



TACA's AUTISM JOURNEY BLUEPRINTS[©]

A visual foundation of best practices for your child

This booklet contains TACA's unique visual reference tools to help give you an overview of each process to guide you on the autism journey. We call these flow charts the TACA "AUTISM JOURNEY BLUE PRINTS" for every topic parents will face on their journey.

These step-by-step processes will help you to determine appropriate interventions and timelines for taking action in the realms of medical and dietary intervention, education, finances and home life. These flow charts will provide a visual foundation of best practices for your child, and the work families need to follow whether new to the journey, veterans, and everyone anywhere in between.

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**Autism Journey
Year One**

Formal assessment and diagnosis: neurologist, behaviorist, speech & OT → Ruling-out medical tests: genetic disorders like: Fragile X and Rett Syndrome. Perform MRI & 24 hour EEG. → Call ABA (Applied Behavioral Analysis) providers and get on wait list. Implement intensive 1:1 program. → Start the Gluten Free/ Casein Free/ Soy Free (GFCFSF) Diet → Encourage proper sulphation with nightly Epsom salt baths → Find a DOCTOR for the long term! Perform baseline medical tests and necessary medical treatments. → Remove allergens (from diet and environment)

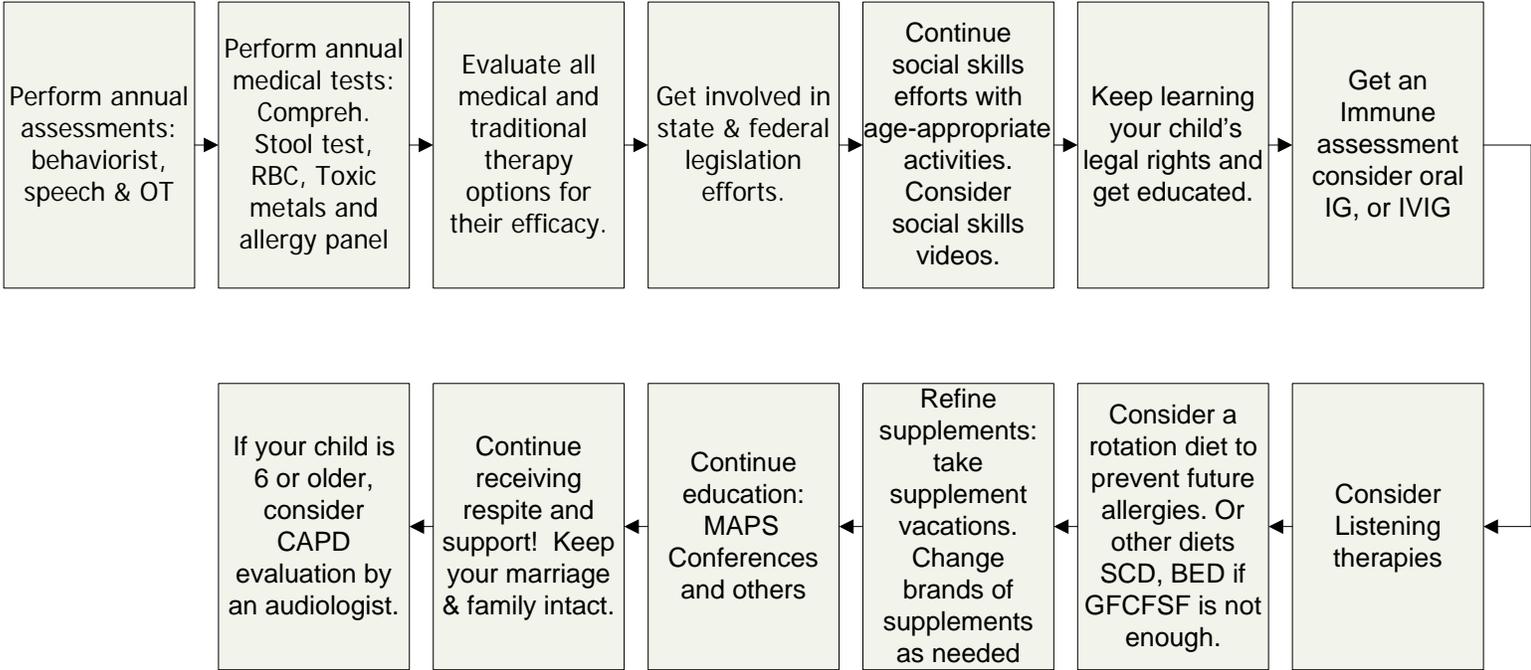
Remove additives, preservatives, and dyes from all foods. Go organic and clean diet. → See an audiologist for a complete hearing evaluation. → Start basic supplementation and probiotics. → Test for and treat YEAST (Go low-sugar and low-carbohydrates) → Investigate & try the "Bs" – B6, B12, TMG or DMG, SuperNuThera → Begin Omega supplements like Cod Liver Oil, or Flaxseed Meal, etc. → Get support & information!! Attend regular TACA or other meetings.

