# Autism Resources in Massachusetts (created by Lauren Shrestha)

## **Boston Proper**

- Run the Gamut (teaches life skills to young adults with autism): <a href="https://www.runthegamut.org">https://www.runthegamut.org</a>
- WORK Inc.: <a href="https://www.workinc.org/welcome">https://www.workinc.org/welcome</a>
- Easter Seals: Easterseals Massachusetts | Home
- Vinfen Autism Support Center: Autism Support Center | Vinfen
- Soccer Unity Project: <a href="https://www.soccerunityproject.org/">https://www.soccerunityproject.org/</a>
- Boston Disabilities Commission:
  - https://www.boston.gov/departments/disabilities-commission
- Spaulding Adaptive Sports Centers: <a href="https://sasc.spauldingrehab.org">https://sasc.spauldingrehab.org</a>
- Jason Robert's Challenger League: https://www.leaguelineup.com/welcome.asp?url=jasonrobertschallengerleague
- Bridging Independent Life Together (teens & adults): <a href="https://biltne.org/">https://biltne.org/</a>
- Love Serving Autism (inclusive tennis):
   https://loveservingautism.org/programs/massachusetts-racquet-sports-programs/
- Partners for Youth with Disabilities: <a href="https://pvd.org/">https://pvd.org/</a>
- Piers Park Sailing (inclusive) in East Boston: <a href="https://piersparksailing.org">https://piersparksailing.org</a>
- Community Rowing Inc: <a href="https://communityrowing.org/">https://communityrowing.org/</a>
- Community Boating in Boston (accessible boating): <a href="https://www.community-boating.org">https://www.community-boating.org</a>

#### Metrowest

- Autism Alliance: Home | Autism Alliance
- Autism Welcoming Center located in the Natick Mall: https://autismwelcoming.org/NatickMall
- iCanFly (Lexington & Wellesley Area; offers lots of events and programs for special needs kids): <a href="https://www.icanfly.group/events">https://www.icanfly.group/events</a>
- Charles River Center: www.charlesrivercenter.org
- MetroWest Center for Independent Living: <a href="https://www.mwcil.org/">https://www.mwcil.org/</a>
- Positively Goats (RISE program; Natick): <a href="https://positivelygoats.com/">https://positivelygoats.com/</a>
- BINA Farm (inclusive equine activities; Sudbury): https://www.binafarm.org/
- Needham TOPSoccer: <a href="https://needhamsoccer.com/campandclinics/topsoccer-2/">https://needhamsoccer.com/campandclinics/topsoccer-2/</a>
- Dover Sherborn TOPSoccer (free): https://dssoccer.net/index.php/node/142
- Hopkinton TOPSoccer: <a href="https://hopkintonsoccer.org/index.php/topsoccer">https://hopkintonsoccer.org/index.php/topsoccer</a>
- Music Includes (inclusive singing): https://www.facebook.com/share/q/16qi5vL2sR/?mibextid=wwXlfr
- Bridging Independent Life Together (teens & adults): https://biltne.org/
- Advocates: <a href="https://advocates.org/">https://advocates.org/</a>
- JCC Adaptive Swim Program: <a href="https://www.bostonjcc.org/program/adaptive-swim/">https://www.bostonjcc.org/program/adaptive-swim/</a>
- Natick TOPSoccer: <a href="https://naticksoccer.org/our-programs/top-soccer/">https://naticksoccer.org/our-programs/top-soccer/</a>
- Sudbury TOPSoccer: <a href="https://sudburysoccer.org/topsoccer">https://sudburysoccer.org/topsoccer</a>

- Wellesley TOPSoccer: https://wellesleysoccer.demosphere-secure.com/wellesleys-topsoccer-program/
- Follow Moms of Amazing Kids on Facebook
- Little League Challenger Program (Little League's adaptive baseball program for individuals with physical and developmental challenges; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Weston and Needham: <a href="Challenger">Challenger</a>

#### **North Shore Massachusetts**

- Northeast Arc Autism Support Center (follow on Facebook too):
   <a href="https://ne-arc.org/services/autism-and-specialty-aba-services/autism-support-center/">https://ne-arc.org/services/autism-and-specialty-aba-services/autism-support-center/</a>
- Northeast Arc: Northeast Arc | Changing Lives. Discovering Abilities
- Northeast Arc Early Intervention Saving Lives Swim Program (free swim lessons for those enrolled in Northeast Arc Early Intervention services which is for kids 3 and under): <a href="https://ne-arc.org/swim/">https://ne-arc.org/swim/</a>
- The Arc of Greater Haverhill-Newburyport: <a href="https://www.thearcofghn.org">www.thearcofghn.org</a>
- Disability Resource Center: <u>Disability Resource Center DRC</u>
- There is a family support group for all of the family to join every other Friday at the Lynn YMCA they have food and activities (free event): If interested reach out to Darlene via email: <a href="mailto:ptahsw@verizon.net">ptahsw@verizon.net</a> <a href="https://ppal.net/events/month/">https://ppal.net/events/month/</a>
- Opportunity Works (Newburyport): <a href="https://www.opportunitys.org/programs-services/">https://www.opportunitys.org/programs-services/</a>
- Waypoint Adventures (free or very cheap outdoor adventures for those with disabilities cognitive and physical): <a href="https://waypoint-adventure.jumbula.com/">https://waypoint-adventure.jumbula.com/</a>
- Spaulding Adaptive Sports Centers: https://sasc.spauldingrehab.org
- Art Therapy (Salem and Beverly): https://www.artfullifecenter.org
- The Great Blizzards of Massachusetts (ice hockey for those with special needs; Winthrop): <a href="https://thegreatblizz.org">https://thegreatblizz.org</a>
- Marblehead Dance Company offers Adaptive Dance: https://marbleheaddancecompany.com/classes-descriptions
- Row Row Row Revere: https://www.facebook.com/RowRowRowIsBack
- Greg's League: unified outdoor pickup basketball (free; Beverly; open to all physical and intellectual abilities; no pre-registration required):
   https://www.bevrec.com/classesevents/gregs-league-unified-outdoor-pickup-basketball
- Follow Peer Projects Therapy from the Heart (located in Beverly, MA) on Facebook, they host a monthly virtual support group for caregivers and support groups for caregivers of those who are Gestalt Language Learners that are for everyone not just caregivers of clients of the practice and they are free
- For Lynn & Swampscott and surrounding towns (check with your local police station
  where to email your form to; ignore that the form says landline they'll use your address):
   https://www.mass.gov/how-to/request-a-disability-indicator-form-for-landline-wireless-and
  -voip-consumers Email form to:

# Lynn Police Department Community Engagement and Special Operations Unit 781-477-4315 alex@lynnpolice.org

- Independent Living Center of the North Shore and Cape Ann: http://www.ilcnsca.org/about.php
- JCC of the North Shore: <a href="https://jccns.org/summer-camp/inclusion-program/">https://jccns.org/summer-camp/inclusion-program/</a> and <a href="https://jccns.org/aquatics/adaptive-swim/">https://jccns.org/aquatics/adaptive-swim/</a>
- Bridging Independent Life Together (teens & adults): <a href="https://biltne.org/">https://biltne.org/</a>
- WaterWise swim lessons through the YMCA of the North Shore (open to members and non-members; 1 to 1 afford lessons that teach autistic kids valuable swim survival skills): email <a href="mailto:justicej@northshoreymca.org">justicej@northshoreymca.org</a> to sign up or to ask any questions
- Rock the Spectrum Foundation (sign up for their emails and follow them on Facebook/Instagram for frequent updates; they host monthly autism dad meetups in Danvers and frequent monthly autism mom meetups in Swampscott and they other events): https://rts-foundation.org/
- Bridgewell: <a href="https://bridgewell.org/">https://bridgewell.org/</a>
- North Shore Rovers (free): North Shore Rovers
- Little League Challenger Program (Little League's adaptive baseball program for individuals with physical and developmental challenges; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Swampscott, Lynn, West Lynn, Danvers, Peabody: Challenger
- InclYousion Sports (not good for those with moderate to higher support needs): offered in Swampscott, Peabody, Danvers, Newburyport, Hamilton-Wenham: <u>Locations</u> — <u>InclYOUsion Sports</u>
- The Miracle League of the North Shore (adaptive baseball; no cost): https://cccbsd.org/community-programs/community-sports-programs/
- Cape Ann Mariners TOPSoccer (free): https://www.ipswichyouthsoccer.org/IYS/top-soccer
- nttps://www.ipswicnyoutnsoccer.org/IYS/top-soccer
   Danvers TOPSoccer:
- Ballet de Mar (offers adaptive dance classes): https://balletdemar.com/
- Inclusive Surfing (they come to Gloucester, MA) one time every year: <u>Waves Of Impact | free surf camps for kids and veterans facing exceptional challenges</u>

https://danversyouthsoccer.sportngin.com/page/show/8011964-dvs-topsoccer-program

- Part of the Pack (integrate individuals with disabilities into the gym; follow them on social media for their current information/events): <a href="https://potpprogram.com">https://potpprogram.com</a>
- Parcels (Northeast Arc Gift Shop located at the Liberty Tree Mall in Danvers): <a href="https://ne-arc.org/parcels/">https://ne-arc.org/parcels/</a>
- Breaking Grounds Cafe in Peabody (a functioning cafe that also provides employment training to individuals with Autism and other disabilities): <a href="https://breakinggroundscafe.com/">https://breakinggroundscafe.com/</a>

- Waves of Impact offers inclusive surfing once a year in Gloucester: <u>Waves Of Impact |</u>
   free surf camps for kids and veterans facing exceptional challenges
- Swampscott Commission on Disability: <a href="mailto:scod@swampscottma.gov">scod@swampscottma.gov</a>
- The Power of Speech (follow on Facebook/Instagram; located in Marblehead): hosts many community events
- Facebook Groups: North Shore Autism Families; North Shore Neurodiversity Support Group; Aspire for More

## **Northern & Eastern Massachusetts**

- Northeast Arc Autism Support Center (follow on Facebook too): <a href="https://ne-arc.org/services/autism-and-specialty-aba-services/autism-support-center/">https://ne-arc.org/services/autism-and-specialty-aba-services/autism-support-center/</a>
- Communitas, Inc.: www.communitasma.org
- Glow in the Dark Lowell (community support organization): https://glowinthedarklowell.com/
- Minute Man Arc: <u>www.minutemanarc.org</u>
- Opportunities for Inclusion: www.oppsforinclusion.org
- Northeast Independent Living Program: <a href="https://www.nilp.org">https://www.nilp.org</a>
- Special Needs Art Program: <a href="https://snaparts.org/programs/">https://snaparts.org/programs/</a>
- Adaptive Climbing (indoor; Somerville):
   <a href="https://www.adaptiveclimbinggroup.org/massachusetts">https://www.adaptiveclimbinggroup.org/massachusetts</a>
- Waypoint Adventures (free or very cheap outdoor adventures for those with disabilities cognitive and physical): <a href="https://waypoint-adventure.jumbula.com/">https://waypoint-adventure.jumbula.com/</a>
- Bridging Independent Life Together (teens & adults): <a href="https://biltne.org/">https://biltne.org/</a>
- Triangle, Inc.: <a href="https://triangle-inc.org">https://triangle-inc.org</a>
- Incompass Human Services (Chelmsford): https://www.incompasshs.org
- Merrimack Valley YMCA inclusive programs:
   <a href="https://mvymca.org/program/inclusion/#:~:text=Special%20Friends%20Dances%20at%2">https://mvymca.org/program/inclusion/#:~:text=Special%20Friends%20Dances%20at%2</a>
   OMethuen,and%20youth%20are%20on%20Thursdays.
- Northeast School of Ballet Adaptive Ballet: <a href="https://www.nsbinc.org/adaptiveballet">https://www.nsbinc.org/adaptiveballet</a>
- The Mystic Valley YMCA (Malden) offers adaptive swim lessons (requires an adults in the water with the child though): click on program guide for sign up info (open to Y members and non Y members):
  - https://mv-ymca.org/programs/youth-development/swim-lessons
- Northeast Independent Living Program (Lawrence): <a href="https://www.nilp.org">https://www.nilp.org</a>
- Little League Challenger Program (Little League's adaptive baseball program for individuals with physical and developmental challenges; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Andover, North Andover, and Lynnfield: <a href="Challenger">Challenger</a>
- Nothing's Impossible Baseball (Waltham; free; all ages and abilities; new season starts July 11, 2025): https://www.facebook.com/share/g/1DDJbu96Hh/?mibextid=wwXlfr
- Nashoba Valley Ski Area Adaptive Ski Lessons: https://skinashoba.com/adaptive-lessons/

- Everybody Dance Now (inclusive dance classes; starts at age 3 and goes to 16+; Salem,
   NH): <a href="https://everybody-dancenow.com">https://everybody-dancenow.com</a>
- InclYousion Sports: offered in Andover, Arlington, Haverhill, North Reading, Reading:
   Locations InclYOUsion Sports
- TOPSoccer Chelmsford: https://www.chelmsfordyouthsoccer.com/Default.aspx?tabid=333203
- TOPSoccer North Reading: <a href="https://www.nrys.org/Default.aspx?tabid=794105">https://www.nrys.org/Default.aspx?tabid=794105</a>
- TOPSoccer Wakefield: <a href="https://www.wakefieldsoccer.org/Default.aspx?tabid=1287834">https://www.wakefieldsoccer.org/Default.aspx?tabid=1287834</a>
- Beyond TOPS (inclusive soccer, basketball, bowling; Wilmington): https://beyondtops.com/
- TOPSoccer Lawrence: <a href="https://www.beyondsoccerlawrence.org/topsoccer/">https://www.beyondsoccerlawrence.org/topsoccer/</a>
- TOPSoccer Lexington: https://lexingtonunited.org/tops/
- Malden TOPSoccer: <a href="https://www.maldenyouthsoccer.org/tops">https://www.maldenyouthsoccer.org/tops</a>
- Methuen TOPSoccer: <a href="https://www.methuensoccer.org/Default.aspx?tabid=1453802">https://www.methuensoccer.org/Default.aspx?tabid=1453802</a>
- Wilmington TOPSoccer: <a href="https://wilmingtonyouthsoccer.org/topsoccer">https://wilmingtonyouthsoccer.org/topsoccer</a>
- Winchester TOPSoccer: https://sites.google.com/view/winchestersoccerclub/programs/tops-adaptive-program
- Kids in Disability Sports: <a href="https://kidsinc.us/">https://kidsinc.us/</a>
- Love Serving Autism (inclusive tennis; in Cambridge in the summers and Dorchester year round):
  - https://loveservingautism.org/programs/massachusetts-racquet-sports-programs/
- Recreational Adult Resource Association (Lowell): <a href="https://www.raraagency.org/">https://www.raraagency.org/</a>
- Inspire Cafe (Wakefield): <a href="https://inspirecafe.org">https://inspirecafe.org</a>
- Facebook groups to join: Glow In The Dark Lowell

