech-language pathology that serves children with speech and/or language delay and adults and students with speech, language, swallowing, or cognitive-communication difficulty due to stroke, concussion/brain injury, or neurological disease.

Address: 495 Broad Street, Fredericton, NB, E3A 5L5.

Phone: (506)-261-0713

Email: tracyhorsleyslp@gmail.com

New Brunswick Association of Speech-Language Pathologists and Audiologists (Disponible en Français)

Website: <http://www.nbaslpa.ca>

All practicing speech-language pathologists and audiologists in New Brunswick must be registered with this association. See NBASLPA's website for information on speech-language pathology and audiology services, and to locate private practitioners.

Address: 147 Ellerdale Avenue, Moncton, NB, E1A 3M5

Phones: (506)-858-1788, +1 (877) 751-511

Email: nbaslpa@nb.aibn.com

Tingley/Howey Speech & Language Service (private practice) (Disponible en Français)

Tricia Tingley (MSc., SLP), Susan Howie (MSc., SLP)

Tricia and Susan are certified speech-language pathologists who began Tingley/Howey Speech & Language Services in 2009. They provide bilingual services to both children and adults with communication disorders in the Fredericton area.

Email: th.speech@gmail.com

Elaine Rockwell (MSc., SLP) (private practice)

Elaine Rockwell is a speech-language pathologist working with higher functioning children, teenagers, and adults who are on the autism spectrum.

Address: 259 Brunswick Street, Suite 105, Fredericton, NB, E3B 1G8.

Phone: (506)-457-6045

Email: eleinemrock@gmail.com

Talk With Me Program

Website: https://www2.gnb.ca/content/gnb/en/departments/education/services/services_renderer.201503.Talk_With_Me_Program.html

Facebook page Fredericton/Oromocto: <https://www.facebook.com/groups/125821814129253/about>

The Talk With Me Program provides free access to speech-language services. If there are any concerns about young child's language development speech-language pathologists are available for parent-child consultations.

Address: 250 King Street, Fredericton, NB, E3B 9M9

Email: edcommunication@gnb.ca

Woodbridge Centre

Website: <https://en.horizonnb.ca/home/facilities-and-services/facilities/woodbridge-centre.aspx>

This centre operates health-care programs as elements of the Community Health and Health Wellness programs. The centre provides speech-language pathology, occupational therapy and physiotherapy services for pre-school children who have autism.

Address: 180 Woodbridge Street, Fredericton, NB, E3B 4R3

Phone: (506) 452-5611

Merrilee Lawrence MSc., SLP (private practice)

Merrilee Lawrence is a speech-language pathologist offering family-centred private services to pre-school and school age children, adolescents and adults who struggle with communication.

Address: 304 Tripp Settlement Road, Keswick Ridge, NB, E3L 1W3

Phone: (506) 238-1799

Email: merrileelawrenceslp@gmail.com

Occupational Therapists

New Brunswick Association of Occupational Therapists (NBAOT) (Disponible en Français)

Website: <http://www.nbaot.org>

The New Brunswick Association of Occupational Therapists is a professional and regulatory organization that advances quality occupational therapy in the interest of public protection and represents occupational therapists province-wide by advancing standards of education and practice and shaping health policy.

Address: PO BOX 5122, Sackville, NB, E4L 4P2

Phone (506)-458-1001

Email: info@nbaot.org

Total Ability (private practice) (Disponible en Français)

Website: <http://www.totalability.ca>

Total Ability has bilingual, mobile and clinic based occupational and physical therapists to help children, adults and seniors at home, school and work in Fredericton and Saint John. They provide mobile occupational therapy services only on Moncton and have Speech Language services in addition to PT and OT in Saint John. They help with self-care skills such as sleeping, dressing, toileting, feeding and hygiene, as well as fine and gross motor skills, sensory processing, play/leisure skills, social skills, and communication.

Address: 520A Beaverbrook Crt., Fredericton, NB, E3B 1X6

Phone: (506)-847-0677; 1-877-784-5555

Email: totalability@lifemark.ca

Campfire Occupational Therapy (private practice)

Tanya Wensveen (OT)

Website: <https://www.campfireot.com/>

Tanya is working with children and their families, as well as young adults, providing high-quality evidence-based services. Services can be offered either at the Campfire Occupational Therapy clinic or in the client's home, school or workplace.

Address: 79 Sandstone Drive, Hanwell, NB

Phone: (506) 250-2767

Email: tanya@campfireot.com

Proactive Therapy Services (private practice) ●●

Website: <https://www.proactivetherapyservices.ca/>

This agency provides occupational therapy for adults with mental health issues in the Fredericton area. Their services are client-centred, collaborative and confidential.

Address: PO Box 7053, RPO Brookside Mall, Fredericton, NB, E3A 0Y7

Phone: (506) 363-3113

Email: proactive@proactivetherapyservices.ca

Pediatricians

A referral from a family doctor is required to pediatrician

Dr. Amal Bensaleh (MD)

Address: 640 Prospect Street, Suite 112, Fredericton, NB, E3B 9M7

Phone: (506) 455-2284

Dr. Rachel Ouellette

Address: 1015 Regent Street, Suite 403, Fredericton, NB, E3B 6H5

Phone: (506) 206-5999

Dr. Ramaiyer Krishnaswamy (MD)

Address: 1015 Regent Street, Suite 408, Fredericton, NB, E3B 6H5

Phone: (506) 458-0306

Dr. Tara Kennedy (MD) Developmental Paediatrician

Address: Stan Cassidy Centre, 800 Priestman Street, Fredericton, NB, E3B 0C7

Phone: (506) 447-4582

NOTE: A referral from a pediatrician is required to access Dr. Kennedy.

Dr. Lyndsay Russell

Address: 1015 Regent Street, Suite 403, Fredericton, NB, E3B 6H5

Phone: (506) 447-4445

Dr. Trinda Hayden

Address: 1015 Regent Street, Suite 410, Fredericton, NB, E3B 9M7

Phone: (506) 443-2606

Dr. Mark Messenger (MD)

Address: 1015 Regent Street, Suite 403, Fredericton, NB, E3B 6H5

Phone: (506) 458-0287

Psychiatrists

A referral from a family doctor is required to access a psychiatrist.

Dr. Adam Vayani

Dr. Vayani helps patients understand their healthcare situation. He covers a broad spectrum of mental health issues such as: addiction, ADD, ADHD, Alzheimer, anxiety, Asperger's, bipolar, conduct disorder, memory loss, borderline personality disorder, dissociative identity disorder, dementia, mood, depression and insomnia.

Address: PO BOX 9000, Fredericton, NB, E3B 5N5

Phone: (506)-452-5251; (506)-452-5678

Dr. Malgorzata Relja

Dr. Relja treats a wide range of disorders such as anxiety, panic, ADHD, autistic spectrum, eating, depressive, insomnia, schizophrenia and impulse control defects

Address: 65 Brunswick Street, Fredericton, NB, E3B 1G5

Phone: (506)-453-2906

Email: margaret.relja@gnb.ca

Dr. Teshome Kelkile

Dr. Kelkile works for Horizon (NB) and her office is in Victoria Health Centre.

Address: Victoria Health Center, 65 New Brunswick Street, Fredericton, NB, E3B 1G5.

Dr. Ndubisi

Address: 700 Priestman Street, Fredericton, NB, E3B 5N5

Phone: (506) 452-5400

Dr. Taj

Address: 700 Priestman Street, Fredericton, NB, E3B 5N5

Phone: (506) 452-5400

Intervention services

Strongest Families Institute IRIS (Disponible en Français)

Website: <https://strongestfamilies.com>

Strongest Families Institute is a non-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. They provide timely care to families by teaching skills through their unique distance coaching approach — supporting families over the phone and Internet in the comfort and privacy of their own home. Their programs help with such problems as anxiety, challenging behaviours, nighttime bedwetting, and recurrent headache and abdominal pain.

Address: 267 Cobequid Road, Suite 200, Lower Sackville, Nova Scotia, B4C 4E8

Phone: 1 (866) 470-7111

Email: info@strongestfamilies.com

RealWorld ABA (private practice)

Website: <https://www.realworldaba.com>

RealWorld ABA serves individuals and families with Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, ODD, Down Syndrome and other developmental disabilities. They offer behavioural (ABA) interventions, social skills training, family coaching and sleep consultations, social study generator, workshops and self-care and independence training.

Phone: (506) 651-8998

Email: alisha.hasan@realworldaba.com

Herbert Intervention and Learning Services (private practice) (Disponible en Français)

Website: <http://www.hils.ca/services>

Based in Moncton, this centre offers individuals and their support systems the skills required to improve their quality of life with services such as skills training, speech and language services, behavioural intervention, social communication groups, supervision and practicum, program, and workshops and continued education.

Address: 55 Englehart Street, Dieppe, Moncton, NB, E1A 8K2

Phone: (506)-386-2262

Email: reception@herbertcenter.ca

Mental health and Counselling

Canadian Mental Health Association. New Brunswick (CMHA)

(Disponible en Français)   

Website: <https://cmhanb.ca/>

Canadian Mental Health Association facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. The association offers workshops, conferences and information sessions on topics such as Suicide Prevention and Awareness, Stress Management, Parenting, Self-esteem, and Anger Management.

Address: 403 Regent Street, Suite 202, Fredericton, NB, E3B 3X6

Phone: (506) 455-5231

Email: info@cmhanb.ca

Chimo Helpline (Disponible en Français)

Website: www.chimohelpline.ca

Chimo Helpline is a provincial crisis phone line accessible 24/7 to all residents of New Brunswick. They provide crisis intervention, referrals and vital information in a caring, confidential manner. The website also has a live chat option operating 5 PM to 12 AM daily.

Address: PO Box 1033 Stn A, Fredericton, NB, E3B 5C2

Phone: (506) 450-4357; 1 (800) 677-5005

Email: chimo1@nb.aibn.ca

Dots (Disponible en Français)

Website: www.partnersforyouth.ca/dotsnb

An initiative of Parents for Youth Inc., Dots New Brunswick supports awareness and education around students' mental health in New Brunswick through youth-led activities. The website also contains resources for educators (elementary and middle school) to support awareness about mental health issues among teens and their parents.

Address: 535 Beaverbrook Ct., Suite B-10, Fredericton, NB, E3B 1X6

Phone: (506) 462-0323

Ten Steps to Being an Effective Self-Advocate

Website: <https://mentalhealthrecovery.com/info-center/ten-steps-to-being-an-effective-self-advocate>

This is an article about how to get control over one's life by successfully advocating oneself. These ten easy steps are aimed to give back one's self-esteem that is needed to recover. This article is a part of Wellness Recovery Action Plan (WRAP) Renewing your wellness your way (Website: <https://>

mentalhealthrecovery.com). This is a tool that helps one to gain self-determination skills: skills that will help one to stay well and gain control over one's life.

Northside Counselling Services (private practice) ●●

Website: <https://northsidecounselling.com/>

Facebook Page: @northsidecounselling

Northside Counselling Services offers confidential services to couples, families, individuals, and professional groups. Their counsellors serve those affected by a range of issue, including stress, anger, grief, anxiety, relationship problems and parenting issue.

Address: 66 Greenwood Dr, Unit 1, Fredericton, NB, E3A 5T5

Phone: 506-455-4976

Email: reception.northsidecounselling@outlook.com

Fredericton Addiction and Mental Health Services (Horizon Health Network) ●●

Website: <https://en.horizonnb.ca/home/facilities-and-services/facilities/fredericton-addiction-and-mental-health-services.aspx>

This agency provides a range of services for individuals, youth and family members affected by substance abuse, problem gambling and mental health issues. Initial appointments are offered without referral within 3 business days. This is a free and voluntary service.

Address: 65 New Brunswick Street, Fredericton, NB, E3B 1G5

Phone: (506) 453-2132

Calm Clinic ●●

Website: www.calmclinic.com

Website offers information about anxiety and how to overcome it. The website also explains the symptoms of anxiety and what loved ones can do to help the anxious person.

Stacey Schriver Counselling Services (private practice) ●●

Website: <https://www.staceyschrivercounselling.ca>

Stacey is an insured Registered Clinical Counsellor, offering video and telephone counselling services to individuals and families across Canada. She has been in practice for over 10 years working with a wide range of issues.

Phone: (506) 230-0556

Email: schriverstacey@gmail.com

Local Resources Recommended by Parents

Dr. Amber Andrews (Dentist) ●

Address: 555 Beaverbrook Crt., Suite 125, Fredericton, NB, E3B 1X6

Phone: (506) 451-2265

Dr. Lance Rowe (Dentist) ●

Address: 360 St. Mary's Street, Fredericton, NB, E3A 2S4

Phone: (506) 458-9361

Brent at Headmasters Hairstyling (Hairdresser) ●

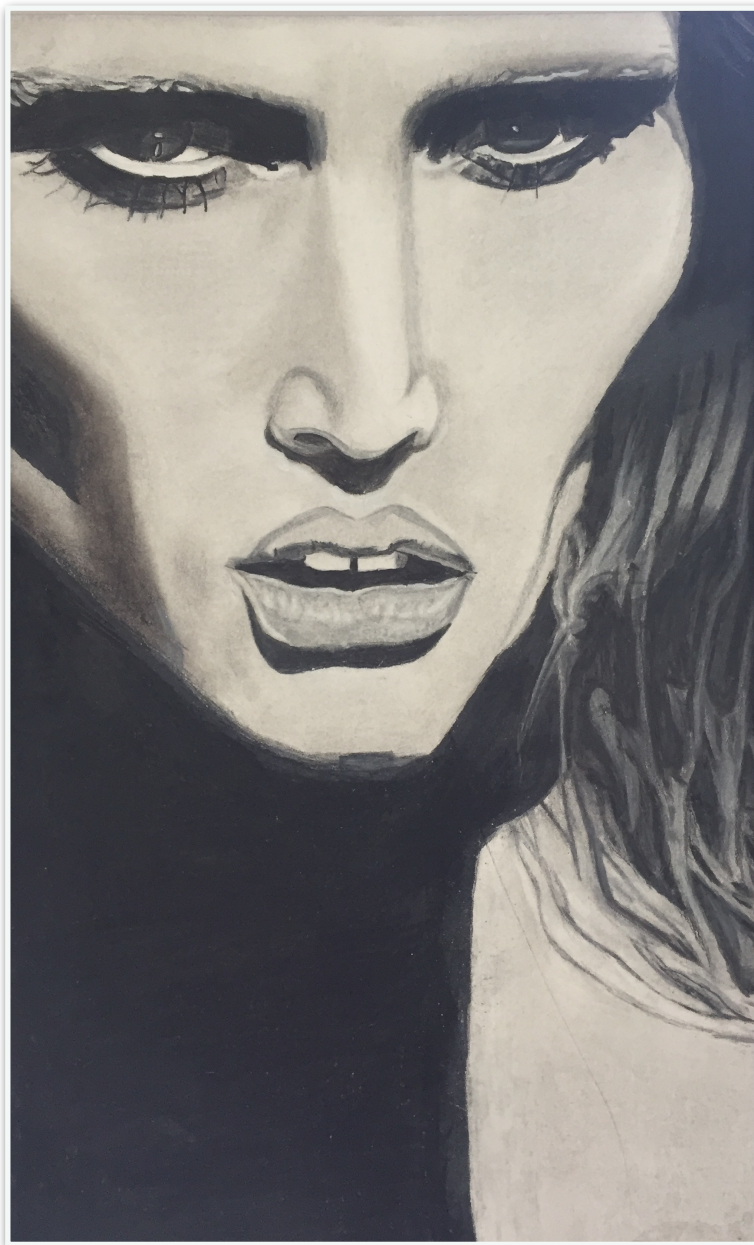
Address: 516 Smythe Street, Fredericton, NB, E3B 3E6

Phone: (506) 455-1937

Platinum Salon and Spa (Hairdressers) ●

Address: Oromocto Mall, 1198 Onondaga Street, Oromocto, NB, E2V 1B8

Phone: (506) 357-2182



Artist: Julie Goguen, 26 years old

“Art was always ingrained in me — it is who I am. There was a period of time where I had stopped but now, I’m back at it again. I don’t necessarily do art with meaning — I do art on images that I want to bring to life”



HOW DO I FIND A HIGH-QUALITY DAYCARE?