Understand health insurance coverage and reimbursement → Hire a special education attorney or advocate. Learn your legal rights! → Start Social skills development – with structured play dates at home → Consider chelation → Evaluate Glutathione! – try oral, topical then IV – with your doctor's help! → Educate yourself about the potential risks of vaccination. → It is all in the POOPS: deal with the constipation or diarrhea

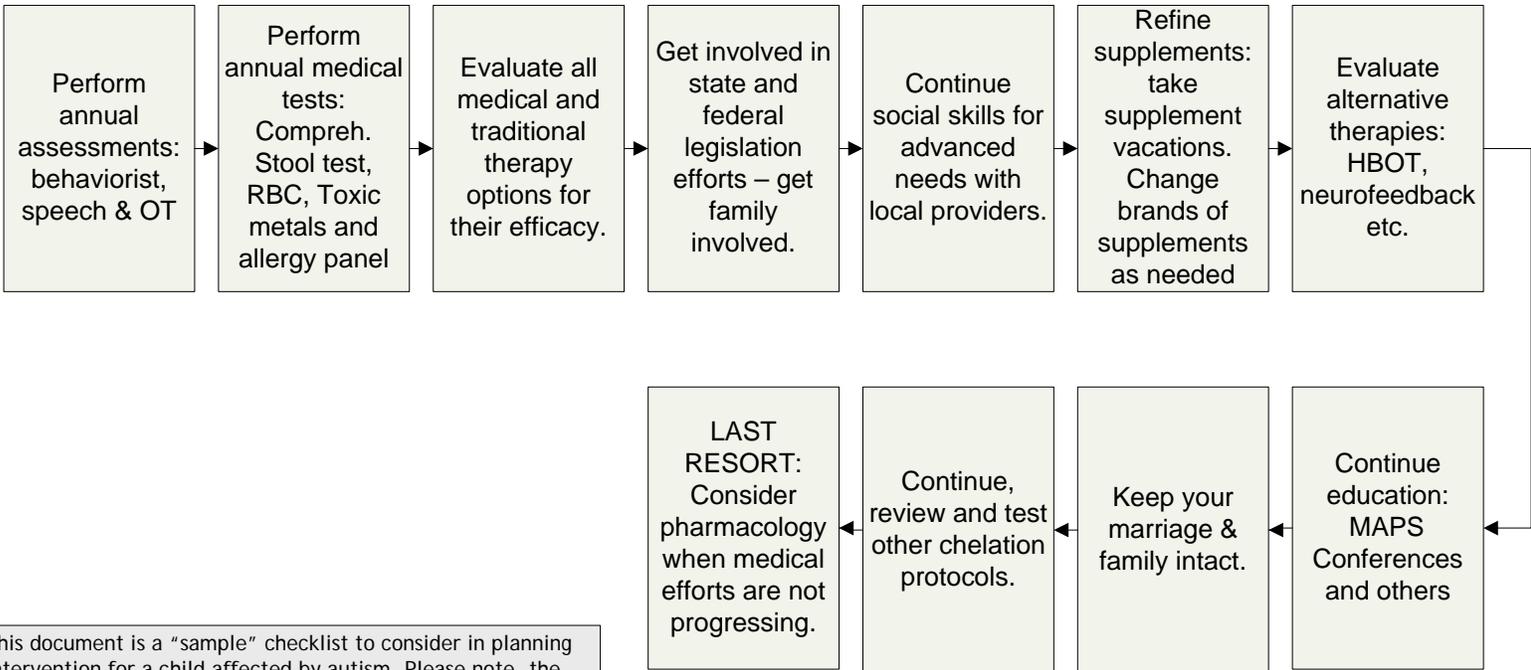
Keep your marriage & family intact. → Help your child obtain 8-10 hours a sleep each night. → Further refine diet: remove phenols, salicylates & corn → Remove toxins from water, bedding, clothes, etc. → Fathers are important too! → On to Year Two!