## **Central Massachusetts**

- Easter Seals: Easterseals Massachusetts | Home
- The Arc of Opportunity (Fitchburg): <a href="https://www.arcofopportunity.org">www.arcofopportunity.org</a>
- Center of Hope Foundation: www.thecenterofhope.org
- Autism Resource Center: <u>Autism Resource Center: A Program of Advocates</u> (they offer adaptive swimming lessons as part of their programming too)
- The Peter Pan Center (Boxborough; social skills groups): <a href="https://peterpancenter.com/">https://peterpancenter.com/</a>
- Bridging Independent Life Together (teens & adults): https://biltne.org/
- Waypoint Adventures (free or very cheap outdoor adventures for those with disabilities cognitive and physical): <a href="https://waypoint-adventure.jumbula.com/">https://waypoint-adventure.jumbula.com/</a>
- Center for Living and Working: <a href="https://www.centerlw.org/">https://www.centerlw.org/</a>
- The Boro Program (transition program for Westborough District public school kids ages 18-22): https://sites.google.com/westboroughk12.org/boro-program/home
- WORK Inc. (Fitchburg location): <a href="https://www.workinc.org/welcome">https://www.workinc.org/welcome</a>
- The Good Citizenship Project: https://www.facebook.com/share/18xZQoxkF4/?mibextid=wwXlfr
- Music Includes (inclusive singing): https://www.facebook.com/share/g/16gi5vL2sR/?mibextid=wwXlfr
- Striking Abilities (bowling; Shrewsbury): <a href="https://strikingabilities.com">https://strikingabilities.com</a>

- TOPSoccer Auburn:
  - https://www.unitedsoccerofauburn.com/Default.aspx?tabid=1067178
- TOPSoccer Blackstone-Millville: <a href="https://www.bmyso.org/Default.aspx?tabid=121514">https://www.bmyso.org/Default.aspx?tabid=121514</a>
- TOPSoccer Holden: https://clubs.bluesombrero.com/Default.aspx?tabid=1459923
- Venture Community Services: <a href="https://venturecs.org/">https://venturecs.org/</a>
- Open Sky Community Services: https://www.openskycs.org/
- AdaptiveExercise: <a href="https://adaptiveexercisenow.com">https://adaptiveexercisenow.com</a>
- Worcester Family Partnership:
  - https://www.worcesterschools.org/page/worcester-family-partnership
- InclYousion Sports: offered in Grafton: <a href="https://graftonma.myrec.com/info/activities/program\_details.aspx?ProgramID=29869">https://graftonma.myrec.com/info/activities/program\_details.aspx?ProgramID=29869</a>

#### **Western Massachusetts**

- Western Mass Autism Directory: https://westernmassautismdirectory.com/
- All Out Adventures: <a href="https://www.alloutadventures.org/">https://www.alloutadventures.org/</a>
- All In (Barrier-Free Recreation):
   https://chd.org/programs-services/community-care-support/adaptive-sports-and-recreation-programs/
- Whole Children and Milestones (Northampton; lots of inclusive classes and programs for kids (they offer after school programs too) and adults): <a href="https://wholechildren.servicenet.org/">https://wholechildren.servicenet.org/</a>
- Berkshire County Arc: www.bcarc.org
- The United Arc: www.theunitedarc.org
- Autism Connections: <u>Autism Connections of Western Massachusetts autism resource</u>
  center
- Families Like Ours: https://familieslikeoursinc.com
- Friendship Corner (social meetup in Charlton Library for autistic girls 8 years and older check the library's website for the next date):

https://charltonlibrary.assabetinteractive.com/calendar/friendship-corner-supporting-girls-with-different-abilities

- Massachusetts West Region Self Advocacy: https://masswrsa.org
- Multicultural Community Services: <a href="https://www.mcsnet.org/">https://www.mcsnet.org/</a>
- STAVROS: https://www.stavros.org
- Family Services for Western Massachusetts: <a href="https://18degreesma.org/">https://18degreesma.org/</a>
- AdLib Center for Independent Living (Berkshires): <a href="https://www.adlibcil.org/">https://www.adlibcil.org/</a>
- JCC Springfield (lots of inclusive programming): <a href="https://www.springfieldjcc.org/kehillah/">https://www.springfieldjcc.org/kehillah/</a>
- Holyoke Rows (inclusive rowing; Holyoke): <a href="https://www.holyokerows.org">https://www.holyokerows.org</a>
- High Spirit Community Farm: <a href="https://www.highspirit.org/">https://www.highspirit.org/</a>
- Little League Challenger Program (Little League's adaptive baseball program for individuals with physical and developmental challenges; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Belchertown: <a href="Challenger">Challenger</a>
- Facebook groups: Western MA Transition to Adulthood

#### Southern/Southeastern Mass and the South Coast

- Community Autism Resources: <u>Community Autism Resources A Presence Along Your Journey</u>
- The Arc of Greater Brockton: www.BrocktonAreaArc.org
- The Arc of Bristol County: www.arcnbc.org
- Lifes, Inc: www.lifesarc.org
- Easter Seals: Easterseals Massachusetts | Home
- Easter Seals Massachusetts at the Bridge Center (in Bridgewater; 22 acres of recreational space including accessible sports, equine activities and more): <a href="https://www.easterseals.com/ma/programs-and-services/the-bridge-center/">https://www.easterseals.com/ma/programs-and-services/the-bridge-center/</a>
- Gnome Surf Therapy: <a href="https://www.gnomesurf.com/surftherapy.html">https://www.gnomesurf.com/surftherapy.html</a>
- Above the Clouds (free airplane flying experiences out of Norwood Airport): https://abovethecloudskids.org
- Inclusive Gynnastics for ages 3-15 and older teens and adults can reach out to them for private lessons (East Bridgewater): <a href="https://www.stardustgym.com/spectrabilities">https://www.stardustgym.com/spectrabilities</a>
- Better Community Living, Inc: <a href="https://bettercommunity.com/">https://bettercommunity.com/</a>
- Independence Associates: <a href="https://iacil.org/">https://iacil.org/</a>
- Southeast Center for Independent Living: <a href="https://www.secil.org/">https://www.secil.org/</a>
- Bridging Independent Life Together (teens & adults): <a href="https://biltne.org/">https://biltne.org/</a>
- People Inc: <a href="https://peopleincfr.org/">https://peopleincfr.org/</a>
- Towards Independent Living and Learning (TILL): <a href="https://www.tillinc.org/">https://www.tillinc.org/</a>
- The Lark Center (offers many social groups for all ages): https://www.thelarkcenter.com/social
- Better Community Living (New Bedford): https://bettercommunity.com/
- Duxbury Bay Maritime School (offers free adaptive sailing and offers adaptive paddlesports): https://dbms.org/outreach/
- South Shore Conservatory (located in Hingham and Duxbury) offers music and dance therapy as well as an inclusive chorus called Community Voices Too: <a href="https://sscmusic.org/cat/">https://sscmusic.org/cat/</a>
- WORK Inc. (New Bedford location): <a href="https://www.workinc.org/welcome">https://www.workinc.org/welcome</a>
- Life Stream (New Bedford): <a href="https://www.lifestreaminc.com/">https://www.lifestreaminc.com/</a>
- Work Inc (New Bedford location) https://www.workinc.org/welcome
- Balanced Learning Center (offer groups like Lego Group, groups for girls, for anxiety, creative arts, etc. as well as speech and OT); Fall River: <a href="https://balancedlearningcenter.com/group-programs">https://balancedlearningcenter.com/group-programs</a>
- Hockomock Area YMCA: adaptive swimming (program is called Ready Set Swim) and an Integration Initiative (special needs camp, inclusive basketball and flag football, and inclusive golf):
  - https://www.hockymca.org/north-attleboro/social-responsibility/impact/initiatives/integration-initiative/
- Little League Challenger Program (Little League's adaptive baseball program for individuals with physical and developmental challenges; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The

- Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Swansea: <a href="Challenger">Challenger</a>
- King Phillip TOPSoccer (Norfolk): <a href="https://www.kpsoccer.org/Default.aspx?tabid=1434859">https://www.kpsoccer.org/Default.aspx?tabid=1434859</a>
- Middleboro TOPSoccer: <a href="https://middleboro.soccer/our-programs">https://middleboro.soccer/our-programs</a>
- InclYousion Sports: offered in Westwood, Canton and Easton: <u>Locations InclYOUsion</u>
   Sports
- Gottschall Access Program (Fall River; offers the college experience): http://community-autism-resources.com/gap-program/
- Facebook group to join: Sharon Special Needs Group

## **South Shore**

- Community Autism Resources: <u>Community Autism Resources A Presence Along Your Journey</u>
- The Arc of Plymouth and Upper Cape Cod: www.plymouthcapearc.org
- The Arc of the South Shore (they have caregiver meetups called Caregiver Coffee Out):
   <u>www.arcsouthshore.org</u>
   <u>https://arcsouthshore.org/news-events/event-calendar.html/event/2025/07/11/caregiver-c</u>
   offee-out-at-cushing-cafe/529220
- Easter Seals: <u>Easterseals Massachusetts | Home</u>
- Plymouth County Family Support: <a href="https://pcfamilysupport.org">https://pcfamilysupport.org</a>
- Raising Harts: <a href="https://www.raisingharts.org">https://www.raisingharts.org</a>
- Arts & Rec (therapeutic recreation programs; Hanover): <a href="https://www.artsandrecma.com/">https://www.artsandrecma.com/</a>
- Gnome Surf Therapy: <a href="https://www.gnomesurf.com/surftherapy.html">https://www.gnomesurf.com/surftherapy.html</a>
- Bridging Independent Life Together (teens & adults): <a href="https://biltne.org/">https://biltne.org/</a>
- Towards Independent Living and Learning (TILL): https://www.tillinc.org/
- Reach Inc (adults): https://reachinc.net/
- WORK Inc. (Kingston location): <a href="https://www.workinc.org/welcome">https://www.workinc.org/welcome</a>
- The Great Blizzards of Massachusetts (ice hockey for those with special needs; Kingston): <a href="https://thegreatblizz.org">https://thegreatblizz.org</a>
- Little League Challenger Program (adaptive baseball; The Little League Challenger Division accommodates players ages 4-18, or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players ages 15 and above (no maximum age): Offered in Braintree, Milton, Middleboro and Hanover: <a href="Challenger">Challenger</a>
- Milton TOPSoccer: <a href="https://miltonmasoccer.org/node/55">https://miltonmasoccer.org/node/55</a>
- Impact Athletics: <a href="https://www.impactathleticsma.com/">https://www.impactathleticsma.com/</a>
- Sing Explore Create (Hanover; music therapy): <a href="https://singexplorecreate.com/">https://singexplorecreate.com/</a>
- Facebook groups to join: South Shore Parents of Children with ASD

# **Cape Cod**

- Community Connections: <u>www.communityconnectionsinc.org</u>
- The Arc of Plymouth and Upper Cape Cod: <a href="https://www.plymouthcapearc.org">www.plymouthcapearc.org</a>
- Spaulding Adaptive Sports Centers: <a href="https://sasc.spauldingrehab.org">https://sasc.spauldingrehab.org</a>

- The Great Blizzards of Massachusetts (ice hockey for those with special needs; South Dennis and Martha's Vineyard): <a href="https://thegreatblizz.org">https://thegreatblizz.org</a>
- Cape Organization for Rights of the Disd (CORD): <a href="https://www.cordcapecod.org/">https://www.cordcapecod.org/</a>
- Espirit Partnership for Independence: <a href="https://www.esprit-pfi.org/">https://www.esprit-pfi.org/</a>
- Hyphen: <a href="https://www.hyphen.community/">https://www.hyphen.community/</a>
- The Project Forward Program at Cape Cod Community College: https://www.capecod.edu/project-forward/
- FORWARD: <a href="https://www.go-forward.org/about/our-mission/">https://www.go-forward.org/about/our-mission/</a>
- The Center at Cape Cod Village: <a href="https://www.thecenteratcapecodvillage.org/">https://www.thecenteratcapecodvillage.org/</a>
- Cape Abilities: <a href="https://capeabilities.org/">https://capeabilities.org/</a>
- Living Independently Forever (LIFE): <a href="https://lifecapecod.org/">https://lifecapecod.org/</a>
- Community Support Associates: https://csacapecod.com/
- Community Collective (independent living): <a href="https://communitycollectivecc.com/">https://communitycollectivecc.com/</a>
- Atlantic White Shark Conservancy Accessibility Programs: <a href="https://www.atlanticwhiteshark.org/accessibility-programs">https://www.atlanticwhiteshark.org/accessibility-programs</a>
- Community Autism Resources: <u>Community Autism Resources A Presence Along Your</u> Journey
- The Grateful Mug: https://www.facebook.com/share/g/1FCfiXmi6H/?mibextid=wwXlfr

**All of Massachusetts** (get on the email lists and follow these organizations on social media for ongoing helpful information, events and much more):

- The Arc of Massachusetts: <a href="https://thearcofmass.org/">https://thearcofmass.org/</a>
- Ask Advocacy: <a href="https://www.askadvocacy.org/">https://www.askadvocacy.org/</a>
- AANE: <u>AANE Homepage AANE</u>
- Federation of Children with Special Needs: Federation for Children with Special Needs
- The Insurance Resource Center for Autism and Behavioral Health: <u>The Insurance</u> Resource Center – Resources for consumers, providers, clinicians, employers, and educators on issues related to medical insurance for autism treatment.
- Fully Fenced (highlights and actively advocates for fully fenced playgrounds and splash pads): @fullyfenced on Facebook, Instagram, TikTok and YouTube
- Massachusetts Adult Day Services Association: https://madsa.net/find-a-program-2023/
- Resource Allocation and District Action Reports (RADAR): https://www.doe.mass.edu/research/radar/default.html
- Autism, Wandering and Water Safety: Financial Resources:
   <u>https://www.mass.gov/info-details/autism-wandering-and-water-safety-financial-resources</u>
- Disability Indicator Form (lets 911 know when you call in and give your address people in the house have a disability) - contact your local police department to ask where to email the form to; ignore that it says landline:
  - https://www.mass.gov/how-to/request-a-disability-indicator-form-for-landline-wireless-and -voip-consumers
- Operation House Call (families volunteer to have medical students and students from various health professions meet with them in person or virtually to learn how to interact

with and best treat those with autism or intellectual disabilities): <a href="https://thearcofmass.org/ohc/">https://thearcofmass.org/ohc/</a>