One of the most common concerns parents of autistic children face is finding a proper daycare that can provide high-quality services taking into consideration ASD. Another question is whether a child on the spectrum will benefit from attending a daycare in general. Given these questions, choosing a daycare is an important decision that requires a lot of consideration.

Looking for a daycare, parents would want to ask the provider the following questions:

- ✓ Is there any transition to kindergarten services?
- ✓ Do they provide toilet-training?
- ✓ Do they provide communication and speech development services?
- ✓ Do they teach play skills?
- ✓ Do they encourage social skills and friendship?
- ✓ Are there any activities for academic skills development?
- ✓ Do they help with motor skills development?

This is a short list of general questions a parent may ask. Another point that is worth clarification is knowledge of autism:

- ✓ Do they have experience caring after a child with special needs?
- ✓ Are they familiar with the symptoms of ASD and common challenges?

- ✓ How do they usually treat challenging behaviours especially in children with autism?

Finding support and information is an important step in looking for a proper daycare. You can find support at the local autism centre or by asking other parents of autistic children and by searching the list of NB Approved Daycares in the Local Daycares section below.

General Information

A Parent's Guide to Quality Child Care in New Brunswick (Disponible en Français) ●

Website: <http://www2.gnb.ca/content/gnb/en/departments/education/elcc/content/guide.html>

The New Brunswick government answers frequently asked questions surrounding child care and everything that comes along with it.

Finding Quality Child Care (Disponible en Français) ●

Website: <http://www.findingqualitychildcare.ca/new-brunswick>

The Parent Quality Information project is intended to provide resources for Canadian parents in understanding and accessing high-quality child care to meet their, and their children's needs. There is also an article about how to find a proper daycare for a child with a disability or special need that gives specific guidance for each province in Canada (<https://findingqualitychildcare.ca/finding-child-care/harder-to-find-child-care/do-you-have-a-child-with-a-disability-or-special-need>).

Services for Preschool Children with Autism Spectrum Disorder. New Brunswick (Disponible en Français) ●

Website: https://www2.gnb.ca/content/gnb/en/services/services_renderer.13836.html

The New Brunswick Preschool Autism program allows preschool children diagnosed with Autism Spectrum Disorder (ASD) to access an intensive, evidence-based intervention with highly trained therapists. This intervention called Early Intensive Behavioural Intervention (EIBI) is based on principles of the science of applied behavioural analysis. The Department of Education provides financial assistance for every preschool child with ASD to access up to 20 hours of EIBI per week through an approved autism agency.

What does research tell us about quality in childcare? ●

Website: <https://www.childcarecanada.org/sites/default/files/fs2.pdf>

This is a document summarizing research finding about high-quality daycare characteristics and criteria. It is authored by the Childcare Resource and Research Unit at the University of Toronto.

Defining and measuring the quality of early learning and childcare: a literature review (Disponible en Français)

Website: <https://www.canada.ca/en/employment-social-development/programs/early-learning-child-care/reports/2019-defining-measuring-quality.html>

This is a literature review report posted by Employment and Social Development Canada. This document reports findings about the most studied and empirically supported indicators of Early Learning and Child Care quality. Use caution: the document is not necessarily related to children with special needs due to the lack of the data.

Canadian Child Care Federation (Disponible en Français)

Website: <https://www.cccf-fcsge.ca>

Canadian Child Care Federation is an organization committed to best practice in early childhood education. The website contains various tools and resources for parents and families of preschool children. This is also a place for practitioners who can watch webinars, become a member, use their resource library, and more.

Local Daycares

Flexible Year-Round Childcare. Fredericton Regional Family Resource Centre (Disponible en Français) ●

Website: <https://www.frederictonfrc.ca/child-care>

Fredericton Regional Family Resources offers various childcare programs that can suit any family's needs: Forest School, After School (5 days a week), Ready for School. There are more in the Parent Handbook available to download for free on the website.

List of Approved Day Care Centres (Disponible en Français) ●

Website: <http://www1.gnb.ca/0000/daycarecq/index-e.asp>

This resource offers a searchable database by district, community name, language, and age groups.

Facility Search: New Brunswick (Disponible en Français) ●

Website: <https://www.nbed.nb.ca/parentportal/en/search/elc/>

This is a webpage on the website of the services New Brunswick that allows the search of the proper facility for your child. You can search by district, community name, facility name and type, preferred language and age group.



Winter at Night

“This piece features waves of white on the bottom half of the canvas to represent snow, splatters of white for the stars of the night sky using the same technique as the Space painting, and small snow-touched trees which act as a line separation of the group and sky. This was painted during the Christmas Holidays”.

Artist: Sean Larsson, 24 years old.

“Born in Grand Falls and raised in Fredericton, Sean Larsson is a novice art student attending New Brunswick College of Craft and Design. Currently in the process of earning his certificate for a Foundation in Visual Arts, Larsson is hoping to enter the Digital Media Diploma Program. This will open the door to designing characters in video games. Larsson is also teaching himself Adobe Animate in hopes to eventually create cartoon animations”.



WHAT ABOUT SCHOOL?

Children on the spectrum may require extra education support to succeed in school. In some cases, an educational plan is written in order to support a child's learning. In the province of New Brunswick such a plan is called Personalized Learning Plan (PLP). This is a document that identifies specific teaching. This document is aimed to help not only the child himself/herself, but the team of people who are going to support him/her. The student's educational team can include administrators, classroom teachers, Education Support Teacher, Educational Assistants, specialists such as speech-language pathologists, occupational therapists, school psychologists, social workers and members of the family. For high-school students, the PLP can also include strategies to support the transition from school into post-secondary education, work placements or other settings.

Guidelines and Standards: Educational Planning for Students with Diverse Learning Needs (Disponible en Français) ●

Website: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Resource/GuidelinesStandardsEducationalPlanningStudentsWithExceptionalities.pdf>

This document outlines New Brunswick's Inclusive Education Policy and describes the assessment process and development of an individualized instruction plan.

Impact: Feature Issue on Postsecondary Education and Students with Intellectual, Developmental and Other Disabilities ●

Website: <https://ici.umn.edu/products/impact/233/default.html>

An article from the University of Minnesota on postsecondary education for learners with disabilities.

A User's Guide for the Appeal ●

Website: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/UsersGuideForTheAppealProcess.pdf>

The purpose of this guide is to help parents, students and educators understand and prepare for an appeal hearing under the Education Act. Parents can appeal decisions made by educators, including a student's suspension from school, suspension from transportation to school, placement or access to a student's records.

Accommodations for Instruction and Assessment ●

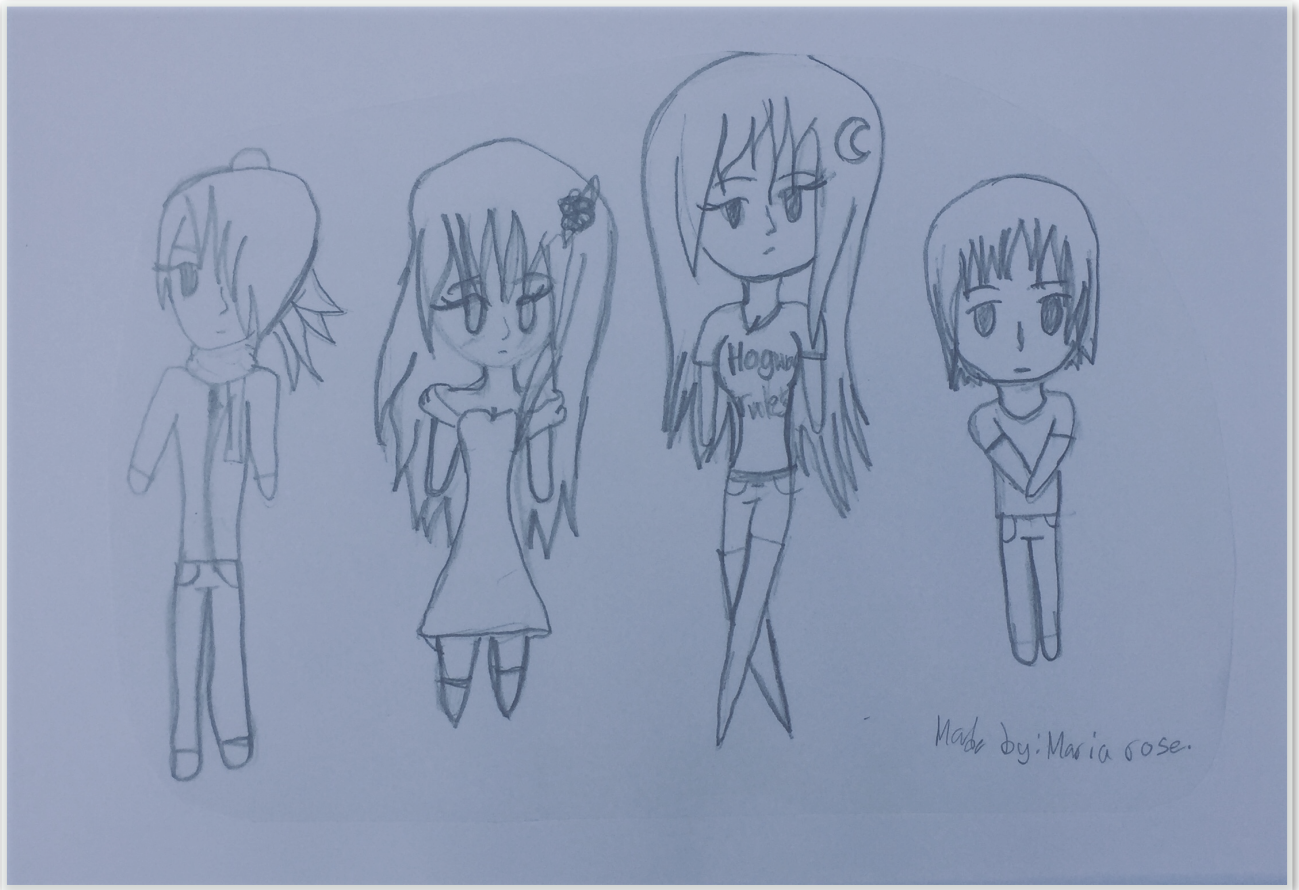
Website: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/AccommodationsForInstructionAndAssessment.pdf>

This document describes what type of accommodations can be provided by school and how to determine which ones are needed, who can determine accommodations and how the assessment process should work for a child that is provided with special education.

Resource for the Identification and Teaching of Students with Specific Learning Disability ●

Website: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/ResourceForIdentificationTeachingStudentsSpecificLearningDisability.pdf>

This document clarifies the process of identifying which special conditions should be provided to the child with learning disability. This document is primarily for educators, but can be useful to parents, as well.



Artists: Maria Rose Sabattis, 12 years

“Maria Rose is a grade 6 student at GSMS. She is a First Nation student from the community of Kingsclear. She likes Anime, cats and chocolate. She has three older siblings and 2 younger siblings. Maria is a very quiet but funny young lady with a talent in storytelling and drawing”.



SCHOOL IS OVER, WHAT'S NEXT?

Once school is over, children and youth with ASD may consider finding a job or entering college or university to maintain an independent life. Having a thorough plan can result in a smoother transition on this next chapter of life. Such a plan should include identification of any supports which may be needed to support the student's success.

The first step would be to find transition-related programs that are offered at school. For example, students can access the Comprehensive and Developmental Guidance and Counselling Program which can help them to acquire competencies in career planning, knowledge of self, and other skills. There are other programs that can help with planning the transition to work and gaining the necessary skills to build a career.

One specific tool that can assist students, their families, and their school teams prepare for this transition is Planning Alternative Tomorrows with Hope (PATH). It is a person-centred planning and goal-setting tool that uses visual presentation of the plan for the future. It outlines steps, goals, responsible people, etc. The first step of the PATH is the identification of the student's dream. Then, a thorough plan for 1-2 years is developed by the team.

Additional resources can be found in order to help the student to develop skills needed for a future career. These include agencies, counsellors, online courses, books, videos, and other. In terms of developing skills to live an independent life, you may see the term Self-Determination Skills. Self-determination is the ability to act as the primary causal agent in one's life and maintain or independently improve one's quality of life. These skills include self-advocacy, goal setting and attainment, self-awareness, problem-solving, skills, and decision-making skills. These skills may also be termed self-advocacy skills.

General Information

School to Life Transition Handbook: Five Steps to Successful Planning ● ●

Website: <http://www.rytmus.org/shared/clanky/767/Rita%20McLeod%20manu%C3%A1l.pdf>

Prepared by Rita McLeod for the Saskatchewan Association for Community Living, it is a handbook describing five steps to successful planning a transition from high school to adult life. This book was aimed at supporting and helping parents of children with disabilities to help their children solve various problems leaving the educational system and entering to adulthood.

PACER'S National Parent Centre on Transition and Employment ● ●

Website: <https://www.pacer.org/transition/>

The website gives information about transition topics: key aspects of employment for individuals with disabilities, skills for success in post-secondary education, and overall adult life in community. It is useful both for parents and adults with disabilities, as well as for practitioners. It provides general description of Person-Centred-Planning approach.

