**TREATMENT OPTIONS POLICY**

With research and evidence-based treatment, appropriate services and supports, children and adults on the autism spectrum will learn and advance even if at a different developmental rate than others. Treatment and education can assist with the challenges associated with autism, but there is no treatment that will be effective for every person on the spectrum, as each person may respond differently. Families should educate themselves about all options and choose the evidence-based treatment that best meet their needs and resources.

The Autism Society of America (ASA) and the Autism Society of Iowa (ASI) promote the active and informed involvement of family members and the individual with autism in the planning of individualized, appropriate services and supports. We believe that each person with autism is a unique individual. Each family and individual with autism should have the right to learn about and then select the options they feel are most appropriate for the individual with autism. To the maximum extent possible, we believe that the decisions should be made by the individual with autism in collaboration with family, guardians, and caregivers.

**The Autism Society of America and the Autism Society of Iowa are committed to these core advocacy principles:**

* Policies should be person‐centered so that individuals can access services and supports that recognize their goals, aspirations, and right to choose, with input from the family when necessary.
* Policies should build upon a strong integrated network of community-based resources and services that strengthen individuals with autism and lead to healthy development.
* Policies should include collaboration with other partners, including non-disability groups, to strategically align common goals and achieve systemic policy change.
* Policies should ensure that services and supports, including health care, education, and transitional services, are portable from one state to another and within states.
* Policies should address and seek to rectify the inadequate range of adult services and supports.
* Policies should prioritize the wishes of the individual with autism across the lifespan, with input from the family and team of service providers, professionals, and friends when necessary.
* Policies should be culturally responsive and inclusive, ensuring mutual respect and genuine appreciation of diversity.

**When Selecting a Service Provider. Please consider:**

Does my provider:

* Seek historical information
* Collaborate and communicate with other providers
* Share results in a manner I can understand
* Listen to my priorities
* Involve me in the process
* Willing to share their training.  Is it outside their scope of practice and do they have resources and experiences for what I need?
* Include me in setting goals, and looking at the future in setting those goals?
* Value and Incorporate the client’s and family’s priorities?
* Selects areas of focus that have social significance for the client.

Red Flags with Providers:

* They are not able to provide what the client needs
* The therapy is not individualized
* Cannot provide enough hours to complete the program
* Does not include the client in goal setting
* Tries to change unharmful behaviors

**Web sites on therapies:**

Council of Autism Service Providers

Questions & Answers about ABA | The Facts – CASP ([casproviders.org](http://casproviders.org/))<<https://casproviders.org/the-facts-qa-aba/>>

<https://www.nationalautismcenter.org/national-standards-project/>- National Autism Center review of EPBs

<https://autismpdc.fpg.unc.edu/how-do-i-find-out-more-about-ebps>UNC’s National Professional Development Center review of EBPs

<https://www.kennedykrieger.org/patient-care/centers-and-programs/neurobehavioral-unit-nbu/applied-behavior-analysis>Johns Hopkins/Kennedy Krieger

[https://www.aota.org/About-Occupational-Therapy.aspx](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aota.org%2FAbout-Occupational-Therapy.aspx&data=04%7C01%7Crcogil%40efa.org%7C8bdcf9b8e09649f1bfd508d972f89a49%7Cca262f74852b4beb835a4f44c8ca4bf1%7C0%7C0%7C637667234339321913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ynzGEq%2FguV3qEFDd%2FOorx4e8D26WrHLZGHBBqVr2LMA%3D&reserved=0)

<https://www.asha.org/practice-portal/clinical-topics/autism/#collapse_0>

[<https://www.asha.org/uploadedImages/ASHA_migrated/ASHA-logo_fb_share.png>]<<https://www.asha.org/practice-portal/clinical-topics/autism/#collapse_0>>

Autism Spectrum Disorder - ASHA<<https://www.asha.org/practice-portal/clinical-topics/autism/#collapse_0>>

Autism spectrum disorder (ASD) is a neurodevelopmental disorder characterized by deficits in social communication and social interaction and the presence of restricted, repetitive behaviors. Social communication deficits present in various ways and can include impairments in joint attention and social reciprocity as well as challenges using verbal and nonverbal communication behaviors for ...

[www.asha.org](http://www.asha.org/)

<https://www.understood.org/articles/en/speech-language-pathologists-what-you-need-to-know>

**For information on finding therapy, please contact:**

**Autism Society of Iowa**

[autismsocietyiowa@gmail.com](mailto:autismsocietyiowa@gmail.com)

**515-327-9075**