- SMILE Mass: <u>SMILE Mass Dedicated to helping families raising children or adults with disabilities</u>
- Autism Housing Pathways (an invaluable resource for those with teens and adults who
  may not be to live independently): Homepage Autism Housing Pathways
- 18? Section 8! (Project under Autism Housing Pathways): https://18section8.org/
- Adult and Community Learning Services (ACLS): <a href="https://www.doe.mass.edu/acls/">https://www.doe.mass.edu/acls/</a>
- MA21 Alliance: <a href="https://www.ma21alliance.org/">https://www.ma21alliance.org/</a>
- Black Autism Coalition: <a href="https://blackautismcoalition.org/">https://blackautismcoalition.org/</a>
- Autism Goes to College: <a href="https://www.autismgoestocollege.org/">https://www.autismgoestocollege.org/</a>
- Lurie Center For Autism: Autism Patient Resources
- Lurie Center for Autism Coffee Convo Series (ongoing): <u>Signup Form</u> to be notified of upcoming sessions and past ones can be found on YouTube: <a href="https://youtube.com/@mghluriecenter">https://youtube.com/@mghluriecenter</a>
- LurieNOW Newsletter:
  - https://www.massgeneral.org/children/autism/lurie-center/lurie-center-lurienow-newsletter/fbclid=lwQ0xDSwKthBNleHRuA2FlbQIxMAABHvFfCfhms4sJ-HyMN6OPqBq-sWhv\_NZgtwd2Lpe8OzLW46xkM2O1POSIaP0i\_aem\_kHE64QF7syYHrhNm4Q7ybA
- Parent/Professional Advocacy League: PPAL: Children's Mental Health
- Greater Special Needs-Events: <u>Home Page SPED Child and Teen</u>
- MBTA The RIDE Flex: <a href="https://www.mbta.com/accessibility/the-ride/the-ride-flex">https://www.mbta.com/accessibility/the-ride/the-ride-flex</a>
- Find a special needs medical provider, dentist, consultant, or programs and services:

  Disabilities Programs and Services Information for People in Massachusetts
- Find an ABA Provider: DisabilityInfo.org Resource Database
- Find an approved, private special education school (out of district placement): <u>School Listings Massachusetts Association of 766 Approved Private Schools/</u> or <a href="https://www.doe.mass.edu/oases/">https://www.doe.mass.edu/oases/</a>
- Find a collaborative (an out of district placement that is still a public school just focused on special needs): MOEC Collaboratives and Programs | MOEC Collaboratives and Programs
- Full list of approved special education school: https://www.doe.mass.edu/oases/ps-cpr/default.html
- New England Residential School Directory: <a href="https://www.nepsy.com/residential-schools/">https://www.nepsy.com/residential-schools/</a>
- Student Restraint Data: https://profiles.doe.mass.edu/statereport/restraints.aspx
- Campus to Community (undergraduate students provide weekly respite care to a local family raising a child, adolescent or adult with an intellectual or developmental disability): <a href="https://www.campustocommunity.org/">https://www.campustocommunity.org/</a>
- Advocate Kathy Trainor's questionnaire to take with you when you tour out to district schools:
   Ask Advocacy School Tour Form
- Like/follow your town's local Special Education Advisory Council (SEPAC) Facebook group (some are more active than others so look at other towns too and follow theirs for good information that is applic anywhere in the state - Peabody, Framingham, Marlborough, North Reading all have informative SEPAC Facebook pages)

- See if your town has a Commission on Disability (Swampscott does)
- Exceptional Lives: <a href="https://exceptionallives.org">https://exceptionallives.org</a>
- Wings for Autism (lets autistic kids and their families replicate the airport experience at real airports): Wings for Autism - Charles River Center
- Early Intervention (a program children birth to 3 years old) who have developmental delays or are at risk of a developmental delay - contact them for an evaluation if you have any concerns for your child that fits that age range): <u>Early Intervention Division</u> <u>Mass.gov</u>
- Contact your district special education department (sometimes referred to as special services) if you want to see if your child/teen qualifies for any services, accommodations or modifications through the public school district
- Department of Disability Services (not income based; apply once you have a diagnosis; flexible funding (money to help pay for activities or items for your child) is sometimes offered along with options to access other services: <a href="DDS Eligibility Forms | Mass.gov">DDS Eligibility Forms | Mass.gov</a>
- The DESE DDS Residential Prevention Program (provides extra services and funds to the most severe kids as an attempt to keep these kids out of having to go into residential settings); must already have DDS; open application period is one a year usually in March; not income based): <a href="https://www.mass.gov/dese-dds-program">https://www.mass.gov/dese-dds-program</a>
- New England Disd Sports at Loon Mountain in Lincoln, NH: <a href="https://nedisdsports.org/">https://nedisdsports.org/</a>
- Special Olympics Massachusetts: <u>Training & Sports for Athletes with Intellectual Disabilities | Special Olympics Massachusetts</u>
- The Doug Flutie, Jr. Foundation for Autism, Inc: <a href="https://flutiefoundation.org">https://flutiefoundation.org</a>
- Meals for Autism (once per you; up to 4 free subs from Jersey Mike's): https://flutiefoundation.org/jerseymikes/meals-for-autism
- MassAbility (their programs and services expand possibilities in careers and training, home and community life, and legal rights and benefits – including disability determination for federal programs.): <u>MassAbility | Mass.gov</u>
- DDS Autism Support Centers (listed already in their relative regions above): <u>DDS Autism Support Centers | Mass.gov</u>
- DCR Universal Access Program: <u>Universal Access Program | Mass.gov</u>
- Nashoba Learning Group has lots of great free resources: <a href="https://nashobalearninggroup.org/parent-resources/">https://nashobalearninggroup.org/parent-resources/</a>
- Autism Eats (hosts autism friendly dining experiences): https://www.autismeats.org/
- Home Modification Loan Program (offered by MassAbility): https://www.mass.gov/home-modification-loan-program-hmlp
- Massachusetts Inclusive Postsecondary Education: https://maipse.communityinclusion.org/programs/
- DDS Children's Autism Waiver Service Program (income based):
   <a href="https://www.mass.gov/dds-childrens-autism-waiver-service-program-overview">https://www.mass.gov/dds-childrens-autism-waiver-service-program-overview</a>
- Will Power Foundation: <a href="https://www.willpowerfoundation.org/">https://www.willpowerfoundation.org/</a>
- Social Security Disability (SSDI) and Supplemental Security Income (SSI) {income based}: <a href="https://www.mass.gov/info-details/apply-for-ssdi-or-ssi-benefits">https://www.mass.gov/info-details/apply-for-ssdi-or-ssi-benefits</a>