Interactive Autism Network. Adults with Autism ● ●

Website: <https://iancommunity.org/cs/adults>

Interactive Autism Network was established at Kennedy Krieger Institute (USA) and facilitates research that will lead to advancements in understanding and treating autism spectrum disorders. The link given above is devoted to autistic adults and issues they can meet. Research-based information is given, as well as, parents' advice and support.

Achieve Your Goals. Promoting Employment and Education for Persons with Disabilities ● ●

Website: <https://www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Disabilities/Achieve-e.pdf>

This document, which is authored by the Department of Social Development, describes career development opportunities to support New Brunswickers with disabilities who are receiving social assistance, achieve their goal.

Preparing My Child with Autism to Transition to Adulthood (Webinar) ● ●

Website: <https://www.unb.ca/cel/promotions/autism-transition.html>

This webinar aims to help parents and caregivers to prepare their transition-aged children for life beyond high school. The instructor is Amanda Randall (M.Ed. BCBA). She has worked with

interdisciplinary teams of service providers, psychiatrists, and other clinicians to structure comprehensive behaviour and medical plans for adults and children with various disabilities. She is currently a doctoral candidate in education psychology at the University of West Virginia. The webinar took place on March 27, 2019, but it is available for download for \$9.95 (taxes included)

For more information call (506)-458-7845

Resource for the Transition of Students with Exceptionalities from School to Work or Post-Secondary Education and Adult Life ● ●

Website: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/Inclusion/ResourceTransitionStudentsWithExceptionalitiesFromSchoolToWork.pdf>

This guide will help school staff and parents to identify students who need assistance in transitioning from school to work or post-secondary education. It also provides information about transition in general and what can be done to help the student.

Planning Alternative Tomorrows with Hope (PATH): A Strengths-Based Planning Process ● ● ●

Website: <http://www.bctra.org/wp-content/uploads/2016/09/BCTRA-Handout-2-PATH-Packet.pdf>

This document, published by the British Columbia Therapeutic Recreation Association, describes what is PATH and outlines clear instructions for every step.

Person-Centred Planning: PATH, MAPS, and Circles of Support (Article) ● ● ●

Website: <https://inclusion.com/path-maps-and-person-centered-planning/>

This article outlines the main tool of person-centred planning: PATH, MAPS, and Circles of Support. There are also links to various videos and reading resources.

PATH: Planning Alternative Tomorrows with Hope ● ● ●

Website: <http://www.ont-autism.uoguelph.ca/PATH-jan05.pdf>

This document answers the questions about PATH and its implementation. The resource also gives references to useful books.

Person-Centred Planning Approaches: A Literature Review ● ● ●

Website: <http://www.qamtraining.net/docs/english/Person-Centered%20Planning%20Approaches.pdf>

This document was prepared for Persons with Developmental Disabilities Central Alberta Community Board. The authors define what person-centred planning is, list several tools like PATH and MAPS, and tell several real stories from parents about their experience using these tools.

Transition to adulthood & employment services

Jobs Unlimited

Website: <http://www.jobsunlimitednb.ca>

Facebook page: <https://www.facebook.com/JUFredericton>

Jobs Unlimited is a non-profit employment agency for men and women with an employment barrier. They facilitate work placement for individuals who face significant barriers to employment within the community.

Address: 1079 York Street, Fredericton, NB, E3B 3S4

Phone: (506) 458-9580

Make a Change (Disponible en Français)

Website: <http://www.makeachangecanada.com>

Make A Change Canada provides persons with disabilities and those facing other challenges to employment, the skills they need to thrive in today's competitive job market. Make A Change Canada is empowering clients to realize their full potential by delivering business start-up and web development training. Their programs feature flexible learning environments which are available online across Canada and accessible from the convenience of home.

Phone: 1 (888) 9-ASPIRE; 1 (888) 927-7473

NB Employer Support Services (Disponible en Français)

Website: <http://www.employersupport.nb.ca>

Supporting NB employers with the hiring of persons with disabilities. The organization's services include consultation, training and help in recruitment, as well as help in collaboration between employees and employers. Services are free.

Address: 329 Champlain Street, Dieppe, NB, E1A 1P2

Phone: 1 (888) 350-2202

Email: info@employersupport.nb.ca

Neil Squire Society

Website: <http://www.neilsquire.ca>

The Neil Squire Society empowers Canadians with disabilities through the use of computer-based assistive technologies, research and development, and employment programs. They help clients remove barriers so that they can live independent lives and become active members of the workplace and community. Most of their services are offered online.

Address: 440 York Street, Fredericton, NB, E3B 3P7

Phone: (506) 450-7999; 1 (866) 446-7999

Email: nb.info@neilsquire.ca

New Brunswick Association for Support Services and Employment Inc. (NBASSE) (Disponible en Français)

Website: <http://www.nbasse.ca>

NBASSE advocates for people with intellectual/developmental disabilities by providing a collective voice and venue for ADAPT member agencies to strategize, develop and implement the highest standards of service for people they support.

Address: 239 Charlotte Street, Saint John, NB, E2L 2K1

Phone: (506) 634-7317

Email: rene.eption@nbasseassenb.com (executive director)

Oromocto Training and Employment Centre (Disponible en Français)

Website: <http://www.oromocto-tec.org>

Facebook page: <https://www.facebook.com/oromocttrainingandemployment?fref=ts>

Oromocto Training and Employment Centre supports individuals with intellectual disabilities and mental health issues to become independent members of their community. They provide individualized training, coordinate work placements, partner with allied agencies and advocate for their clients.

Address: 286 Restigouche Road, Unit D, Oromocto, NB, E2V 2H5

Phone: (506) 357-6450

Ready Willing & Able (Disponible en Français)

Website: <http://readywillingable.ca/>

Ready, Willing and Able is a national partnership of the Canadian Association for Community Living, the Canadian Autism Spectrum Disorder Alliance (CASDA), and their member organizations. Ready, Willing and Able is designed to increase the labour force participation of people with an intellectual disability or autism spectrum disorder. They will:

- Connect and support employers, persons with an intellectual disability or ASD and local, provincial and national community agencies
- Promote understanding and awareness among employers and the general public as to the business value hiring people with an intellectual disability or ASD
- Complement and enhance the capacity of community employment service delivery organizations by connecting them to new employer demand.

Email: sallen@autisms.ca

Phone: (506) 304-2767

Training and Employment Support Services (Disponible en Français)

Website: <https://www2.gnb.ca/content/gnb/en/services/>

[services_renderer.17056.Training_and_Employment_Support_Services_\(TESS\)_-Employment_Services_.html](#)

The Training and Employment Support Services component of the NB Employment Services Program provides case managers for persons who have a permanent physical, intellectual, psychiatric, cognitive, or sensory disability to enable participation in training and/or employment opportunities.

Address: 300 Saint Mary's Street, Fredericton, NB, E3A 2S4

Phone: (506) 453-2377

Email: dpetlinfo@gnb.ca

Taking the Journey

Website: https://nbac.nb.ca/takingthejourney_en_cover/

[#:~:text=NBACL%20has%20worked%20with%20families%20from%20across%20the,share%20information%20on%20service%20systems%2C%20how%20they%20](#)

Taking the Journey is a comprehensive resource for families who require information and strategies to ensure their child has the best opportunity to live a good life. It features chapters on transitioning from high school to adult life, post-secondary education, work, housing, etc.

Transition NB (Disponible en Français)

Website: <https://www.abilitynb.ca/transition-nb/>

[fbclid=IwAR1g1Zb9FrOXhXpk_oS78G4xBqGwKZjuvcR2lk4wG2fOdcFvrGwDQaHxIU4](#)

Facebook page: <http://www.facebook.com/TransitionNB>

This is a youth hub for disability, employment and education information. They work one-on-one with youth ages 16 to 30 living with a mobility disability to reach career goals. They help create paths to reach one's goals using Planning Alternative Tomorrows with Hope (PATH), identify careers, research employers, develop a resume, cover letter and so on, find a job and more. Although, this organization works with people with disabilities, this resource is not specific to autism.

Address: 440 Wilsey Road, Suite 102, Fredericton, E3B 7G5

Email: info@abilitynb.ca

Work Service Support Program — YMCA of Fredericton

Website: <https://fredericton.ymca.ca/Programs/Global-Community/Work-Services-Support-Program?nolocation=1>

The YMCA Work Services Support Program offers individualized service to eligible adults in the Fredericton Region, who have social barriers and who are able to commit to an employment action plan and are case managed and referred by one of the following departments: Department of Social Development, Department of Post-Secondary Education, Training & Labour (PETL),

Department of Public Safety, or Corrections Services of Canada. Participants can access in: career decision-making, skill enhancement, job search, and employment maintenance.

Address: 390 King Street, Suite 210, Fredericton, NB, E3B 1N1

Phone: (506) 462-3063

Fredericton YMCA address: 570 York Street, Fredericton, NB, E3B 3R2

Fredericton YMCA phone: (506) 462-5000 ext. 0

Email: dan.keating@ymcafredericton.org

Specialisterne Canada (Disponible en Français)

Website: <http://ca.specialisterne.com>

Specialisterne Canada specializes in helping people on the autism spectrum secure meaningful employment.

Email: info@specialisterne.ca

Moncton Employment and Training Services (METS)

Website: <http://www.metsinc.ca>

This program provides services to adults whose primary disability is an intellectual disability through training, personal development, community placement and employment.

Phone: (506) 858-9404

The Compass

Website: <https://autismconnectionsfredericton.com/the-compass>

The Compass is an online questionnaire and is the first step in connection to the Autism Employment Outreach Coordinator, Sydney Allen, who's office is at Autism Connections Fredericton. The questionnaire takes 10 minutes. After completing the questionnaire, Sydney will follow-up with you by phone or email to arrange a time to meet to learn more about your support needs and work with you to connect you to post-secondary supports, employment supports and/or paid employment opportunities in your community.

Phone: (506) 304-2767

Email: sallen@autisms.ca

Canadian Council on Rehabilitation and Work Employment Services

Website: www.ccrw.org

This organization helps people with disabilities to break down barriers to employment.

Phone: (506) 858-1650



England's Rose

Artist: Allie Mombourquette, 18 years old



WHERE DO I FIND SOCIAL AND FINANCIAL SUPPORT?

Many agencies at the national, provincial and local level provide support for individuals who are on the autism spectrum and their families. The right support can significantly improve the ability of the person with ASD to be successful in all areas of his life:

- ✓ early childhood
- ✓ entering elementary and high school
- ✓ becoming an adult
- ✓ getting a job
- ✓ transitioning to living alone or with assistance

Families of people with ASD can get a support, too, through government and community programs, such as:

- ✓ respite care
- ✓ financial aid
- ✓ community involvement
- ✓ parenting information and support

In this section we provide a list of different support organizations and programs for individuals with ASD and their families. Services include financial programs, employment services, information and help with transition to adulthood, support with specific situations at school, such as bullying

and self-advocacy, military families support, programs and services to maintain safety for individuals with ASD, and local residential options. It also includes personal accounts and blogs from people who can tell real stories about living with autism.

Support agencies & organizations

211NB

Facebook page: https://www2.gnb.ca/content/gnb/en/news/news_release.2020.10.0532.html

This is a new phone service for families to locate a wide variety of services in New Brunswick. It is available 24/7.

Autism NB

Facebook page: <http://www.facebook.com/autismnb>

Autism New Brunswick encourages collaboration on autism related issues and projects across New Brunswick. The focus is adults with autism.

Email: autismnb@gmail.com

Bullying Canada (Disponible en Français)

Website: <https://www.bullyingcanada.ca>

Bullying Canada offers information and support to everyone involved in bullying — the victim, perpetrator, bystander, parents, school staff and the community at large. It provides scholarships, school programs, book reviews and more. A toll-free line operates 24/7.

Address: 471 Smythe Street, PO Box 27009, Fredericton, NB, E3B 9M1

Phone: 1 (877) 352 4497

Email: inquiries@bullyingcanada.ca

Child & Youth Advocate (Disponible en Français)

Website: <http://www.cyanb.ca/>

What they do :

- listen to the needs and concerns of New Brunswick children and youth
- Make sure your views are heard in the appropriate forums
- Investigate complaints about how situation were handled by government agencies
- Assure you have proper access to the appropriate services.
- Continually monitor laws and policies
- Report on the availability, effectiveness, responsiveness, and relevance of child and youth services in your community.
- Act as the advocate for the rights and interests of children and youth in general.

What they do not do...

- Act as an advocate for the rights and interests of parents or adults.
- Act as legal counsel in any fashion.

Phone: 1 (888) 465-1100

Bully Free World

Website: <http://bullyfreeworld-bully.nationbuilder.com/>

A project to stop the bullying of children with special needs in schools. Excellent resources for children, parents and educators.

Family Supports for Children with Disabilities (Disponible en Français)

Website: https://www2.gnb.ca/content/gnb/en/services/services_renderer.10195.Family_Supports_for_Children_with_Disabilities_.html

Family Supports for Children with Disabilities is a program of the NB Department of Social Development (https://www2.gnb.ca/content/gnb/en/departments/social_development.html). It can help a family with unmet needs by providing social work and financial resources to assist with the care of a child with disability.

Address: 460 Two Nations Crossing, Fredericton, NB, E3A 0X9

Phone: 1 (866) 444-8838

Email: sd-ds@gnb.ca

CBI Home Health (Disponible en Français)

Website: <https://www.cbi.ca/home>

Behaviour intervention services and personal support/attendant care for persons with autism, in the community and at home. Occupational therapists, and speech-language pathologists are available.

Address: 152 Main Street, Suite 102, Fredericton, NB, E3A 1C8

1015 Regent Street, Fredericton, NB, E3B 6H5

31 Kingswood Way, Hanwell, NB, E3C 2L4

Phone: (506) 454-2275; 1 (800) 463-2225

NaviCare/SoinsNavi (Disponible en Français)

Website: www.navicarenb.ca

Facebook page: <https://www.facebook.com/navicarenb/>

The New Brunswick Navigation Centre for Children with Complex Health Conditions is a free service for families and professionals seeking advocacy or guidance about the care of a child or youth under age 25 who has a complex condition including autism. Their mission is to :

- Help improve access to health, social, and education services
- Help facilitate the integration of services across levels of care and sectors
- Promote self-management through teaching families how to navigate services and programs
- Increase community capacity in the care of children with complex health conditions
- Identify gaps and barriers to services and programs in NB and across Canada

- Advocate for system change to promote collaborative patient-centred care
- Develop and share evidence based best practices in the care of children with complex health conditions

Phone: 1 (888) 641-1977

Email: patientnavigator@unb.ca

Maritime SPOR Support Unit (MSSU) (Disponible en Français) ● ●

Website: <http://www.spor-maritime-srap.ca/>

One of several Support for Patient Research (SPOR) units dedicated to bringing health research findings to life by helping integrate them into patient care. They engage with patients from across Nova Scotia, New Brunswick and Prince Edward Island, and collaborate with the research community on governance, priority setting, and the planning and conducting research.