This document is a "sample" checklist to consider in planning intervention for a child affected by autism. Please note, the order and action items will vary by child.
This is only a sample. Please consult with your child's development and medical team for what is appropriate for their individual needs.

**Autism Journey
Year Two**



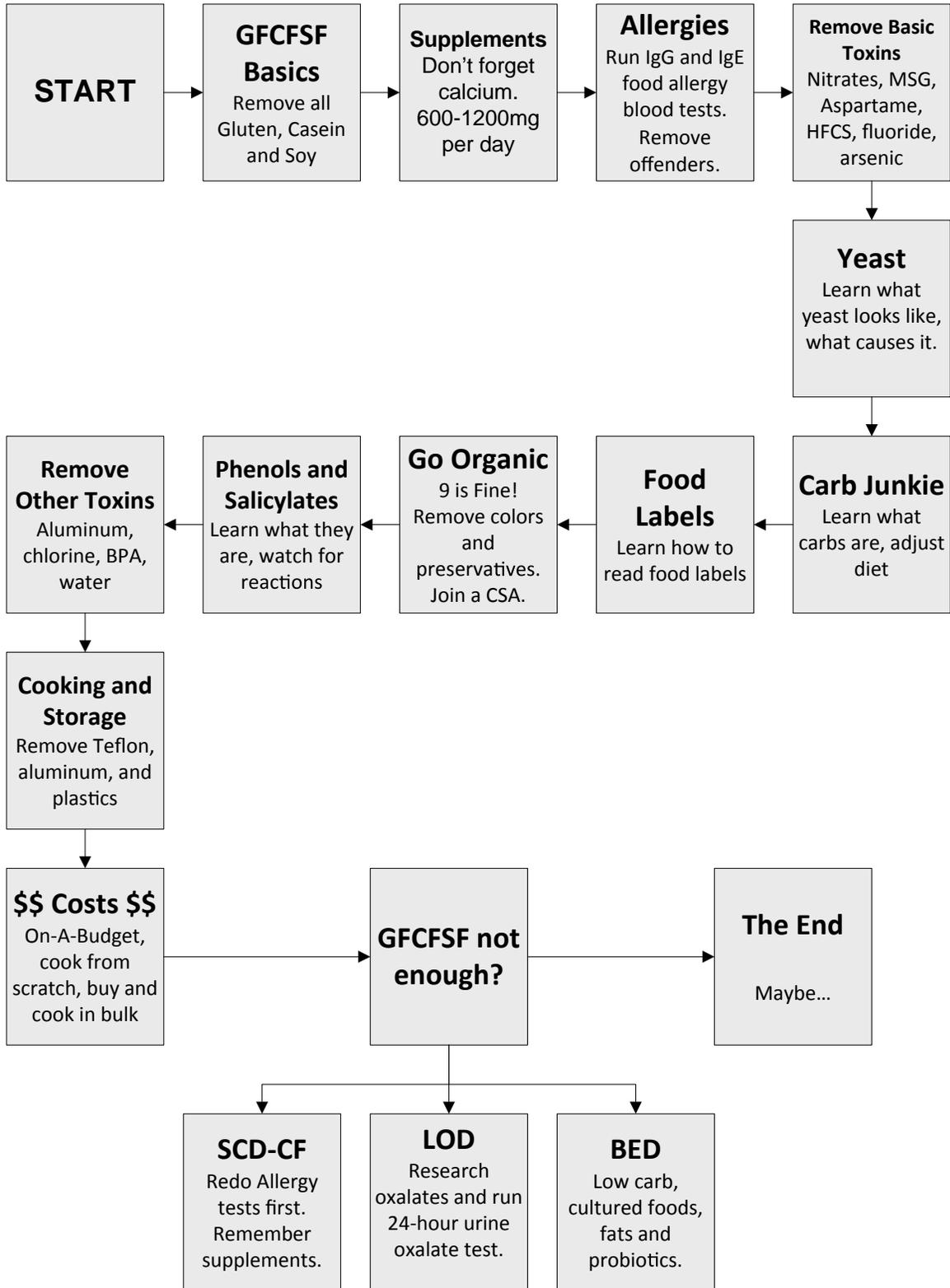
**Autism Journey
Year Three**



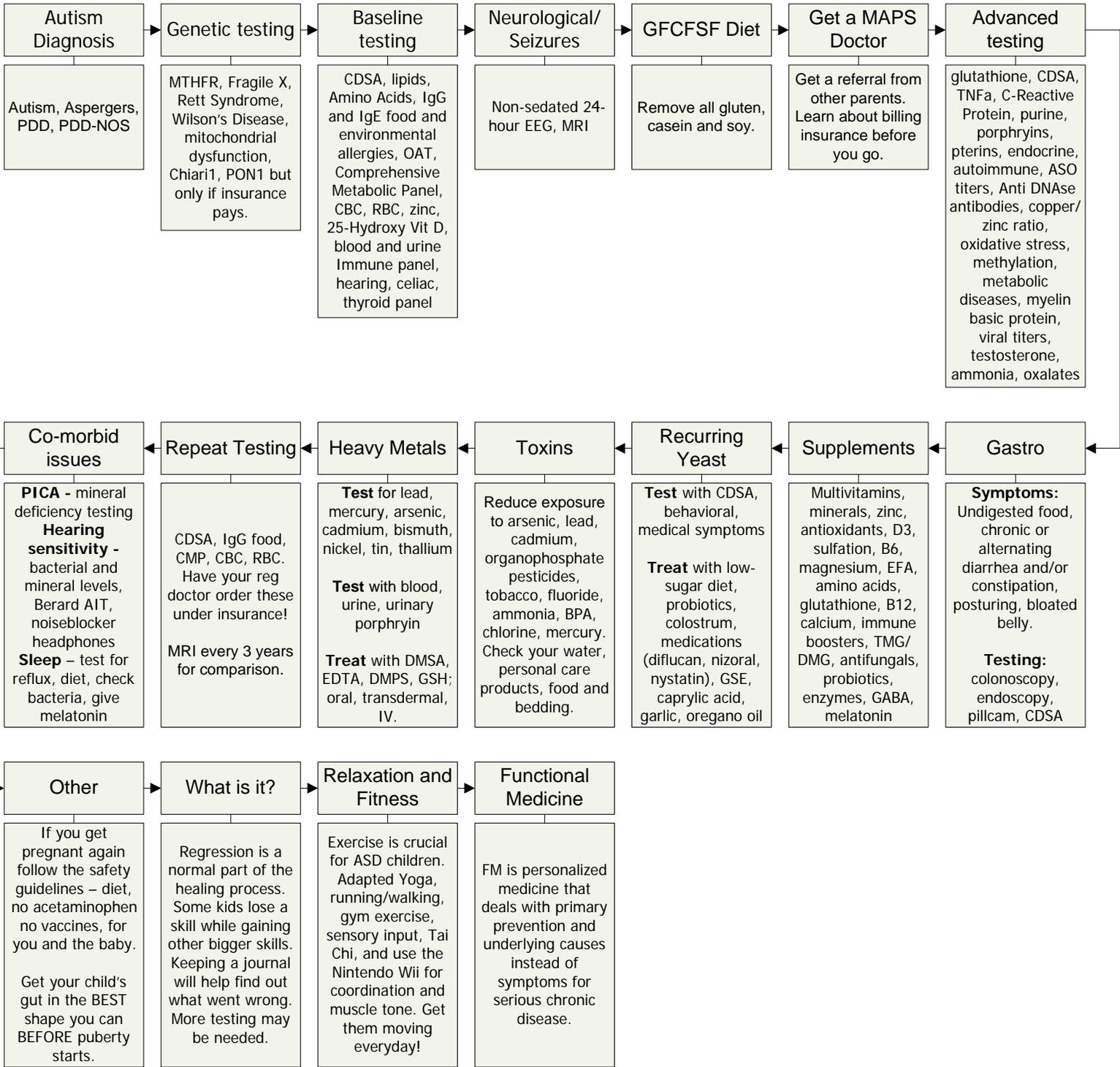
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Dietary Intervention



