

Build Your Autism Support Team

Start with your pediatrician, then add therapists and specialists as needed. Capture contacts and next steps below.

Role	Name / Organization	Phone/Email	Referral?	Appt Date
Pediatrician				
Speech Therapist (SLP)				
Occupational Therapist (OT)				
ABA Provider				
Physical Therapist (PT)				
Special Education Teacher				

Other Specialists (as needed) — notes

Developmental Pediatrician

Neurologist

Gastroenterologist

Geneticist

Therapy Options Planner

Compare options and design a realistic weekly schedule.

Therapy	Top Goal(s)	Provider	Hours/Wk	Start	Notes
ABA					
Speech					
OT					
PT					

Weekly Snapshot (key blocks and locations)

Insurance & Funding Navigator

Capture the facts from your benefits call and track waivers/grants. If denied, appeal. Don't leave money on the table.

Benefits Verification — Call Script & Log

Insurance Company

Member ID

Rep Name

Call Ref #

Date

Coverage Summary

Covers ASD diagnosis codes (F84.0/F84.5) Speech covered

ABA covered
Deductible

OT covered
Copay/Coinsurance

PT covered
Pre-Auth Required?

Medicaid Waivers / State Programs

Grants & Financial Aid Tracker

Organization

Website / Contact

Eligibility

Status/Deadline

Tip: Search "autism grants [your state]". If denied coverage, file an appeal—many first denials are reversed.

Home Support Plan — Start Today

Design routines, visuals, and a sensory-friendly space.

Daily Routine Blocks

Morning

After School

Evening

Bedtime

Visual Schedule — Tasks to Include

Sensory-Friendly Toolkit (pick 3–5 to try)

Weighted lap pad/blanket

Noise-reducing headphones

Fidget kit

Calming corner

Swing/mini-trampoline

Chewelry/chew tubes

Today's Quick Win (do in 15 minutes)

Action Steps & FMLA Tracker

Lock in next steps and plan intermittent leave if needed (US FMLA: up to 12 weeks, can be intermittent).

This Week's Action Steps

Action 1

Action 2

Action 3

Action 4

Action 5

FMLA / Work Accommodation Planning (if applicable)

Employer / HR Contact

Policy Notes

Intermittent Leave Plan (purpose, typical hours/week)

Provider Documentation Needed (letters, plan of care, etc.)