Address: 304 Keirstead Hall, 38 Dineen Drive, University of New Brunswick, Fredericton, NB, E5B 5A5

Phone: (506) 447-3363

Email: info@mssu.ca

New Brunswick Association for Community Living (NBACL) (Disponible en Français) ● ●

Website: <http://www.nbacl.nb.ca>

NB Association for Community Living offers resources on topics such as: accessing supports, community participation, early learning and child care, employment, family, relationships, future and estate planning, human rights, self-advocacy, and transition from high-school.

Address: 800 Hanwell Road, Fredericton, NB, E5B 2R7

Phone: (506) 453-4400; 1 (866) NBACL-4U; 1 (866) 622-2548 [choose option #2]

Email: nbacl@nbnet.nb.ca

New Brunswick Home Support Association (Disponible en Français) ● ●

Website: <http://www.nbhhsa.ca>

NB Home Support Association is a communication network for home support service agencies in the province. Membership program allows participation in seminars, workshops, and other educational events, as well as includes approximately 45 service providers in the province.

Address: 1 Germain Street, Suite 300, Saint John, NB, E2L 4V1

Phone: 1 (888) 562-8333

Email: admin@hbhsa.ca

Open Sky Co-operative Ltd. (Disponible en Français) ●

Website: <http://www.openskyco-op.ca>

Facebook page: <https://www.facebook.com/Open-Sky-Co-operative-199144333460658/>

Twitter page: <https://twitter.com/OpenSkyCoop>

Instagram page: <https://www.instagram.com/openskycoop/?hl=en>

Open Sky Co-operative provides residential and day-programming for adults with autism, in areas of life, social and vocational skills-building. Open Sky's BYOB (Be Your Own Boss) Employment Development Program is offered annually and across New Brunswick, in partnership with local service agencies, to teach entrepreneurial and co-operative business development to diverse learners, including those with ASD. Open Sky also does functional skills assessments, to identify focus areas of strength and challenge, so that skills-building programs can be tailored to meet the most pressing needs, building upon the greatest strengths. Their mission is to foster inclusive communities where people thrive, contribute and have a sense of hope, value and belonging.

Address: 12 Folkins Drive, Sackville, NB, E4L 1H9

Phone: (506) 536-4565

Email: info@openskyco-op.ca

Regional Family Resource Centre ●

Website: <https://www.frederictonfrc.ca>

Facebook page: <https://www.facebook.com/FrederictonFRC/>

Family Resource Centre provides a safe environment for parents, guardians or caregivers and their children to interact with each other and to improve their physical, emotional, social, and intellectual well-being through their involvement with the various programs. They offer programs such as: preschool fun, playgroups, clubs for art, science, cooking, reading, and more.

Address: 60 Veteran's Drive, Fredericton, NB, E3B 4C3

Phone: (506) 474-0252

Email: fredericton@frc-crf.com

Support Match NB (Disponible en Français) ● ●

Website: <http://www.supportmatchsoutienjumelenb.ca>

Support Match NB is a website designed to connect individuals and families with support persons in their community.

Phone: (506) 453-4400

Email: info@supportmatchnb.ca

Wrong Planet ● ●

Website: <http://www.wrongplanet.net>

Wrong Planet is a web community designed for individuals with ASD and their parents/professionals. They provide a discussion forum, where members can communicate. There is a section with exclusive articles and how-to guides, a blogging feature, and more.

Harmony Home Support and Family Services

Website: <https://www.theharmonyfamily.com>

Harmony Home Support and Family Services provides personalized programs for the families. The program itself is created and explained together with the family.

Address: 2 Murray Avenue, Fredericton, NB, E3A 3Y8

Phone: (506) 443-8175

Email: theharmonyfamily@outlook.com

Capital Family Services

Website: <https://www.capitalfamilyservices.ca>

Facebook page: <https://www.facebook.com/CapitalFamilyServices/>

Capital Family Services offer programs to support families in the Fredericton area. They offer such programs as Parent Coaching: they teach skill development and create learning opportunities for parents with children with exceptionalities and behavioural issues using ABA, and more. Other programs include Supervised Access and Exchange, Childcare and Respite, Individualized Placements, Mentoring, In-Home Observations, Crisis Intervention Services, Disability Support, Transportation, and Space Available. They also offer training programs. You can find out more visiting their website.

Phone: (506) 454-0078

Email: info@capitalfamilyservices.ca

M.O.R.E. Services Inc.

Website: <http://www.moreservices.ca/index.html>

M.O.R.E. Services Inc. is a not-for-profit agency in Miramichi which assists and supports individuals with intellectual disabilities, funded by the Province of New Brunswick's Department as one of the over thirty-five agencies province-wide included in its A.D.A.P.T. (Adults Developmental Activities, Programs, and Training) Program. The organization offers various programs in the area of transition to adulthood such as training in daily living skills, job readiness training and support in employment.

Address: 1662 Water Street, P.O. Box 69, Miramichi, NB, E1N 3A5

Phone: (506) 778-6166

Email: moreservices@nb.aibn.com

Dragonfly Centre for Autism Inc. ●

Website: <http://www.dragonflyforautism.ca/home>

Facebook page: <https://www.facebook.com/Dragonfly-Centre-for-Autism-Incorporated-356143164560940/>

Dragonfly Centre for Autism Inc. is a registered Canadian charity serving the needs of children and families living in Charlotte County who are affected by autism. The centre aims not only to help children and their families affected by autism but also to raise awareness within the community.

Address: 239 Water Street, St. Andrews, NB, E5B 1B5

Mail address: 445 Prince of Wales, St. Andrews, NB, E5B 1R1

Phone: (506) 529-8002

Email: dragonfly@nb.aibn.com

NewLife Options Inc. ● ●

Website: <https://www.newlifeoptions.ca>

NewLife Options Inc. is a federally incorporated not for profit agency that develops high standard community solutions for vulnerable individuals. They offer such programs as 24 Hour Shift Staffed Community Homes, 24 Hour Family Style Homes, Semi Independent Living, Crisis or Emergency Placement, Consulting for Funders or Agencies as well as workshops and training.

Address: 228 Saunders Street, Fredericton, NB, E5B 1N7

Phone: (506) 250-1844 (Lisa Portelli, Executive Director)

Email: lportelli@newlifeoptions.ca

OPAL Family Services ● ●

Website: <https://www.facebook.com/opalfamilyservices>

This organization provides respite and support along with 9 core programs to over 160 families in the Fredericton area who have dependents with intellectual disabilities.

Address: 133 King Street, Suite 1, Fredericton, NB, E5B 1C8

Phone: (506) 457-9520

Email: director@opalfamilyservices.ca

Agences et Organisations de Soutien: Ressources in Français

Aspie Québec ● ● ●

Site Web: <http://www.facebook.com/groups/40035595385>

La communauté québécoise des personnes vivant avec le syndrome d'Asperger (et autres formes d'autisme de haut niveau) ainsi que leurs proches. Entraide et information.

Financial Programs

Directory of Financial Assistance Available to Persons with Disabilities in New Brunswick (latest edition November 2015) ● ●

Website: <http://www2.gnb.ca/content/dam/gnb/Departments/pcsdpcpmcph/pdf/directories/FinancialAssistanceIncomeE.pdf>

This document provides a quick overview of financial services with links to each benefit.

Financial Assistance from the Government of Canada

Disability Tax Credit (DTC) (Disponible en Français) ● ●

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

The federal Disability Tax Credit is important for all families since eligibility for the DTC is required for access to several other federal benefits. The DTC is a non-refundable tax credit which means that it helps persons with long-term disabilities or their supporting persons reduce the amount of income tax they may have to pay. The criteria state that the person applying must have a severe and prolonged impairment in physical or mental functions. Residents of New Brunswick may also be eligible for a provincial top-up to this tax credit. Individuals may claim the disability amount once they have been approved for the DTC. The first step is to download the T2201 application from the CRA website. Complete the personal information in section A of the form. Next request your physician or psychologist to complete the remaining sections. The professional may charge a fee for their time in completing the form. However, you may be able to claim these fees as medical expenses on line 330 or line 331 of your income tax and benefit return. Mail the completed form to the appropriate Tax Centre.

Child Disability Benefit (Disponible en Français) ●

Website: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

The Child Disability Benefit (CDB) is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions. The CDB varies but can be up to \$2,832 per year (\$236.00 per month). If a child is eligible, the CDB is paid monthly and also as a supplement to the Children's Special Allowances (CSA). A child is eligible for this benefit if he/she first qualifies for the Disability Tax Credit (described above) and if he/she also qualifies for the Canada Child Benefit (CCB) (described below).

Canada Child Benefit (Disponible en Français)

Website: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

The Canada Child Benefit (CCB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18 years of age. The Canada Revenue Agency (CRA) uses information from your income tax and benefit return to calculate how much your CCB payments will be. To get the CCB, you and your spouse (if applicable) have to file your return every year, even if you did not have income in the year. Benefits are paid over a 12-month period from July to June. Benefit payments will be recalculated every July based on information from your income tax and benefit return from the previous year.

Canada Pension Plan (CPP) Disability Benefit (Disponible en Français)



Website: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

Canada Pension Plan (CPP) provides disability benefits to people who have made enough contributions to the CPP and who are disabled and cannot work at any job on a regular basis. To qualify for a disability benefit under the Canada Pension Plan you must first qualify for the federal Disability Tax Credit (described above). The CPP Disability Benefit may provide:

- A taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly because of a disability. In addition, you may qualify for a Children's Benefit (described below).
- If you are eligible under the terms of CPP legislation, your disability benefits will start the fourth month after the month you are determined to be disabled. You may receive up to maximum of 12 months of retroactive payments from the date your application was received.

Children's benefit. This is a monthly benefit for dependent children (under age 18 or between 18 and 25 and attending school or university full-time) of someone receiving a CPP disability benefit. The monthly children's benefit is a flat rate that is adjusted annually. In 2019, the rate is \$250.27.

Address: Service Canada, PO Box 250 Station A, Fredericton, NB, E3B 4Z6

Registered Disability Saving Plan (RDSP) (Disponible en Français)

Website: <https://www.canada.ca/en/employment-social-development/programs/disability/savings.html>

The Registered Disability Saving Plan (RDSP) is a Canada-wide registered matched savings plan specifically for people with disabilities. It is designed as a long-term savings plan to help the holder be better financially prepared for their future. For many people this may be a way to create a plan similar to a pension. If you have an RDSP, you may also be eligible for grants and bonds to help with your long-term savings. To be eligible you must first qualify for the Disability Tax Credit. This benefit is described above.

Disability Supports Deduction (Disponible en Français)

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-215-disability-supports-deduction.html>

Individuals who are employed or in school and have an impairment in physical or mental functions and have paid for certain medical expenses can, under certain conditions, claim the disability supports deduction. You may be able to deduct the expenses that you paid in the same year and only the person with the disability can claim expenses for this deduction.

Financial Assistance from the Province of New Brunswick

Social Development Social Assistance Program (Disponible en Français)



Website: https://www2.gnb.ca/content/gnb/en/services/services_renderer.10295.Social_Assistance_Program.html

Financial assistance is given to people who have no other income to meet their basic needs of food, clothing and shelter. By law, social assistance is the payer of last resort. This means that all other income must be considered when determining how many dollars will be provided.

Address: Sartain MacDonald Building, 551 King Street, PO Box 6000, Fredericton, NB, E3B 5H1

460 Two Nations Crossing, Fredericton, NB, E3A 0T4

Phone: (506) 453-2002; 1 (800) 442-9799 [emergencies only]

Email: sd-ds@gnb.ca

Military family support

Canadian Forces Morale & Welfare Services (CFMWS) (Disponible en Français) ●

Website: www.cfmws.com

The Gagetown FMWS develops and promotes services and resources that support the military family. They offer casual childcare, fitness classes, a pool and programs for children, youth and adults. They also offer support to families with special needs.

Phone: (506) 422-3352

Email: fil@cafconnection.ca

Canadian Forces Member Assistance Program (CFMAP) (Disponible en Français) ●

Website: <https://www.canada.ca/en/department-national-defence/services/guide/programs-canadian-forces/cfmap.html>

The CFMAP offers confidential, voluntary, short-term counselling to assist with resolving stresses at home and in the workplace. The phone line is staffed 24/7 by bilingual, trained counsellors, who refer the client to a counsellor in private practice for face-to-face consultation or provide counselling over the phone.

Phone: 1 (800) 268-7708

Email: information@forces.gc.ca

Safety

AngelSense GPS Tracker

Website: <http://www.angelsense.com>

The AngelSense Tracker allows parents to locate their child and get regular updates on the child's location via cell phone. This sophisticated, tamper-proof device lets the parent talk to the child to provide reassurance and hear what is going on in the child's environment. In addition to the purchase price, there is a monthly fee. May not work in all parts of Canada.

Autism Risk & Safety Management

Website: www.autismriskmanagement.com

Autism training and resources for law enforcement, emergency first responders, parents, educators, care providers and the autism community.

Canadian MedicAlert Foundation (Disponible en Français)

Website: <https://www.medicalert.ca/>

MedicAlert Foundation supplied medical ID bracelets and has a special hotline for emergency responders. The MedicAlert Autism Program empowers emergency responses and police to provide you and your loved ones with timely and personalized care in an emergency.

Findster

Website: <https://kids.getfindster.com>

GPS Tracker without monthly fees. It connects a small module worn by your child to your smartphone, so you can track the child's location within a 1 mile radius.

Link Program (Disponible en Français)

Website: <http://programmelemaillon.com>

A program of CHIMO helpline, the Link is available in middle schools throughout New Brunswick. A student who is experiencing any kind of distress can easily identify a trusted person (or Link Companion) by the yellow card displayed on their binder or desk.

Lions Club Foundation of Canada Service Dogs (Disponible en Français)



Website: <http://www.dogguides.com>

The Lions Club Foundation assists Canadians with a medical or physical disability by providing them with Dog Guides at no cost. The Foundation operates Dog Guides Canada, a national

training school and charity that assists individuals with disabilities through specialized Dog Guide programs.

Address: 152 Wilson Street, Oakville, ON, L6K 0G6

Phone: (905) 842-2891; 1 (800) 768-3030

Email: info@dogguides.com

Safety Tat ● ●

Website: <http://www.new.safetytat.com>

Safety Tat child ID tattoos are temporary safety tattoos including some that can be personalized (blank write-on ones). Examples: “Alert! Allergies”, “Alert! I have Autism!”, and “If lost please contact...”. Great for a day out of town.