- Follow Shriver Center/UMass Chan Medical School on Facebook for lots of frequent helpful information and events:
  - https://www.facebook.com/share/15fPkaJgbe/?mibextid=wwXIfr
- Massachusetts Child Psychiatry Access Program for ASD-ID (support and consultation to Community Behavioral Health Center / Mobile Crisis Intervention (CBHC/MCI) providers ing with youth and young adults with ASD or ID who are having a behavioral health crisis): https://www.mcpap.com/ASDID/overview.aspx
- Massachusetts Advocates for Children (follow them on Facebook too): https://www.massadvocates.org/
- Camp Starfish (NH): <a href="https://campstarfish.org/">https://campstarfish.org/</a>
- Boston Center for Independent Living: <a href="https://bostoncil.org/online-resources/">https://bostoncil.org/online-resources/</a>
- Best Buddies MA and RI: https://www.bestbuddies.org/mari/
- ALEC (Autism & Law Enforcement Education Coalition) is a First Responder Autism Training: <a href="https://lifesarc.org/service/alec-first-responder-training/">https://lifesarc.org/service/alec-first-responder-training/</a>
- Massachusetts Advocates Standing Strong: <a href="https://www.wearemass.org/">https://www.wearemass.org/</a>
- MassFamilies: <a href="https://massfamilies.org/">https://massfamilies.org/</a>
- Massachusetts Developmental Disabilities Council: <a href="https://www.mass.gov/orgs/massachusetts-developmental-disabilities-council">https://www.mass.gov/orgs/massachusetts-developmental-disabilities-council</a>
- Swim Angelfish: <a href="https://swimangelfish.com/#swimmers">https://swimangelfish.com/#swimmers</a>
- Disability Law Center: <a href="https://www.dlc-ma.org/">https://www.dlc-ma.org/</a>
- Massachusetts Department of Elementary and Secondary Education (DESE): https://www.doe.mass.edu/
- Lurie Center for Autism (part of MGH): https://www.massgeneral.org/children/autism/lurie-center
- Boston Children's Hospital Autism Spectrum Center: https://www.childrenshospital.org/programs/autism-spectrum-center
- TEC Connections Academy (Massachusetts Online Public School): https://www.connectionsacademy.com/massachusetts-virtual-school/
- Rewarding Work: <a href="https://www.rewarding.org/">https://www.rewarding.org/</a>
- Springboard is a social club for adults with learning differences, or what was formerly known as Asperger's Syndrome in Greater Boston: https://www.tillinc.org/springboard-social-club
- Follow BSEA Watch on Facebook
- Communication and Neurodevelopment Lab at Boston University: <a href="https://sites.bu.edu/zuklab/">https://sites.bu.edu/zuklab/</a>
- Boston Children's Laboratory of Translational Neuroimaging: <a href="https://bchcohenlab.com/">https://bchcohenlab.com/</a>
- The Massachusetts Advocacy Group: <a href="https://www.massadvocategroup.com/">https://www.massadvocategroup.com/</a>
- Bailey's Team for Autism: <a href="https://www.baileysteam.org/">https://www.baileysteam.org/</a>
- SPED Watch: https://www.spedwatchma.org/
- Advocates for Autism of Massachusetts: <a href="http://www.afamaction.org/">http://www.afamaction.org/</a>

- Advocate Tip of the Day (follow on Facebook and check out the resources on their website): <a href="https://www.advocatetipoftheday.com/">https://www.advocatetipoftheday.com/</a>
- Accessibility at Boston Logan Airport: <a href="https://www.massport.com/logan-airport/at-the-airport/ada-compliance-and-accessibility">https://www.massport.com/logan-airport/at-the-airport/ada-compliance-and-accessibility</a>
- Massachusetts Accessible Public Transportation: https://www.mass.gov/topics/accessible-transportation
- DDS Self Directed Services (adults): https://www.mass.gov/dds-self-directed-services
- Autism Hiking Group: <a href="https://www.meetup.com/autism-hikes/">https://www.meetup.com/autism-hikes/</a>
- Guardianship & Conservatorship Reporting Requirements:
   <a href="https://www.mass.gov/info-details/reporting-requirements-of-guardians-and-conservators-of-adults">https://www.mass.gov/info-details/reporting-requirements-of-guardians-and-conservators-of-adults</a>
- Homepage modern Mass Real Lives: Real Lives Massachusetts lets people with IDD find programs. Real Lives helps people with IDD decide how they want to live. There are over 600 programs run by 150 agencies.
- Massachusetts Office of Guardianship and Conservatorship Oversight: https://www.mass.gov/office-of-adult-guardianship-and-conservatorship-oversight-oagco
- PLAN Special Needs Trusts of MA and RI: <a href="https://www.planofma-ri.org/">https://www.planofma-ri.org/</a>
- MassHealth Personal Care Attendant (PCA) Program: https://www.mass.gov/orgs/personal-care-attendant-force-council
- MassAbility Assistive Technology Services:
   https://www.mass.gov/info-details/massability-assistive-technology-services
- MassAbility Services: <a href="https://www.mass.gov/massability-services">https://www.mass.gov/massability-services</a>
- New England ADA Center: <a href="https://newenglandada.org/">https://newenglandada.org/</a>
- Massachusetts Sibling Support Net: <a href="https://www.masiblingsupport.org/">https://www.masiblingsupport.org/</a>
- The Massachusetts Coalition of Families and Advocates: https://www.cofar.org/
- The Hale Family Center for Families at Boston Children's Hospital (one mom told me she calls them before bringing her autistic daughter to the ER there to tell them she's coming - I think they might notify the ER); MGH has too: <a href="https://www.childrenshospital.org/patient-resources/patient-family-support-resources/hale-family-center-families">https://www.childrenshospital.org/patient-resources/patient-family-support-resources/hale-family-center-families</a>
- Follow Peer Projects Therapy from the Heart (located in Beverly, MA) on Facebook, they host a monthly virtual support group for caregivers and support groups for caregivers of those who are Gestalt Language Learners that are for everyone not just caregivers of clients of the practice and they are free
- Direct Support Youth Stipends: <a href="https://fcsn.org/funding-for-services/">https://fcsn.org/funding-for-services/</a>
- Massachusetts Office on Disability: https://www.mass.gov/orgs/massachusetts-office-on-disability
- Branching Tree (inclusive housing and daily experiences for adults with intellectual and developmental disabilities): <a href="https://www.branchingtree.org/">https://www.branchingtree.org/</a>
- Fill-a-Need Foundation (for autistic adults): https://fillaneedfoundation.org/
- Bregman Cares: <a href="https://www.bregmancares.org/">https://www.bregmancares.org/</a>
- Massachusetts Psychological Association: <u>https://www.masspsych.org/search/custom.asp?id=1452</u>

- Printable Guides on Transition Services in Massachusetts:
   <a href="https://www.mass.gov/doc/resource-guide-transition-aged-youth-and-young-adults-14-22">https://www.mass.gov/doc/resource-guide-transition-aged-youth-and-young-adults-14-22</a>
   -years-with-autism-spectrum-disorder/download
- Finding the Right Adult Service Model: <a href="https://www.mass.gov/doc/choosing-your-dds-adult-services/download">https://www.mass.gov/doc/choosing-your-dds-adult-services/download</a>
- Massachusetts Learn to Swim Information: https://www.mass.gov/info-details/learn-to-swim
- Pathways to Friendship by the MA Arc: <a href="https://thearcofmass.org/friendship/">https://thearcofmass.org/friendship/</a>
- New England Healing Sports Association (Lots of adaptive sports offerings (skiing, kayaking, etc; located in New Hampshire): <a href="https://nehsa.org">https://nehsa.org</a>
- Facebook Groups: Massachusetts Autism Resources & Information; Massachusetts
   Parents of Autism; Autism Moms of Massachusetts; Boston Autism Moms/Dads;
   Massachusetts Transition to Adulthood; Massachusetts Adult Services, Resources &
   Support Network; The Friendship Project; DDS Families in Massachusetts; MassPAC;
   Parents of Neurodiverse Kids Massachusetts; MAK Moms: Disability Support in MA;
   Massachusetts Special Needs Connections; Bierman Autism Centers Massachusetts;
   Massachusetts Family Leadership Program

