

Autism Hearts: Parent & Caregiver First-Week Checklist

You do not need to solve everything at once. Use this sheet to organize the next few conversations and decisions.

Understand and organize

- ☐ Save the evaluation, recommendations, and provider contact information in one folder.
- ☐ Write down the three questions you most want answered.
- ☐ Learn the difference between medical diagnosis, school evaluation, IEP, and 504 plan.

Services and funding

- ☐ Ask your insurer for autism-related benefits and prior-authorization requirements.
- ☐ Search diagnostic, therapy, and support-group providers in the directory.
- ☐ Ask each provider about ages served, waitlist, approach, cost, and current availability.

School and daily life

- ☐ Request a school evaluation in writing if educational support may be needed.
- ☐ Note sensory triggers, communication preferences, and helpful supports.
- ☐ Choose one family support group or trusted person to contact.

Before you go

Coverage, eligibility, waitlists, and schedules change. Confirm current details with the provider, school district, insurer, or public agency.

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