SDWR ●

Website: <http://www.sdwr.org>

Facebook page: <https://www.facebook.com/ServiceDogsbySDWR/>

Their Autism Service Dogs are trained to provide support for families who have an autistic child.

Mailing address: PO Box 647, Madison, Virginia, USA, 22727

Phone: (540) 543-2307

Email: info@sdwr.org

Trax Play ●

Website: <https://traxfamily.com/>

Real-time GPS Tracking device:

- Full-featured smartphone app (iOS & Android) that notifies you when the tracking device leaves the designated safe zone
- Tracks your child’s location anywhere mobile cellular service is available (data plan required)

Fredericton Police Force’s Vulnerable Persons Registry (Disponible en Français) ●

Website: <http://www.fredericton.ca/en/fredericton-police/vulnerable-persons-registry>

Persons with autism can be registered with this service which gives police quick access to critical information about them in an emergency situation. Annual registration is required to keep your form active.

Address: Fredericton Police Force, 311 Queen Street, Fredericton, NB, E3B 1B1

York Sunbury Ground Search & Rescue: Introducing Project Lifesaver ●

Website: www.YSSR.ca

The primary mission of this project is to provide timely response to save and reduce potential injury for adults and children who have wandered off. It involves the client wearing a small, trackable device.

Legal education & information

New Brunswick Human Rights Commission (Disponible en Français)

Website: <http://www2.gnb.ca/content/gnb/en/departments/nbhrc.html>

The Human Rights Commission is a provincial agency. It promotes equality and investigates and tries to settle complaints of discrimination and harassment. The Commission also works to prevent discrimination by promoting human rights and offering educational opportunities to employers, service providers and the general public.

Mailing address: Barry House, PO Box 6000, Fredericton, NB, E3B 5H1

Phone: (506) 453-2301

Email: hrc.cdp@gnb.ca

Public Legal Education and Information Services of New Brunswick (PLEIS-NB) (Disponible en Français)

Website: www.legal-info-legale.nb.ca

Public Legal Education and Information Services NB is a non-profit organization and a registered charity. It develops bilingual educational products and services about the law for the general public in order to promote access to the legal system. They assist the public in identifying and understanding their legal rights and responsibilities and attaining self-help skills to improve their ability to deal with legal issues. They offer information about bullying, family law, internet safety, and more in a variety of ways including activity books and posters.

Mailing address: PO Box, 6000, Fredericton, NB, E3B 5H1

Phone: (506) 453-5569; 1 (888) 236-2444 [family law information line]

Email: pleisnb@web.ca

Stories & blogs

Actually Autistic Blogs ● ●

Website: <http://www.anautismobserver.wordpress.com>

A list of blogs by autistic people (professionally or self-diagnosed).

All the Weight of Our Dreams: On Living Racialized Autism ● ●

Website: <https://autismandrace.com/>

Delve into poetry, essays, short fiction, photography, paintings, and drawings in the first anthology entirely by autistic people of colour, featuring 61 writers and artists from seven countries. The work represents the lives, politics, and artistic expression of people from many autistic communities.

Autism Daddy ●

Website: www.theautismdaddy.com

Facebook page: <http://www.facebook.com/AutismDaddy>

A blog by a neurotypical dad with a son with severe non-verbal autism and epilepsy. He shows what being an autism dad is really like, the good and the bad.

Autism — Day by Day ●

Website: <http://www.autismdaybyday.blogspot.ca>

A single mom raising a teenager and a child with autism.

Autism Mom ●

Website: <http://www.autism-mom.com>

Twitter: @EWBAutismMom

Elizabeth writes about her son on the autism spectrum nicknamed “the Navigator”. She tells about autism-related challenges, successes, tools, and lessons-learned from the perspective of a mother.

Autism Mommy Therapist ●

Website: <http://www.autismmommytherapist.wordpress.com>

Written by Kimberlee Rutan McCafferty, a former educator and presently a stay-at-home mom/therapist of two boys with ASD.

Them Aspergers ●

This is a podcast where two people with Asperger's talk about life on the spectrum.

Autism on the Mighty ● ●

Website: <http://www.themighty.com/autism-spectrum-disorder>

The Mighty is a site where people share their personal experiences with disability, disease and mental illness.

Finding Ninee ●

Website: <http://www.findingninee.com>

Kristi Campbell writes about her special needs son and her family. She serves everything with humor in hopes to make her readers smile.

Four Plus an Angel ●

Twitter: @JessBWatson

Website: <http://www.fourplusanangel.com>

Jessica writes about her family, including a daughter on the autism spectrum.

Geek Club Books – Autism Storytelling ● ●

Website: <http://www.geekclubbooks.com>

Email: geekclubbooks@gmail.com

Geek Club Books ignite hearts and open minds through autism storytelling. They offer books, resources, apps, e-books, and educational tools. They even have comic books about superheroes with autism!

Just a Lil Blog ●

Website: <http://www.justalilblog.com/p/history.html>

Facebook: <http://www.facebook.com/JustALilBlog>

Jim Walter is a single dad raising two daughters, one of whom has autism.

Look me in the Eye ● ●

Twitter: @johnrobison

Website: <http://www.jerobison.blogspot.ca>

John Elder Robison is an author living with Asperger's. He has written several books on the topic. This blog is not only a personal journal but also an educational and literary one.

Rhema's Hope ●

Website: <http://www.rhemashope.wordpress.com>

Facebook page: <https://www.facebook.com/rhemashope>

Mother to two adorable little girls, Rhema and Hope. Rhema has autism and a seizure disorder.

Maxfield Sparrow

Website: <http://www.sparrowrose.com>

Facebook page: <https://www.facebook.com/UnstrangeMind/>

Maxfield Sparrow is a transmasculine autistic author who hopes that sharing his experiences and perceptions (while reminding readers that every autistic person is different!) will help further the struggle for disability rights and autism acceptance.

Spectrum Warriors

Website: <http://www.spectrumwarriors.com>

Local moms blog about their experience raising children with ASD. They also have a Facebook page dedicated to discussions between parents called “Autism Parents Group – New Brunswick, Canada”.

The Autism Blog — Seattle Children’s Hospital

Website: <http://theautismblog.seattlechildrens.org/>

The world of autism spectrum disorders is constantly changing, and Seattle Children’s Autism Center is eager to share with parents and caregivers what they continue to learn. This blog is designed to be a resource on autism as well as to give you an opportunity to comment on their posts and engage with their experts. Their intent is to provide information that may be helpful in raising a child with autism.

The Autism Dad

Website: <http://www.theautismdad.com>

Facebook: <http://www.facebook.com/theautismdad>

Dad to 3 amazing boys all on the Autism Spectrum, with other serious health issues.

1800 Seconds on Autism

Website: <https://www.bbc.co.uk/programmes/p06sdq0x>

The podcast is run by autistic hosts and their guests. They cover a wide range of topics from home and family to funny stories.

Dad’s Home — Parenting, Autism and Figuring it Out

Website: <https://www.listennotes.com/podcasts/dads-home-parenting-autism-and-figuring-it-tJYrTLVOR9F/>

This podcast is for parents of autistic children discussing common issues, coping strategies, and giving advice and support.

Blogues en Français



Moi, c'est Zyha ● ●

Site web: <http://www.facebook.com/zyha.asperger/?fref=mentions>

La page Facebook d'une adolescente autiste de 14 ans.



Au royaume d'une Asperger ● ●

Site web: <http://www.royaumeasperger.com>

Blogue sur le quotidien d'une maman autiste Asperger qui navigue dans un monde de neurotypiques sympathiques.

Residences

Shannex (Disponible en Français) ●

Website: <http://www.shannex.com/locations/fredericton-area/>

Shannex offers several residential options, each consisting of spacious, well-appointed suites, outdoor views, a dining area, and living and activity rooms. Residents with autism require assessment to determine appropriate level of care and are welcome at any age.

Address: 379 Rainsford Lane, Fredericton, NB, E3B 0X7

375 Rainsford Lane, Fredericton, NB, E3B 7T1

Phone: (506) 455-7004

Email: care@shannex.com

The New Brunswick Community Residencies Inc. ●

The New Brunswick Community Residencies Inc. is a non-profit agency that provides housing and support to adults living with a mental illness. They have a level two setting (located on Needham Street), a level four setting (located on Priestman Street), and five supported apartments that can house up to ten people.

Address: 530 Needham Street, Fredericton, NB, E3B 1P6

Phone: (506) 454-1206

Email: stephanie.brewer@nbcr.ca



Artist: Natalie Pickard

“A pre-taught artist with NBCCD training where Pickard took drawing, colour theory, and silk screening for two years. Born in Fredericton, but living in New Maryland, who loves nature scenes and landscapes. I am an artist with many cards of my paintings. On her art practice, Pickard says, “Even though I have a mild diagnosis of Asperger’s syndrome, my talent is unaffected”.

Want to purchase?

Contact acf@nb.aibn.com



WANT TO HAVE FUN?

Leisure activities are an important part of every person's life. It is fun, enjoyable, interesting and increases a person's well-being, happiness and satisfaction in life. Unfortunately, it can be a challenge for people with ASD. One of the main concerns is the lack of skills needed for activities: learning from observation and imitation, for example. However, satisfying leisure activity can help reduce challenging behaviours in individuals with autism, and the ability to entertain themselves can reduce stress. What is more, participation in leisure activities is closely related to subjective quality of life in people with developmental disabilities. Research shows that leisure participation may improve material, emotional, and physical well-being¹. Additionally, participation in recreational activities may reduce stress in adults with ASD².

Providing leisure activities for people with ASD requires special approach and knowledge. For example, clear instructions and static rules, scheduled activity, predictability, or clear visual representation can help an autistic person to be engaged and have fun. Thus, a great advantage for providers is to know about autism and have experience working with this population.

The voice of our community

"Jesse (Pam's son on the spectrum) has always shone in the pool and since 2012 has been swimming competitively with the Fredericton Aquanauts Swim Team (FAST). Swimming competitively has changed Jesse's life for the better. The sport has led him to opportunities we had never thought possible. Through swimming Jesse has learned how to be a teammate, how to prioritize and how to set goals "

Pam Moxon

A Happy Mother of an Autistic Young Man

In this section we provide a list of resources that specialize in providing leisure activities and have knowledge and experience working with people with ASD. Consequently, simple occasional leisure activity may become a real hobby in which an individual can express himself/herself. Research show that people with ASD are involved in hobbies just like neurotypical people. One exception is that autistic people may become more passionate and specific and their interests may become more intense than in neurotypical individuals³.

One study described all the categories of different hobbies and found out what people

¹Badia, M., Begona Orgaz, M., Verdugo, M.A., Ullan, A.M., & Martinez, M. (2013) Relationships between Leisure Participation and Quality of Life of People with Developmental Disabilities. *Journal of Applied Research in Intellectual Disabilities*, 26, 533-545.

² Bishop-Fitzpatrick, L., Smith, L.E., Greenberg, J.S., & Mallick, M.R. (2017). Participation in Recreational Activities Buffers the Impact of Perceived Stress on Quality of Life in Adults with Autism Spectrum Disorder. *Autism Res*, 10(5), 973-982.

³ Winter-Messier, 2007

with ASD (high-functioning adults) like the most¹. They found that cognitive hobbies, which can be described as any activity that involves mental stimulation or processing (such as learning, reading, playing cards, arts and crafts) are the most popular among autistic adults population. Other popular hobbies were physical – exercising (walking, hiking, bicycling) – and music/cultural – creative expression/enjoyment (listening to, composing or playing music, attending concerts, theatre or art exhibitions).

Today scientific society suggests that hobbies of people with ASD are much broader than it was considered before, although, many individuals tend to have highly specific interests. Autistic adults may be involved in several hobbies and leisure activities. And the most important point is that it can help improve the subjective quality of life and reduce anxiety and stress.

Thus, in this section we listed several resources that discuss different talents of autistic people and celebrate success.

The voice of our community

“One of the greatest things about autistics is that we all have amazing skills and talents that are unique and exceptional in ways that improve our society and our world”

Aaron Bouma, 31

Autistic Adult

¹ Pacey-Smith, S., D'Entremont, B., Nichols, S., Voyer, S.D., & Byers, E.S. () Hobbies in Adults with ASD: An Exploratory Descriptive Analysis.

General resources

The Art of Autism ● ●

Website: <https://the-art-of-autism.com>

The Art of Autism is a collaborative non-profit organization which empowers and connects individuals within the autism community through the Arts. Their mission is to foster independence, self-esteem and artistic expression by participation in The Art of Autism Project. They support artists, musicians and creative writers on the autism spectrum by providing a forum for displaying, selling and promoting the art of autistic individuals, blog posts, essays and newsworthy stories, as well as, newsletter of potential opportunities for writers and artists on the spectrum, creating merchandise and helping artists, writers, and film makers learn new skills through mentorship.

After school Activities & Independent Leisure Skills Tool Kit ● ●

Website: <https://www.milestones.org/files/assets/after-school-activities-leisure-tool-kit-printable-2019.pdf>

This tool kit is designed to provide guidance concerning after-school leisure activities for people with ASD.

Clinical Corner: Leisure Skills for Adults with Autism ● ●

Website: <https://asatonline.org/research-treatment/clinical-corner/leisure-skills-for-adults/>

This is an article authored by Megan McCarron (MS, BCBA) discussing the importance of leisure activities and hobbies in an autistic individual's life, and how young adults develop these skills.

The world needs all kinds of minds ● ●

Website: https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds/up-next?referrer=playlist-the_autism_spectrum

Temple Grandin, diagnosed with autism as a child, talks about how her mind works – sharing her ability to “think in pictures”, which helps her solve problems that neurotypical brains might miss. She makes the case that the world needs people on the autism spectrum: visual thinkers, pattern thinkers, verbal thinkers, and all kinds of smart geeky kids.

How I learned to communicate my inner life with Asperger's ● ●

Website: https://www.ted.com/talks/alix_generous_how_i_learned_to_communicate_my_inner_life_with_asperger_s/up-next?referrer=playlist-the_autism_spectrum#t-157457

Alix Generous is a young woman with Asperger's syndrome. She has done award-winning science and helped develop new technology. She has worked hard for years to learn how to share her thoughts with the world. It is funny, personal talk she shares her story and her vision for tools to help more people communicate their big ideas.

Local Resources

Ability New Brunswick (Disponible en Français)

Website: www.abilitynb.ca

Working one on one with youth living with a mobility disability to reach career and educational goals. Amongst their programs are: Rehabilitation Counselling (providing help and support), Transition NB (help in reaching education and career goals), Para NB (development and coordination in parasport in NB, recreation and active living), Consultation and Information, Recruitment, and Equipment Loan Service, as well as Peer Support and others.