Medical Interventions



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Living in a Toxic World

Autism Journey Blueprint©
A visual foundation of best practices for your child

Ingested

Food
No pesticides, aluminum, MSG, mercury, colors, nitrates, arsenic, preservatives

Water
No fluoride, BPA, lead, rocketfuel, pH, PCB, PCPs, parasites, arsenic

WHAT TO AVOID

Artificial colors, preservatives, pesticides, nitrates, sulfites, aspartame or other artificial sweeteners, MSG

Fluoridated water, toothpaste, mouthwash; plastic bottles, plastic-lined bottles

Personal Use

Personal Care
Sunscreen, makeup, lotion, medications, shampoo, soaps, antiperspirant

Clothes & Bedding
No fire retardants, GoreTex, light-up sneakers, foam mattresses

Paper Products
Diapers, baby wipes, tampons, toilet paper, paper towels,

WHAT TO AVOID

Brand names:
Teflon, StainMaster, ScotchGuard, Silverstone. Anything "nonstick" or antibacterial (triclosan).

Ingredients like:
hydroquinone; ethylene dioxide; 1,4-dioxane; fluoride; formaldehyde; nitrosamines; PAHs; acrylamide; oxybenone, aluminum, and ingredients that include the clauses "PEG," "xynol", "oleth" and "cetareth"

Butyl acetate, Butylated hydroxytoluene, Cocamide DEA/ lauramide DEA, Diazolidinyl urea, Ethyl acetate, Formaldehyde, Parabens (methyl, ethyl, propyl and butyl), Coal tar, Oxybenzone (Benzophenone-3), Micronized Titanium Dioxide, Nano Titanium Dioxide, Nano Zinc Oxide, Petrolatum, Phthalates, Propylene glycol, Sodium laureth/ sodium laurel sulfate, Talc, Toluene, Triethanolamine

Household

Household Cleaners
All-purpose cleaners, laundry detergent, dishwashing soap

Cooking & Storage
No Teflon, plastic or aluminum. Cook in cast iron or stainless steel. Store in glass.

Flooring
Avoid Stainmaster and Scotchguard. Use baking soda and water to clean carpets.