#### All of the USA:

- For those with severely autistic/profoundly autistic kids (children, teens, adults):
  - Profound Village: <u>Profound Village</u>
  - Profound Autism Alliance (follow them on Facebook/Instagram too): <u>Profound</u>
     Autism Alliance
  - Join the Profound Autism Advocacy Network:
     <a href="https://www.votervoice.net/mobile/ProfoundAutism/Surveys/10691/Respond">https://www.votervoice.net/mobile/ProfoundAutism/Surveys/10691/Respond</a>
  - Join one of the Profound Autism Alliance's Special Interest Groups (Housing, Day Hab, Safety):
     https://www.profoundautism.org/community/special-interest-groups/
  - Caregivers Connected Facebook Group
  - Profound Autism: A Parent's Guide (free pdf download): https://nationalautismcenter.org/autism/profound-autism/
  - National Council on Severe Autism (follow them on Facebook/Instagram too): <a href="https://www.ncsautism.org/">https://www.ncsautism.org/</a>
  - For those in Massachusetts: The DESE DDS Residential Prevention Program (provides extra services and funds to the most severe kids as an attempt to keep these kids out of having to go into residential settings); must already have DDS; open application period is one a year usually in March; not income based): <a href="https://www.mass.gov/dese-dds-program">https://www.mass.gov/dese-dds-program</a>
- Lurie Center for Autism Coffee Convo Series (ongoing): <u>Signup Form</u> to be notified of upcoming sessions and past ones can be found on YouTube: <a href="https://youtube.com/@mghluriecenter5426">https://youtube.com/@mghluriecenter5426</a>
- Sign up for their emails (they're informational for all levels of autistic individuals):
   National Council on Severe Autism
- The Arc Action Center: <a href="https://p2a.co/IRPDZ5C">https://p2a.co/IRPDZ5C</a>

- National Autism Center at May Institute: <a href="https://nationalautismcenter.org/">https://nationalautismcenter.org/</a>
- Inclusive Surfing (offered at various locations across the country): <u>Waves Of Impact | free surf camps for kids and veterans facing exceptional challenges</u>
- Autism Science Foundation (they have an excellent podcast too): <a href="https://autismsciencefoundation.org/">https://autismsciencefoundation.org/</a>
- Accessibility Card: <a href="https://www.accessibilitycard.org">https://www.accessibilitycard.org</a>
- Channing's Joy Foundation: <a href="https://www.channingsjoy.com/pages/apply-for-funds">https://www.channingsjoy.com/pages/apply-for-funds</a>
- Medicaid Home and Community Based Services (HCBS) wait lists by state: <a href="https://www.kff.org/medicaid/state-indicator/number-of-people-waiting-for-hcbs-by-target-population-and-whether-states-screen-for-eligibility/">https://www.kff.org/medicaid/state-indicator/number-of-people-waiting-for-hcbs-by-target-population-and-whether-states-screen-for-eligibility/</a>
- Medicaid List of Waivers for each state: <a href="https://www.medicaid.gov/medicaid/section-1115-demo/demonstration-and-waiver-list">https://www.medicaid.gov/medicaid/section-1115-demo/demonstration-and-waiver-list</a>
- Aut2Parent (autism parent virtual support group):
   https://us06web.zoom.us/meeting/register/BHtTVdo7R5eqwPjIKeHo1A?fbclid=PAQ0xDSwKkJ8lleHRuA2FlbQlxMQABp02Wn2FkijoqXPCZfhD1Jcjb12pMF8JqEbwR2wde0QwuXq2D3ru1RljyaW6\_aem\_tBout74HceLrCLKWzYsZUQ#/registration
- Aut2Advocate (support group for advocacy):
   https://us06web.zoom.us/meeting/register/uC6elvkcSg2wH5lNJNeQ7w?fbclid=PAQ0xDSwKkKCZleHRuA2FlbQlxMQABp6h2QqFvw6CpLWuqY-9u8YT8Z8Vpwfh06K8cFmZzlsIrxJGBV8ElGjOV9Z49\_aem\_WMMinJ2Vr0iMDG3HpHiJ\_g#/registration
- Resources for supporting Gestalt Language Processors: Meaningful Speech (on Instagram); Boho Speechie (on Instagram); Playtime with Tor (Instagram, Facebook; YouTube); Natural Language Acquisition Study Group (Facebook group); AAC & Gestalt Language Processing (Facebook group)
- Hyperlexia Information Site: <a href="https://www.andnextcomesl.com/">https://www.andnextcomesl.com/</a>
- Colleges with Autism inclusive programs: <a href="https://collegeautismspectrum.com/collegeprograms/">https://collegeautismspectrum.com/collegeprograms/</a>
- Open Section 8 Waiting Lists: https://affordhousingonline.com/open-section-8-waiting-lists
- Therapeutic Boarding Schools in All States: <a href="https://therapeuticboardingschools.org/all-states/all-types/">https://therapeuticboardingschools.org/all-states/all-types/</a>
- New England Residential School Directory: https://www.nepsy.com/residential-schools/
- National Autism Association Big Red Safety Box: https://nationalautismassociation.org/big-red-safety-box/
- National Autism Association: https://nationalautismassociation.org/
- Smart911: <a href="https://www.smart911.com/">https://www.smart911.com/</a>
- Multifamily Housing assists rural property owners through loans, loan guarantees, and grants that en owners to develop and rehabilitate properties for low-income, elderly, and disd individuals and families as well as domestic farm laborers.
  - https://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select\_state.jsp and https://www.rd.usda.gov/programs-services/multi-family-housing-programs
- Find your local public housing agency: http://www.hud.gov/contactus/public-housing-contacts
- Autism Color Club (free coloring books about Autism): <a href="https://www.autismcolorclub.com/">https://www.autismcolorclub.com/</a>