Address: 440 Wilsey Road, Suite 102, Fredericton, NB, E3B 7G5

Phone: (506) 462-9555

Email: info@abilitynb.ca

Access 2 Card Program (Disponible en Français)

Website: <http://www.access2card.ca>

This program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. The Access 2 Card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of participating entertainment, cultural and recreational venues across Canada. When the card is presented, the support worker can get in the venue without (or with reduced) charge.

Phone: (416) 932-8382; 1 (877) 376-6362

Email: access2card@easterseals.ca

Fredericton Playhouse: Arts are for Everyone Program (Disponible en Français)

Website: <https://www.theplayhouse.ca/arts-are-for-everyone/>

The Fredericton Playhouse believes that the arts are an integral part of our lives, and that everyone has the right to access the experience of the magical world of the performing arts. Free tickets to selected shows are provided to Autism Connections Fredericton and are available to persons with autism and their caregivers. Tickets can be picked up at ACF on a first come — first served basis.

Best Buddies Canada

Website: www.bestbuddies.ca

Best Buddies Canada is a non-profit organization that works in schools across Canada to help create one-to-one friendships between children and adults with intellectual disabilities and student volunteers. In Fredericton this program works in Leo Hayes High School, Fredericton High School and Nashwaaksis Middle School.

Phone: (416) 531-0003; 1 (888) 779-0061

Email: info@bestbuddies.ca

Big Brothers Big Sisters

Website: <https://fredericton.bigbrothersbigsisters.ca/>

Facebook page: <https://www.facebook.com/BigBrothersBigSistersOffFrederictonAndOromocto>

Provides mentoring to kids in the Fredericton and Oromocto region. Serving as role models, the mentors teach the importance of giving and giving back, staying in school, and having respect for family, peers and community.

Address: 473 King Street, Fredericton, NB, E3B 1E5

Phone: (506) 458-8941

Email: Rhonda.rogers@bigbrothersbigsisters.ca

Camp Rotary (Disponible en Français)

Website: www.camprotary.ca

Facebook page: facebook.com/CampRotaryNB/

Camp Rotary on Grand Lake is offered to children and adults with physical disabilities as well as those with developmental disabilities and speech or learning difficulties.

Address: 9 Doyle Road, Sunnyside Beach, NB

Mailing address: 65 New Brunswick Street, Fredericton, NB, E3B 1G5

Phone: (506) 458-8739 [Matthew Jay — Camp Director]; 1 (888) 280-8155

Email: info@easterseals.nb.ca

Easter Seals — New Brunswick (Disponible en Français)

Website: <https://www.easterseals.nb.ca/index.php/en/home>

Easter Seals NB is a non-profit organization working in partnership with persons with disabilities, enabling them to attain independence and equality of opportunity available in their communities. They offer a wide range of programs.

Abilities Program. The Easter Seals Abilities program is a youth recreational program, created to introduce youth with disabilities to a variety of recreational activities. The program will concentrate on developing independence while promoting good physical and mental health.

Adapted Toy library. The Easter Seals Adapted Toy Library loans toys to children across New Brunswick. Simply choose a toy from their website, contact them, and they will ship it to anywhere in New Brunswick.

Personal Services Program (PSP). Easter Seals NB Personal Services Program offers its clients long-term loans of equipment.

Address: 65 New Brunswick Street, Fredericton, NB, E3B 1G5

Phone: (506) 458-8739; 1 (888) 280-8155

Email: info@easternseals.nb.ca

Fredericton Aquanauts Swim Team (FAST) ● ●

Website: <http://www.swimmingfast.com>

Facebook page: https://www.facebook.com/FAST-108699409252387/?ref=page_internal

Fredericton Aquanauts Swim Team is one of the leading swim clubs in Atlantic Canada, providing an environment where all swimmers can learn and practice the values and qualities that will help them succeed as young athletes and as responsible citizens.

Mailing address: PO Box 82, Station A, Fredericton, NB, E3B 4Y2

Phone: (506) 260-4114

Email: swimming@rogers.com

Science East (Disponible en Français) ●

Website: www.scienceeast.nb.ca/

Facebook page: <https://www.facebook.com/ScienceEast>

Science East teaches the basics of science in a fun and entertaining way, exploring everything from robotics and computer programming to physics, chemistry, biology and more! Their programs help students develop important skills such as communication, critical thinking, problem-solving, collaboration and creativity.

Address: 668 Brunswick Street, Fredericton, NB, E3B 1H6

Phone: (506) 457-2340

Email: science@scienceeast.nb.ca

Fredericton Therapeutic Riding Association ● ●

Facebook page: <https://www.facebook.com/frederictontherapeuticridingassociation/>

Fredericton Therapeutic Riding Association provides horseback riding to individuals with a physical and/or cognitive disability. Their program provides opportunities for individuals to learn to ride while at the same time working on physical, cognitive and psychological goals.

Address: 2575 Woodstock Road, Fredericton, NB, E5C 1R1

Phone: (506) 455-3872

Special Olympics New Brunswick (Disponible en Français)

Website: www.specialolympicsnb.ca

Special Olympics New Brunswick offers year-round sport and recreation opportunities to people with an intellectual and physical disability of all ages and a wide range of abilities.

Address: 411 St. Mary's Street, Unit 103, Fredericton, NB, E3A 8H4

Phone: (506) 455-0404

Email: infosonb@specialolympicsnb.ca

Snoezelen Room — Canadian Deafblind Association

Website: www.cdba-nb.ca

Facebook page: <https://www.facebook.com/CDBANB>

The Snoezelen Room is a sensory room that has primarily been used by people with moderate to severe developmental difficulties and adults with cognitive impairments. The purpose of this room is to provide and ensure a safe, non-threatening environment. It is considered to facilitate relaxation, sensory awareness and activity tolerance.

Address: 495 B Prospect Street, Unit H, Fredericton, NB, E3B 9M4

Phone: (506) 452-1544

Email: office@cdba-nb.ca

YMCA of Fredericton

Website: www.fredericton.ymca.ca

The Fredericton YMCA offers programs for all ages in swimming, racquet sports, gymnastics and much more. Day care, summer camps, and after-school programs are available.

Address: Sourthside, 570 York Street, Fredericton, NB, E3B 5R5

Northside, 605 Cliffe Street, Fredericton, NB, E3A 5V2

Phone: (506) 462-3000 ext.0

Email: shawna.white@ymcafredericton.org



Geraniums and Asters

Artist: Danny MacMillan, 29 years old

Danny MacMillan is a twenty-nine-year-old man with autism. He has been expressing himself through art since the age of six. He started out with repetitious activity but with the kind assistance of his art teachers he was able to progress beyond simple representations of his obsessions and begin producing higher quality work.

Danny's art has gone through phases. Recently most of his inspiration is drawn from nature. He sees colour and detail in his own unique way and expresses it beautifully through his work. People in the community have come to focus on his abilities rather than his disabilities and his self-esteem has flourished as a result.

Early in 2018, Danny was featured in an art show in the Penny Gallery in Fredericton. Much credit and gratitude is owed to his teachers Alice Whitney and Nancy Watters.



WHERE CAN I FIND MATERIALS AND RESOURCES?

Since the diagnosis of ASD can affect many aspects of daily life, there are a lot of products that may potentially be useful in reducing some symptoms and improving the quality of life. Clinicians also use some of these materials in their interventions. The products related to autism can be divided into several main groups:

✓ Sensory products

These are products that may provide sensory stimulation or reduce agitation for children or adults when they are anxious or stressed. As well, a preferred sensory experience, such as listening to music or receiving a tight hug, can reward and strengthen new, positive behaviours. Sensory experience may stimulate the sense of touch, smell, sight, taste, hearing, movement and balance. Sensory toys and experiences may be used as a reinforcer as part of a behavioural intervention program. Examples of such toys are white noise machines, headphones, scented products, chewing products such as chew beads, puzzles, bubble tubes, vibrating massagers, weighted blankets and more. Calming and reinforcing items are highly individualized and need to be tailored to each person.

✓ Visual supports

These are very useful for children and adults with autism who have difficulty processing spoken language. They can be made easily at home. Visual supports include pictures and symbols that can assist the child in maintaining attention, understanding spoken language, or sequencing and organizing the environment. They are used in order to help prevent inappropriate behaviour, support language skills, providing reminders to reduce the child's anxiety, increase the ability to understand the rules, represent routines and schedules, motivate self-monitoring, assist with transition times. Examples of visual supports are: "First—Then" boards, help cards, visual schedules, choice boards, rating scales, and token boards.

✓ Mobile Apps

Mobile apps for children and adults with autism can be used to assist with many different problems. For non-verbal children and adults there are applications that use Picture Exchange Communication System® as well as other communicational aids. Other applications can help parents track skills they are teaching. There are visual timers to help children understand the duration of an activity, as well as visual schedules that can help prevent anxiety and stress with transition between activities, etc.

NOTE: Not all the products that are offered for purchase are evidence-based. Some products should be purchased with caution because not every child or adult with ASD will benefit from them. Consult with your therapist or other practitioner first.

Intervention materials

NOTE: Autism Connections Fredericton is committed to scientifically based treatment approaches for autism. It is recommended that you consult the therapists or psychologist before introducing new programs or therapy materials.

ABA Educational Resources

Website: www.abaresources.com

This is a leading-edge website providing practical resource materials for families and professionals using educational strategies for children with autism. They facilitate delivery of Applied Behaviour Analysis (ABA) resource materials at an affordable cost.

Autism Community Store

Website: <http://www.autismcommunitystore.com>

Facebook page: <https://www.facebook.com/autismcommunitystore>

A US-based autism and special needs resource site which sells products for children, including sensory toys, autism books, and ABA materials. They carry sensory items like weighted blankets and lap pads, compression vests, wiggle seats and chewy tubes as well as classroom solutions like visual aids and visual timers, to products that solve common problems at home — sleep, safety, hygiene and more.

Child and Youth Toolkits

Website: <http://www.shared-care.ca/toolkits>

Toolkits include information, videos, and games about various topics including autism, ADHD, anxiety, behaviour problems, mood disorders, and more.

Different Roads to Learning

Website: <http://www.difflearn.com>

Facebook page: <https://www.facebook.com/difflearn/>

Different Roads to Learning has over 600 products that support the social, academic and communicative development of children on the autism spectrum through Applied Behaviour Analysis (ABA) and Verbal Behaviour interventions.

Do2Learn

Website: <http://www.do2learn.com>

Provides thousands of free pages with social skills and behavioural regulation activities, songs and games, communication cards academic material, and transition guides for employment and life skills. In addition, they sell products including View2do, JobTIPS, FACELAND, books, and apps.

Hippo Hug

Website: <http://www.hippohug.ca>

Hippo Hug weighted blankets uses a unique and proprietary weighting system that involves specially designed disks so that the blanket has a low profile and doesn't look any different than a regular quilt. Hippo Hug also sells crash mats and other sensory products.

InnovAID

Website: <http://www.innovaid.ca>

InnovAID creates products for people with special needs who have sensory issues. Many of their products can be customized or custom-made. They sell books, and accessories for chewing, heat and cold, fidgeting, pressure, sleep, vibration, weight, water toys, and more.

Insights to Behaviour

Website: <http://www.insightstobehavior.com>

This website provides a wide variety of ABA resources for teachers, from online course modules to assessment tools to activities designed to help achieve IEP goals.

James Stanfield — Specialists in Special Education

Website: www.stanfield.com

Produces award-winning programs to promote Social Competence and Transition Readiness in students with cognitive, learning and/or behavioural disabilities.

Mayer — Johnson

Website: <https://goboardmaker.com/>

The distributor for Boardmaker Software programs which are used to create symbol-based visual support such as communication boards, behaviour supports, sequences and visual schedules.

Silver Linings Multimedia Inc.

Website: <https://www.silverliningmm.com/default.html>

Provides software and DVDs for making flash cards, choice boards, visual schedules as well as other resources and materials to facilitate the use of visual supports.

Social Thinking

Website: www.socialthinking.com

This website offers information, resources and materials to promote the development of social thinking and social skills in persons with autism across the lifespan. Free materials are updated weekly and available to download.

Special Needs Toys

Website: <https://specialneedstoys.com/can>

This company sells over 1,500 sensory-based toys including Swings, Spins, Rockers and Bouncers, Mirrors, Switches, Balls, Puzzles, Dolls, Bubble Columns, bright Projectors, Fiber Optics and Resonance.

Matériel d'Intervention: Ressources en Français

Babelio

Website: <http://www.babelio.com/liste/2448/Lautisme>

Une sélection de livres sur les combats personnels et familiaux des autistes et de leur entourage. Combat pour le diagnostic, pour une scolarisation, pour le droit d'exister malgré la différence, et pour être accepté dans la société.

Apps

NOTE: First contact the specialist

Apps for Autism

Website: <http://www.autismapps.org.au>

This website helps parents, teachers and others learn how to use technology effectively to support a person with autism. This website covers topics including:

- How to use an iPad effectively
- How to support people with autism using technology
- Tips for selecting a useful app
- Therapist reviews of apps to assist you in choosing the best app for your goals

Teach.com powered by U2. Digital Resources for Students with Autism

This is a long list of various resources for students with ASD.

Autism Apps (App Store)

Autism apps is a categorized comprehensive list of all apps that are being used with and by people diagnosed with autism, Down Syndrome, and other special needs. It also includes links to any available information that can be found for each app. Available for free.

Assistive Ware

Website: <http://www.assistiveware.com>

Assistive Ware offers several assistive technology software products for Apple's Mac OS X and iPhone, iPad and iPod touch. They offer apps in categories such as communication, reading and writing, and learning.

Avaz (App Store, Google Play)

Website: <http://www.avazapp.com>

Avaz is a symbol-based communication app to promote functional communication and the development of language skills. Available for purchase.

Visual Countdown Timer (App Store, Google Play)

Website: <https://itunes.apple.com/us/app/childrenscountdowntimer/id541364004?mt=8>

Helps children complete daily tasks faster and more willingly, and better understand how much time is left in an activity by gradually revealing a fun picture as the time winds down. It can also help

them understand how much time remains in preferred and non-preferred activities. The picture can be customized based on the activity or the child's preferences. Free download.

Choiceworks (App Store)

Website: <https://itunes.apple.com/ca/app/choiceworks/id486210964?mt=8>

This app allows users to create visual schedules, checklists, and other visual supports to promote waiting and emotional regulation skills. Available for purchase.

Autism Emotion (App Store)

This app helps individuals recognise and express their emotions through its fun and easy to use feelings chart. This app is based on the Model Me Faces & Emotions™ DVD, part of the Model Me Kids® social skills training series for children and teenagers with autism and Asperger's syndrome. Available for free.