WHAT TO AVOID

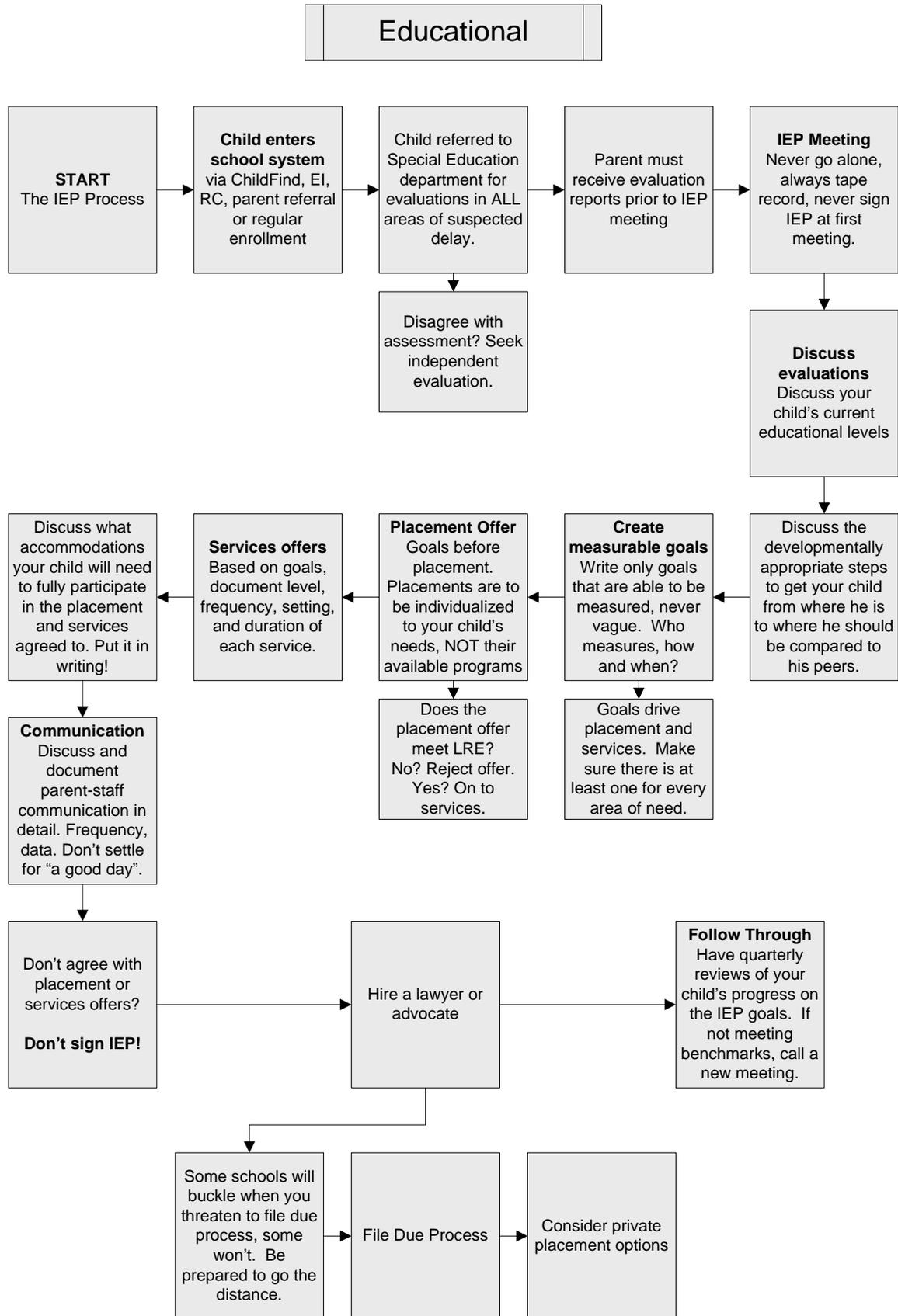
Avoid nonstick pans, don't cook in the microwave, avoid aluminum-lined (juice, milk sub, broth) boxes, avoid plastic-lined cans (they are white inside).