- Top Federal Housing Agency Lender: https://www.ncsha.org/hfa-news/housing-agency-a-top-fha-loan-servicer/
- HUD resource locator: <a href="https://resources.hud.gov/">https://resources.hud.gov/</a>
- First Responder Autism Training: <a href="https://www.firstresponderautismtraining.com/">https://www.firstresponderautismtraining.com/</a>
- National Association of Councils on Developmental Disabilities: <a href="https://nacdd.org/">https://nacdd.org/</a>
- ECHO Autism: https://echoautism.org/
- Project Ready (NY based; supports East Asian immigrant families with kids with developmental disabilities)
- Spark for Autism: <a href="https://sparkforautism.org/">https://sparkforautism.org/</a>
- Special Wants: <a href="https://www.specialwants.org/">https://www.specialwants.org/</a>
- Association for Science in Autism Treatment: https://asatonline.org/for-parents/learn-more-about-specific-treatments/
- The Medical Letter on Drugs and Therapeutics: https://secure.medicalletter.org/solrsearch?query=autism&type=All&GO=GO
- The Autism Community in Action TACA (active website and Facebook group; biomedical focus): <a href="https://tacanow.org/medical/">https://tacanow.org/medical/</a>
- Autism Research Commentary by INSAR: <a href="https://onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1939-3806.autism-101-commentaries">https://onlinelibrary.wiley.com/doi/toc/10.1002/(ISSN)1939-3806.autism-101-commentaries</a>
- The Autism Life Skills Lady: <a href="https://lifeskillslady.com/">https://lifeskillslady.com/</a>
- Autism Speaks Resource Guide (find services and providers by location): https://www.autismspeaks.org/resource-guide
- Autism Society of America: <a href="https://autismsociety.org/">https://autismsociety.org/</a>
- Council of Parent Advocates and Attorneys: https://www.copaa.org
- Disney Disability Access Service (DAS):
   <a href="https://disneyworld.disney.go.com/guest-services/disability-access-service/">https://disneyworld.disney.go.com/guest-services/disability-access-service/</a>
- ABLE National Resource Center: https://www.ablenrc.org/
- Planned Lifetime Assistance Net (PLAN): <a href="https://nationalplanalliance.org/">https://nationalplanalliance.org/</a>
- National Park Service Access Pass: <a href="https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm">https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm</a>
- Follow Seaver Autism Center on Facebook
- Follow Disability Scoop on Facebook
- National Council on Independent Living: <a href="https://ncil.org">https://ncil.org</a>
- Administration for Community Living: <a href="https://acl.gov/">https://acl.gov/</a>
- My Needs Net: <a href="https://www.myneedsnet.org/">https://www.myneedsnet.org/</a>
- NeedyMeds: <a href="https://www.needymeds.org/">https://www.needymeds.org/</a>
- Kids' Waivers: https://www.kidswaivers.org/
- LifeCourse Nexus: https://www.lifecoursetools.com
- Transitioning from pediatric to adult healthcare (free "toolkits"):
   <a href="https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/health-care-transition/">https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/health-care-transition/</a>
- Think: <a href="https://www.think.org">https://www.think.org</a>
- Parent Center for Information and Resources: <a href="https://www.parentcenterhub.org/">https://www.parentcenterhub.org/</a>
- The Buddy Project: <a href="https://www.thebuddyproject.org/">https://www.thebuddyproject.org/</a>

- Parent2Parent: <a href="https://www.p2pusa.org">https://www.p2pusa.org</a>
- Fire Emergency Preparedness Initiative: <a href="https://www.september26.org/">https://www.september26.org/</a>
- No More Under: <a href="https://www.nomoreunder.org">https://www.nomoreunder.org</a>
- Jason's Connection: <a href="https://www.jasonsconnection.org/">https://www.jasonsconnection.org/</a>
- Got Transition: <a href="https://www.gottransition.org/">https://www.gottransition.org/</a>
- Transition to Adulthood: https://www.parentcenterhub.org/transitionadult/
- SkillHacker: <a href="https://skillshacker.org/">https://skillshacker.org/</a>
- TSA Cares: <a href="https://www.tsa.gov/travel/tsa-cares">https://www.tsa.gov/travel/tsa-cares</a>
- When booking airfare for someone with a disability like autism, ensure a DPNA (Disd Passenger Needing Assistance) is added to their ticket. The airline should then ask what sort of accommodation you need, examples: you can ask for extra leg room or a seat closer to the front of the plane
  - https://www.jetblue.com/at-the-airport/accessibility-assistance/intellectual-develop mental-cognitive-disabilities
  - https://www.delta.com/us/en/accessible-travel-services/cognitive-disability-assistance
  - https://www.united.com/en/us/fly/travel/accessibility-and-assistance/cognitive-disabilities.html
  - https://www.united.com/en/us/fly/travel/accessibility-and-assistance.html
  - o https://www.aa.com/i18n/travel-info/special-assistance/special-assistance.jsp
  - https://customersupport.spirit.com/en-us/category/article/KA-01512
  - https://www.hawaiianairlines.com/our-services/special-assistance/guests-with-disabilities
  - https://support.southwest.com/helpcenter/s/pathway/a1F5G00000cLOqhUAG/dis abilityrelated-accommodations
  - https://www.alaskaair.com/content/travel-info/accessible-services/specialservices
     -developmental?srsltid=AfmBOooDBresAqaWudUZCMVOYMoTiRH0UWDP8vJ4
     TT5v28JdPn8EmxVM
- Find an independent living center: <a href="https://ncil.org/about/find-vour-cil/">https://ncil.org/about/find-vour-cil/</a>
- LEAD Center: https://leadcenter.org
- ABLE National Resource Center: <a href="https://www.ablenrc.org">https://www.ablenrc.org</a>
- Facebook Groups: Caregivers Connected; Autism Parents of Non Verbal Kids; TACA;
   Autism Birthday Card Group (not too active but it's a cute concept); Special
   Education/IEP Support Group

**MassHealth How To** (Autism Insurance Resource Center is the best resource for anything insurance related and they're free: <u>The Insurance Resource Center – Resources for consumers, providers, clinicians, employers, and educators on issues related to medical insurance for <u>autism treatment.</u>)</u>

How to apply for MassHealth after your child receives an autism diagnosis:

If you do not have existing insurance such as through an employer or spouse's employer:

1. Apply for MassHealth on <a href="https://www.mahix.org/individual/">https://www.mahix.org/individual/</a>

If you have primary insurance already through an employer or a spouse's employer (all income levels can apply):

- Create an account and apply for MassHealth on <a href="https://www.mahix.org/individual/">https://www.mahix.org/individual/</a>
  making sure to check the box next to the members of the family with disabilities that you're seeking MassHealth secondary (called MassHealth CommonHealth) form
- 2. You will receive a denial letter from MassHealth once you receive this letter you need to complete a Disability Supplement form and send it to the address listed at the end of the form: <a href="https://www.mass.gov/doc/masshealth-child-disability-supplement/download">https://www.mass.gov/doc/masshealth-child-disability-supplement/download</a>
- 3. You will eventually get an approval letter from MassHealth and an ID card
- 4. You will most likely be told you owe a premium for this new secondary insurance, that's why as soon as get your MassHealth approval letter you need to email, or mail, a Premium Assistance form in (they'll give you money back towards what you pay for your primary health insurance). Yes, even if you have a high income you should still apply for premium assistance as you may still get something (a monthly check): <a href="https://www.mass.gov/doc/premium-assistance-program-application-1/download">https://www.mass.gov/doc/premium-assistance-program-application-1/download</a>
- 5. Things to note about MassHealth secondary: it covers anything your primary insurance doesn't but the service provider must take your primary insurance and MassHealth in order for MassHealth to cover any residual costs.
- 6. MassHealth can pay for things such as strollers, special needs beds (like Cubby beds) and pull ups if your child is over age 3 and not potty trained (Aeroflow Urology is good and does all the heavy lifting in terms of contacting those approvals needed: <a href="https://aeroflowurology.com/">https://aeroflowurology.com/</a>)

# Getting a handicap placard for your child:

Complete and mail this form for the disd (Autism being the disability) individual and the doctor (pediatrician/primary) must check that the individual can't walk 200 feet without stopping to rest (Autistic kids/individuals elope so they can't go 200 feet unassisted): <a href="https://www.mass.gov/doc/application-for-disabled-parking/download">https://www.mass.gov/doc/application-for-disabled-parking/download</a>