Dr. Brown's Apps (App Store)

Website: <http://www.drbrownsapps.com>

Dr. Brown's Apps website is hosted by The Children's Treatment Centre for Autism and other Childhood Developmental Disorders located in Tennessee. They use Applied Behaviour Analysis an essential therapy for children with autism or other developmental disorders. The apps include: colours, shapes, letters, numbers, words, animals, people, time, bullying, and more.

Magnus Cards (App Store, Google Play)

Website: <https://www2.magnusmode.com/>

Magnus Cards are digital how-to guides for everyday living. Download free card decks and follow Magnus on the journey to independence.

Niki Talk (App Store, Google Play)

Website: <http://www.nikitalk.com>

Niki Talk is an easy-to-use app that lets people with disabilities and autism communicate. They offer other apps such as Niki: Diary, Word, Play, Agenda, Time, Talk +Tweets, Story, and Music.

Proloquo2Go (App Store)

Website: <http://www.assistiveware.com/product/proloquo2go>

A symbol-supported communication app to promote language development and grow communication skills from beginning to advanced communicators. Available for purchase but we recommend consultation with your speech-language pathologist.

Tally Counter (App Store, Google Play) ● ● ●

Website: <https://itunes.apple.com/ca/app/tallycounter/id288752372?mt=8>

A simple tally counter for easy tracking of targeted behaviours. Free download.

First Then Visual Schedule (App Store) ● ● ●

The app allows the creation of visual schedules that provide positive behaviour support through the use of images that show daily events (morning routine, for example) or steps needed to complete a specific activity (using the restroom).

Autism Tracker (App Store) ● ● ●

The app allows a caregiver to track an individual's behaviour, moods, food and health issues, and also gives a statistical report. There is a free trial trial period.

Behavior Tracker (App Store) ● ● ●

This app is for educators and caregivers. Using Behavior Tracker you can record behavior data to evaluate the students or children.

Behavior Tracker (Google Play) ● ● ●

This app is aimed to effectively collect, track and analyse behavioural information of students. The app is free to trial.

Behavior Tracker Pro (App Store) ● ● ●

Behavior Tracker Pro app allows BCBA's, behavioural therapists, aids, teachers or parents to track behaviours and automatically graph them. It also allows export data for offline manipulation in Excel. It was designed by a BCBA and a parent of a child with autism. Optionally, one can record video of behaviours or interventions to later review with parents, teachers or therapists. Available for a fee.

Time Timer[®] (App Store) ● ● ●

Website: <https://www.timetimer.com/products/time-timer-ios-app>

A visual timer app that silently alerts the user when an activity or break is over. It allows users to customize, save and reuse timers with names, colours, alert options, timer scale options and more. Available for purchase.

NOTE: The app is FREE during the COVID-19.

Touch Autism

Website: <http://www.touchautism.com>

This website provides a comprehensive list of apps used with and by people diagnosed with autism, and other special needs. It includes links to any available information for each app. They are separated into 30+ categories making apps easy to find and download.

PECS® Phase III (App Store, Available exclusively for iPad® and iPad™ mini)

The app looks like a PECS communication book; it is also an invaluable tool for teaching picture discrimination. This app is not intended to replace the learner's PECS communication book, but rather to serve as an aid to practice discrimination techniques and strategies with one or several learners within a single lesson. Touching the correct icon will result in immediate visual and auditory feedback from the device in a manner far quicker than a teacher could react. If the learner touches an incorrect icon, there is no significant feedback. A correct picture selection results in access to a desired item or activity.

PECS® IV+ (App Store, Available exclusively for iPad® and iPad™ mini) (Disponible en Français)

This is an app for advanced learners who have mastered phases I through IV of the Picture Exchange Communication System (PECS) using traditional PECS books, PECS IV+ is the high-tech next step. It allows users to construct a multi-picture Sentence Strip via a dedicated Sentence Starter page pulling from up to 20 digital PECS Book pages for the in-app voice to speak.

iHear PECS®: Animals™ (App Store, Available exclusively for iPad® and iPad™ mini)

This app is for students who are learning to comment in Phase VI of PECS. iHear PECS: Animals includes two different sound tracks for 12 familiar animals, a PECS Activity Board, 3 Pics for PECS Sentence Starter images and 12 Pics for PECS animal images. Parents can customize the Activity Board with 1 to 3 Sentence Starters and 1 to 12 animal images to teach responsive and spontaneous commenting and requesting. The student drags and drops Pics for PECS icons to the Sentence Strip to comment on or request the animal sound and then taps each picture to “speak” the sentence. If the student requests an animal sound, the animal sound plays as a reward.

Wait4it™ (App Store)

It is a tool for those who have mastered Phases I and II of PECS. This app is designed for use in any setting to help teach the concept of “wait” and encourage learners to wait successfully.

Working 4™ (App Store, Google Play)

Using this app, you can let someone know what he's working for, how much work he needs to do, and how close he is to earning a reward for that work. You can use this for lessons in school, chores at home, getting your children to eat their vegetables, and much more! Start the app by selecting the number of tokens your student must earn. Then set up your student's reinforcer choice board by selecting 1-6 items from our pre-loaded symbol library or your own photo library. Show the choice board to your student to select what to work for and then begin your lesson. Each time a student earns a token, slide a token to the empty dot. Once the student has earned all of her tokens, push the "cash in" button to show your student what she's earned. The token board resets to start the next deal, or you can create a new choice board for your student to select a new reinforcer.

R+Remind™ (App Store, Google Play)

A tool to help educators remember to reinforce good behaviour. With R+Remind, you choose an interval, and the app does the work. A tone unique to each interval sounds at a variable rate so that you can pause in what you're doing and reinforce a new behaviour, the lack of a targeted behaviour, or even an existing behaviour. Perfect in busy classrooms to remind all staff to catch someone being good.

Applications: Ressources en Français

App enfant – autisme

Website: <http://www.app-enfant.fr/applications/categorie/autisme>

Toutes les applications pour enfant autiste, enfant atteint d'autisme. iPhone, iPad, Android, Amazon.

Applications—autisme

Website: <http://applications-autisme.com/>

Applications—autisme.com est une plateforme collaborative, lieu d'échanges et de partage, qui permet aux accompagnants et parents de personnes avec autisme de trouver les applications adaptées et ainsi favoriser leurs apprentissages.

Reading resources

Autism Connections Fredericton Resource Library List ● ● ●

For members of Autism Connections Fredericton we have available a resource library with books and materials from a variety of categories that have been donated by the community and organizations. From Asperger's Syndrome, Mental Health and Eating Habits, and a range from children to adults, we have over 700 books available for lending and borrowing. If you'd like to take advantage of our library, please drop by the centre and sign up for a free membership and browse our inventory.

Autism Parenting Magazine ● ●

Website: <https://www.facebook.com/AutismParentingMagazine>

A monthly magazine devoted to parenting children with autism. It deals with issues such as picky eating, augmentative communication systems, helping your child tolerate getting a haircut and many more practical daily issues.

A Work in Progress Companion Series Book and DVDs ● ●

Website: <https://www.autismpartnership.com/post/companion-series-dvds>

A Work in Progress Companion Series combines written booklets on various science-based teaching strategies and actual demonstrations of work with students on DVD. These books use a natural, child-friendly approach to teaching new approaches to solving challenging behavior problems as well as teaching communication, social and recreational skills.

Fredericton Public Library (Disponible en Français) ● ● ●

Website: <http://www.gnb.ca/publiclibraries>

Instagram: [BiblioFredLibrary](#)

Facebook: <https://www.facebook.com/FredLibrary/>

The Fredericton Public Library is a warm, welcoming place that not only houses books but is also a safe haven and community space for everyone. The well-appointed children's department has toys, puzzles, Lego, Internet-free tablets, games and more.

Address: 12 Carleton St Fredericton,

NB, E5B 5P1

Phone: 1 (506) 460 2800

Email: ftonpub@gnb.ca

Jessica Kingsley Publishers

Website: <http://www.jkp.com/can>

An independent company offering books for children and adults with autism and Asperger's Syndrome, covering difficult topics including emotion regulation, developing relationships, explaining puberty and sexuality, self-injurious behaviour, fecal smearing, etc.

Odin Books Online

Website: <https://odinbooks.com/index.php?page=home>

Mental health and educational resources.

Parentbooks

Website: <http://www.parentbooks.ca>

Parentbooks is a Toronto-based company that offers the most comprehensive selection of autism books available in Canada.

Okanagen Regional Library

Website: <https://www.orl.bc.ca/>

Twitter: [#ORLreads](#)

Facebook: <https://www.facebook.com/OKRegLib/>

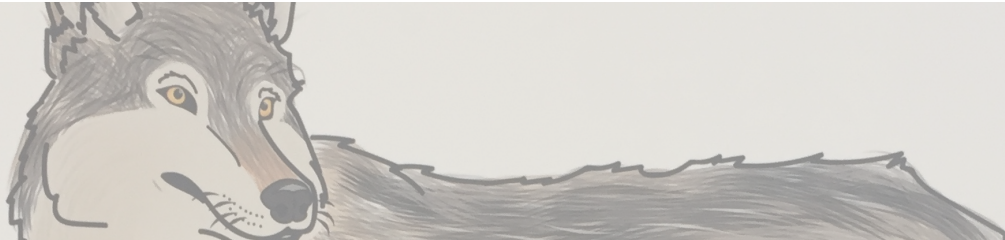
Email: info@orl.bc.ca

Parents, educators, professionals, children and teens will benefit from these booklists which cover a wide variety of Diversabilities. Each list contains useful information books as well as stories with the main character having a diversability and being the hero in the story!



Artist: Meara Landsburg, 21 years old

"I am currently a student at New Brunswick College of Craft and Design. I started here in 2015. I love anything dark, creepy, gory, or funny. I also love drawing animals and cartoons. When I graduate, I want to publish my own graphic novels"



HOW DO WE COPE WITH COVID-19 RESTRICTIONS?

On March 11, 2020 the World Health Organization assessed COVID-19 as a pandemic. Although the status of the COVID-19 pandemic varies across Canada, precautionary measures of different levels are still in place in every province.

The symptoms of COVID-19 are similar to a cold or flu. Symptoms include¹:

- ✓ Cough
- ✓ Fever
- ✓ Difficulty breathing
- ✓ Pneumonia in both lungs

Severe cases can lead to death. Symptoms may take up to 14 day to appear after exposure to the virus. However, the disease can process without any symptoms.

At the moment, there is no vaccine or established therapies to treat or prevent this disease. That is why precautionary measures are so important. The Canadian Government strongly recommends that individuals take the following measures²:

- ✓ Stay informed and follow public health advice
- ✓ Check with your family and neighbours about your plans
- ✓ Practise good hygiene: wash your hands with soap, cough and sneeze into a tissue, avoid touching your face
- ✓ Stay home and away from others if you are feeling ill
- ✓ Practise physical distancing
- ✓ Clean and disinfect surfaces and objects
- ✓ Stay home if you have a higher risk of serious illness
- ✓ Wear a mask or face covering
- ✓ Limit non-essential travel

This transition to preventive measures against COVID-19 may be hard for people with autism. In order to ease this transition, a parent should:

- ✓ Tell your child what coronavirus is
- ✓ Communicate in a way your child would understand (pictures or stories, for example)
- ✓ Give your child time to process the information

¹ Government of Canada (n.d.). Coronavirus disease (COVID-19): Symptoms and treatment. Retrieved August 17, 2020, from <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

² Government of Canada (n.d.). Coronavirus disease (COVID-19): Measures to reduce COVID-19 in your community. Retrieved August 17, 2020, from <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/measures-reduce-community.html>

- ✓ Be sure to watch for the signs of distress in your child
- ✓ Support your child during frightening situations

To help children on the spectrum to manage anxiety and stress, there are several common tools that can be used: visual support such as social stories or visual schedules, videos explaining the phenomenon in pictures and cartoons, games that can keep your child busy during isolation, and others.

In this section we listed resources that are related to COVID-19 and that can help support children and adults on the spectrum. These are only several tools that may potentially help. However, there are more in the Internet, and they can be helpful as long as they are offered by a credible organization.

COVID-19 Resources

Coronavirus Disease (COVID-19): Awareness Resources (Disponible en Français)

Website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

This is a list of informational resources that are related to COVID-19 pandemic. Resources cover such topics as general information about the virus, who is in the risk group, how to be prepared, instruction to take precautionary measures such as hand washing, cleaning and others, and information for travelers and residents.

COVID-19 and People with Disabilities in Canada (Disponible en Français)

Website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/people-with-disabilities.html>

This article outlines general statements about COVID-29 and people with disabilities. There you can find such information as general description of the virus and symptoms, instruction for people with disabilities, their families, and health practitioners, and more.

Coronavirus Disease (COVID-19) Pandemic (Disponible en Français)

Website: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

This is the main page for COVID-19 on the World Health Organization (WHO) website. On this webpage you can find public advice, situational reports, answers to frequently asked questions, research, and other resources.

What is Coronavirus?

Website: <https://www.autismspeaks.ca/siteAutismCaEN/assets/File/News/WHAT%20IS%20THE%20CORONAVIRUS.pdf>

A great tool to explain Coronavirus to a child. It contains a brief study and a lot of visuals to explain symptoms and instructions.

Talking to Your Child about Tragedy: Six Tips for the Autism Community

Website: <https://www.autismspeaks.org/expert-opinion/talking-your-child-about-tragedy-six-tips-autism-community>

This article outlines several tips on how to talk about tragedy to a child with autism. It can be useful regarding the COVID-19 outbreak.

Autism, Anxiety and COVID-19 ● ● ●

Website: <https://www.actcommunity.ca/autism-anxiety-and-covid-19-thursday-april-2-2020>

This is a video that was recorded by Autism Community Training with three guest speakers, mental health clinicians: Dr. Grace Iarocci, Dr. David Worling, and Professor Anthony Bailey. In this video they are answering questions about COVID-19, related anxiety in people with autism and how to handle it.

List of Resources to Help Us Through COVID-19 ● ● ●

Website: <https://www.autismontario.com/list-resources-help-us-through-covid-19>

This is a list of various resources related to COVID-19 for people with ASD and their families. It was created by the Autism Ontario.

50 Ways to Stay Mentally Healthy While Social Distancing ● ● ●

Website: <https://www.autismontario.com/list-resources-help-us-through-covid-19>

This is a tool kit, developed by the Canadian Mental Health Association, outlining 50 tips to stay mentally healthy during COVID-19 isolation.