PFC (Perfluorinated compounds) and **PFOA** (Perfluorooctanoic acid) in teflon, stain resisters, popcorn;

Polybrominated diphenyl ethers (PBDEs) used in fire retardants, foam, plastic in TVs and computer monitors

Chlorinated phenols found in toilet cleaners. Diethylene glycol found in window cleaners. Phenols found in disinfectants. Nonylphenol ethoxylate found in laundry detergents and all-purpose cleaners. Formaldehyde found in spray and wick deodorizers. Petroleum solvents in floor cleaners. Perchloroethylene in spot remover. Butyl cellosolve, common in all-purpose, window and others.

Avoid products with "Warning", "Caution", or "Danger: labels (i.e., cleaning products and pesticides). These labels are there because one or more of the ingredients has the potential for causing serious harm or death.



Finance

Early Intervention
 (Part B)
 Ages 0-3

Does not require a diagnosis, just delay.

Will bill private health insurance and pick up any remaining fees.

Covers OT, PT, ST and behavioral/developmental interventions.

Private Health Insurance

Read the TACA Insurance booklet for complete details.

For evaluations and treatments that would be considered Standard of Care by the American Academy of Pediatrics, use the 299.00 ICD-9 Diagnostic Code.

For evaluations and treatments that are biomedical in nature, use the diagnostic code related to the specific medical condition.

School District
 (Part C)
 Ages 3-22

Funding through Dept of Ed.

Free to families.

Pays for all educational therapies, interventions and related services that are written into IEP.

Regional Centers
 CA only

Each RC can determine what services they fund. Generally, the RCs fund ABA, respite, diapers, and day care subsidy. Children with a "substantial" developmental disability qualify for RC services.

July 2009 cuts mean no "non-medical" therapies or educational services.

Medicaid
 Medwaivers

Medicaid will pay for medically necessary treatments like doctors, dentists, vision, prescriptions, lab tests, OT, Speech, Behavioral, PT, diapers but is income dependant. Waiver programs WAIVE the parent's income so that the disabled child qualifies.

Federal Programs
 SSDI
 Food Stamps/SNAP

You must qualify for these programs on income and disability. If you do qualify, you can get up to \$674 cash per month for SSDI and up to \$585 a month (for a family of 4) of Food Stamps.

Other State Funding

Most every state has another program for children with disabilities. Google search "developmental disabilities funding" and the name of your state.

Budget Tips

There are many ways to save money on your journey. Read all of our "Autism on a Budget" series articles and save where you can, so that when you must pay out of pocket, you can afford it.