Coronavirus: Why Do I Have to Stay Home? ● ●

Website: https://drive.google.com/file/d/1hkLUqtAX260t7Lt0bS0oSd5gp4Kttaeo/view?fbclid=IwAR2PJ9j7OPSrl8eTyIHveUC6el_YMoODDcO0WD0AszrqKDPkqZQKbUR78uM

This is a social story approach to explain to children with autism why they have to stay home during COVID-19 pandemic.

We Wear Masks — A Social Story about the Coronavirus ● ●

Website: https://www.youtube.com/watch?v=lnP-uMn6q_U

This is a video telling why it is important to wear a face mask in a form of a social story approach.

Wearing a Mask — A Social Narrative for Children by Autism Little Learners ● ●

Website: <https://www.youtube.com/watch?v=lgaKLpSxQag>

This is a social story for children with ASD explaining why we should wear face masks during COVID-19 pandemic and what we can and cannot do.

Social Distancing Social Story ● ●

Website: <https://paautism.org/resource/social-distancing-social-story/>

This is a social story that provides visual guide for children with ASD about social distancing and its importance. It is also available in Spanish, Arabic, Russian, and Chinese languages.

Getting a Haircut with Masks

Website: <https://drive.google.com/file/d/1-I8Z6j0x7InUJcOhe2uvdwZxMs1DIKgY/view>

This is a social story explaining how to get a haircut with masks and why it is important.

COVID-19. Autism Little Learners

Website: <https://www.autismlittlelearners.com/search/label/COVID-19>

This is a webpage with various social stories that are related to COVID-19 topics such as wearing a face mask, getting a haircut, etc.

COVID-19 Resources for Families and Individuals

Website: <https://nationalautismassociation.org/covid-19-resources-for-families/>

This is a webpage with a list of resources for families that was created by the National Autism Association. There are social stories and videos in the list, and other resources.

Supporting Individuals with Autism Through Uncertain Times



Website: <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/>

[Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf)

Website (Companion Guide): <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/>

[Supporting%20Adults%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet_0.pdf](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Adults%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet_0.pdf)

These are two documents developed by UNC Frank Porter Graham Child Development Institute Autism Team. The guides tell about the virus, various tools that can help support individuals with autism such as visual supports or narrative stories, visual schedules and useful apps for kids and adults.

COVID-19 Navigation Guide (Disponible en Français)

Website: <https://www.casda.ca/resources/covid-19-navigation-guide/>

This is a list of various resources that are related to supporting individuals with ASD during COVID-19 isolation. The list also contains resources for autistic adults.

COVID-19 Resources to Keep Busy from Home

Website: <https://www.autism.nf.net/covid-19-resources-to-keep-busy-from-home/>

This is a list of resources to keep children busy during the COVID-19 isolation. Resources that are offered: education tools, sensory leisure activities, virtual museums, social stories, and self-care resources.

Dealing with COVID-19: Resources for Special Educators, Therapists & Families

Website: <https://www.smores.com/udqm2-covid-19-preparedness>

This is a list of resources for those working with individuals who have developmental disabilities. It contains visual schedules, social stories, videos, information articles and more.

Let's get ready! A story about going back to school

Website: <https://connectability.ca/wp-content/uploads/2020/07/Back-to-School-Story-smaller-file.pdf>

This is a story to help children manage their feelings about the transition back to their childcare programs and schools.

What to do if your child cannot wear a mask

Website: <https://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/masking-tips>

This is a tip sheet on what to do and what to say others if your child cannot wear a mask.

GLOSSARY

Acceptance and Commitment Therapy (ACT) — is a form of counselling. It is empirically based psychological intervention that uses acceptance and mindfulness strategies together with commitment and behaviour-change strategies to increase psychological flexibility.

Attention Deficit Disorder (ADD) — see Attention Deficit Hyperactivity Disorder (ADHD).

Attention Deficit Hyperactivity Disorder (ADHD) — is a behavioural condition that interferes with daily routines making focusing challenging. People with ADHD usually have troubles with organizing, focusing, making realistic plans or thinking before acting. From the behavioural perspective they are generally fidgety, noisy, and unable to adapt to changing situations.

Anxiety — is an emotion characterized by feelings of tension, worried thoughts and physical changes such as increased blood pressure. People with anxiety may avoid certain situation out of worry. They also may have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat. Although anxiety is not considered a core symptom of ASD, it is a common comorbid condition in people on the spectrum.

Applied Behaviour Analysis (ABA) — is a practice that use the principles of learning in a systematic way to change behaviour. This practice is usually used in education, healthcare, animal training, and organizational management. ABA is considered one of the

evidence-based treatments of Autism Spectrum Disorder.

Asperger's Syndrome (AS) — was formerly considered a subtype of Autism Spectrum Disorder (ASD). It is characterized by problems in the social and nonverbal domains with limited and repetitive behaviours and interests. Asperger's Syndrome is often referred to a high-functioning autism.

Audiologist — is an independent professional of primary hearing health care who specializes in the prevention of hearing loss and in the identification, assessment, diagnosis, management, and treatment of hearing and balance disorders.

Autism Spectrum Disorder (ASD) — is a complex neurodevelopmental disorder which includes social communication and social interaction deficits, repetitive behaviours, interests, and activities. Symptoms are present early in childhood and affect daily life functioning. The disorder can vary in severity.

Behaviour Analyst Certification Board Inc.® (BACB®) — is a non-profit corporation established in 1998 to meet professional credentialing needs identified by behaviour analysts, governments, and consumers of behaviour analysis services. The BACB's certification requirements, examination content, and procedures undergo regular review according to established standards for organizations that grant professional credentials.

The Board Certified Behavior Analyst® (BCBA®) — is a graduate-level certification in behaviour analysis. Professional certified at the

BCBA level are independent practitioners who provide behaviour analysis services.

Bipolar Disorder — is a mental illness in which common emotions become intensely and often unpredictably magnified. People diagnosed with bipolar disorder can quickly switch from extremes of happiness to sadness, fatigue and confusion.

Borderline Personality Disorder (BPD) — mental illness that may include instability, difficulty with interpersonal relationships, high rates of self-injury and suicidal behaviour. It is usually characterized with instability in moods, self-image, and behaviour. This instability often disrupts daily routines, long term planning, and individual's sense of identity.

Cognitive Behavioural Therapy (CBT) — is a form of psychological treatment that is effective in treating depression, anxiety disorders, alcohol and substance abuse, marital problems, eating disorders and severe mental illness. It is considered an evidence-based treatment for a wide range of mental health problems. CBT usually involves efforts to change thinking patterns.

Cerebral Palsy — is a neurological disorder caused by a non-progressive brain injury or malformation that occurs while the child's brain is under development. It primarily affects body movement and muscle coordination.

Choice board — is a visual support that includes objects, photos, pictures, line drawings or text which can be used by children to communicate what they would like. The use of choice board with a child with ASD may increase the child's motivation.

Communication Disorder — is any disorder that affects an individual's ability to comprehend, detect, or apply language and speech to engage in discourse effectively with others.

Conduct disorder — is a mental disorder that is characterized by a repetitive and persistent pattern of behaviour in which the basic age-appropriate norms are violated (anti-social behaviour). It is diagnosed in children and adolescents.

Depressive disorders — include different types of disorders with the common feature being the presence of sad, empty, or irritable mood that is accompanied by somatic and cognitive changes. In order to qualify for the diagnosis, these changes should negatively affect a person's daily functioning.

Neurodevelopmental disorders — a group of conditions with onset in the developmental period, often before a child enters grade school. Common characteristics are developmental deficits which produce impairments of personal, social, academic, or occupational functioning. Such disorders frequently co-occur: such as ASD with intellectual disability, or ADHD.

Developmental model (Interventions) — a group of interventions that are derived from the research on typical child development that have common characteristics: they follow the child's interest, organise the environment to encourage initiations from the child, exaggerate emotional expressions and gestures, facilitate communicative growth. Examples include Joint Attention, Symbolic Play, Emotion Regulation

and Responsive Prelinguistic Millieu Teaching (RPMT) models.

Down's syndrome — a chromosomal congenital anomaly. It is a lifelong condition that has negative impact on infant morbidity and mortality, as well as childhood and adult morbidity. Children with Down's Syndrome experience intellectual delays and are at an increased risk for several medical conditions.

Dyslexia — a specific learning disability that affects reading, especially accuracy and fluency. Those affected by dyslexia may also show troubles with reading comprehension, spelling and writing. Dyslexia is considered a neurobiological disability in origin.

Evidence-based practice — is the integration of the best available research with clinical expertise taking into consideration the patient's characteristics, culture and preferences.

Fetal Alcohol Spectrum Disorder (FASD) — is a brain injury that occurs when an unborn infant is exposed to alcohol. It is a lifelong disorder including the following effects: physical, mental, behavioural and learning disabilities. FASD can vary from mild to severe.

Functional Behaviour Assessment (FBA) — is a procedure that allows a practitioner to experimentally find out what the function or purpose of the behaviour is. There are four primary function of behaviour: social positive reinforcement (attention), tangible reinforcement, automatic positive reinforcement (sensory stimulation), social negative reinforcement (escape).

Functional Communication Training (FCT) — an evidence-based procedure that

establishes an appropriate communicative response that competes with problem behaviour. Basically, a clinician teaches the student a new verbal response that produces the same consequence as the problem behaviour does.

Feeding disorder — is a disorder that is featured by a child's refusal to eat certain food groups, textures, solids or liquids. This disorder causes the child to not gain enough weight, develop normally and can cause developmental delays.

Inclusion — is an approach that allows persons with disabilities gain educational services studying alongside non-disabled students.

Intellectual Disability (Intellectual Developmental Disorder) — is a disorder that is diagnosed during the developmental period and includes deficits in intellectual and in adaptive functioning. Can be of different forms: mild, moderate, severe and profound.

Learning Disability — a group of disorders that are due to a central nervous system dysfunction which may be manifested by delays in early development and/or difficulties in any of the following areas: attention, memory, reasoning, co-ordination, communicating, spelling, calculation, social competence, and emotional maturation.

Literacy — is characterized by two major skills: ability to read and ability to write. In Canada it is classified with five levels: from the first level when a person has difficulty dealing with printed materials but has few basic skills for working with text, to the fifth level when a person has strong literacy skills exhibiting a

wide range of reading skills and various strategies for dealing with complex materials.

Mental Health — a state of well-being that is characterized by thriving in life. This term is distinguished from the term **Mental Illness**, which is a disturbance in thoughts, feelings, and perceptions that are too severe that they can affect daily functioning.

Muscular dystrophy — is a group of disorders that are characterized by progressive deterioration of muscle strength. The severity and symptoms vary across individuals.

Occupational therapy — is a type of health care service that can help to solve the problems that interfere with a person's ability to do things that are important in the daily life. It is also a health care discipline that promotes independence in activities of daily life, such as eating, dressing, self-care, play, leisure, academic and vocational skills.

Obsessive Compulsive Disorder — a disorder that is characterised by presence of obsessions or compulsions, or both. Obsessions can be defined as persistent thoughts, urges, or images that are experienced as intrusive and unwanted and that can cause anxiety or distress. Compulsions are repetitive behaviours or mental acts that the individual feels driven to perform. These two symptoms should have an impact on daily functioning and should not be due to a substance or another medical condition in order to qualify for the diagnosis.

Planning Alternative Tomorrows with Hope (PATH) — is a planning tool for a team. It is person-centred and action-oriented. It is

often used for planning the future of people with disabilities. The planning involves the team that may consist of parents, the individual himself/herself, practitioners, teachers, and other people who can contribute to the process.

Personalized Learning Plan — a personalized plan for a student that identifies practical strategies, goals, outcomes, targets and educational supports and designed to ensure that a student experiences success in learning that is meaningful and appropriate, considering the student's needs.

Picture Exchange Communication System (PECS)[®] — is a unique alternative augmentative communication system that was developed in 1985 by Andy Bondy (PhD) and Lori Frost (MS, CCC-SLP). It is used worldwide with learners of all ages who have cognitive, physical and communication challenges. It is based on the book *Verbal Behaviour* written by B.F. Skinner and applied behaviour analysis (ABA).

Phonological Awareness — a set of skills that involve the awareness of speech sounds and the ability to reflect on and manipulate them. Children usually develop these skills in the preschool years as pre-reading skills.

Phonology — is formally a branch of linguistics that studies the sound systems in languages.

Pragmatic communication (or Social communication) — the ability to use language for special purposes, ability to adapt language to meet the needs, and the ability to follow “unspoken” rules of conversation (facial expressions, gestures, standing at an appropriate distance from the speaker).

Respite care — is a service that provides temporary relief for caregivers that allows them to take a break from the demands of a caregiving.

Self-advocacy — the ability of an individual to negotiate desired goals in order to have a high-quality of life and live independently.

Self-care skills — are skills that allow an individual to perform everyday tasks such as dressing, eating, cleaning teeth, etc.

Self-determination skills (see Self-advocacy)

Sensory toys — toys that provide sensory input the senses, most frequently visual, tactile or auditory. They are often over-used by children with ASD for self-stimulation but may serve as a reinforcer in Applied Behaviour Analysis (ABA).

Sex education — is the instructions related to human sexuality that may include emotional relations and responsibilities, human sexual anatomy, sexual activity, reproduction, age of consent, reproductive health, rights, safety, birth control and sexual abstinence.

Social skills therapy or Social skills training (SST) — a type of behavioural therapy that helps to improve social skills in people with different conditions and developmental disabilities.

Social stories™ — short description of a particular situation, event or activity, that can help individuals with ASD to learn what to expect in the situation which, in turn, may reduce anxiety. This approach was created by Carol Gray in 1991.

Special education (see Inclusion)

Speech and language therapy — is a therapy that can help individuals with speech and/or language disorders.

Speech Sound Disorder (SSD) — a disorder that involves difficulty with and/or delay in the development of a child's speech. Sometimes it is called "speech impairment" or "speech difficulties".

Spina Bifida — is a condition that affects the spine and is usually apparent at birth. It can happen anywhere along the spine if the neural tube does not close all the way. It often results in damage to the spinal cord and nerves. It might cause physical and intellectual disabilities that range from mild to severe.

Treatment and Education of Autistic and Communication Handicapped Children (TEACCH) — an evidence-based approach that is based on the idea that people with ASD are visual learners.

Token boards — an effective tool to help manage a student's behaviour. This system rewards desired behaviours with tokens, which a student can exchange for something he/she values. Token board serves as a visual reminder.

Visual schedules — a tool that gives a student information about what is happening, the sequence of events, changes that may occur, when they may occur, when it is time to stop an activity and move on to another. It usually includes objects, pictures, and/or written words.

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Have more questions?

Please contact Autism Connection Fredericton for information, resources and tools

Phone: (506) 450-6025

Email: acf@nb.aibn.com

autismconnectionsfredericton.com