www.tacanow.org/family-resources/autism-on-a-budget-series/

Grants and Scholarships

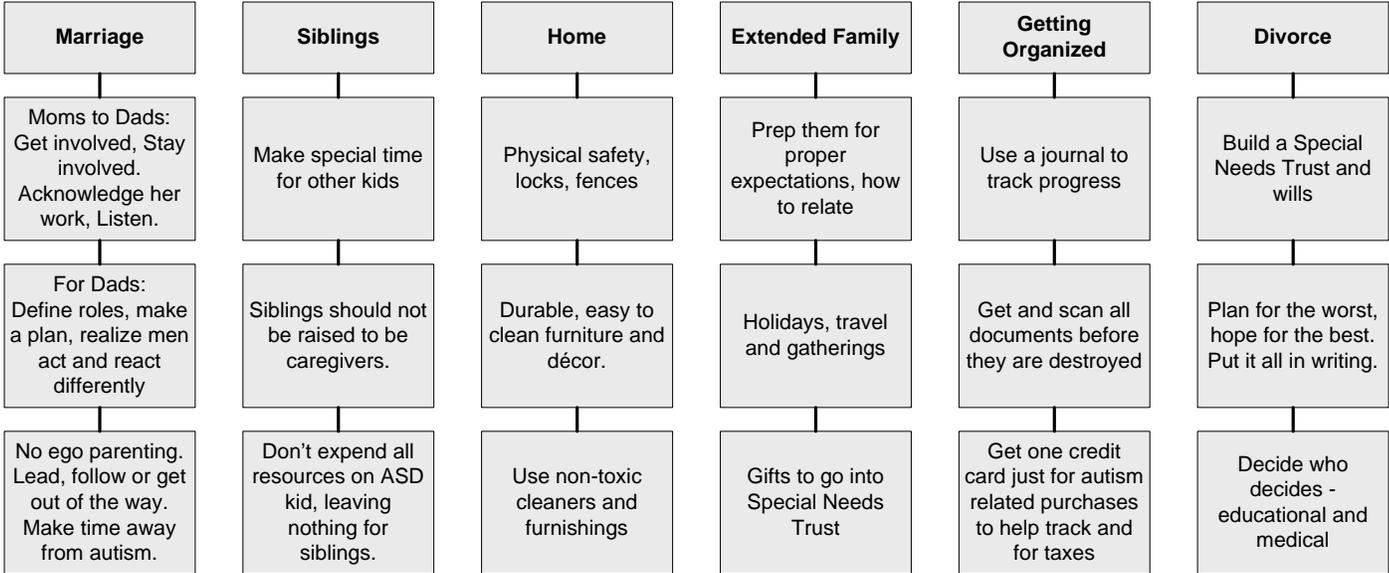
There are more than 25 national grants, and many more local grant programs available for children with ASD for various funding.

Google search for "autism scholarship" or "autism grant" and your state.

Tax Deductions

All medical appointment travel and costs, all disability-related reading materials, all therapists and therapy equipment, special diet foods, and much more, can be deducted on your taxes. Keep all your receipts!

Home Life



Teens

School

By age 16 (14 in some states), all children with an IEP must have a Transition IEP to address skills, jobs, college and their future life plans.

Adolescents require different tests than younger children.

Medical/ Health

The GFCFSF Diet and Biomedical treatments work regardless of age but starting them with a teen can present different challenges.

Keep your child active and engaged with extracurricular activities.

Skills

Social Skills and Life Skills must be taught to teens with ASD.

Volunteering and Chores are a great way to teach skills.

Safety is also a key skill that must be addressed with teens.

Puberty

Puberty can bring many changes to a child and family.

Anxiety, hormonal and body changes, aggression, self-esteem, self-advocacy, sexuality and seizures are all common issues in puberty.

College and Employment

There are many college programs available for kids with ASD allowing for appropriate accommodations.

Vocational Rehabilitation is a national program to help test, train and pay for college and supported employment.

Other

Siblings cannot be forgotten and can be very beneficial in teen years.

Driving evaluations and lessons can make or break this step in independence.

There are many books on and for Teens & Adults with ASD.

Adults

Guardianship

A general guardianship or conservatorship gives someone power to make decisions about medical care, finances, living situations and more. Some states allow for a "limited" guardian or conservator of a person with ASD.

Govt Programs

All men must apply for the draft, regardless of ASD at age 18.

SSI and Medicaid are national programs to cover medical care and financial help.

Legal

Wills, Powers of Attorney, Special Needs Trusts and ABLE Accounts all require a lawyer but are necessary for many adults with ASD.

Disability Rights is a national org providing free/low-cost legal help.

College

There are companies who can assist you in finding grants, scholarships and appropriate placements in schools, as well as offering ongoing tutoring and mentoring services throughout the school year.

Housing

A disabled adult can live on their own, if able, in houses or apartments or if they are unable to care for themselves with limited help, they can live in residential facilities, such as adult foster care, group homes, farms and institutions.

Other

Fully dependent ASD adults can stay on a parent's private health insurance indefinitely.

Vocational Rehabilitation can pay for job training, job matching, assistive tech, college or certificate programs, independent living training and more.

